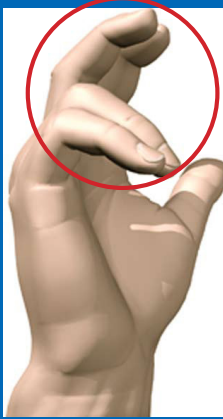


# DUPUYTREN'S CONTRACTURE

## DESCRIPTION



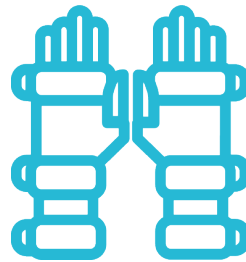
Abnormal thickening of tough fibrous tissue in the palm and fingers that can cause fingers to curl. It may not feel as uncomfortable as it looks but it can eventually cause substantial disability in the affected hand. It is more common in men than in women and becomes more common as we grow older.

## SYMPTOMS

The condition occurs gradually, beginning with one or more small nodules (tender lumps) in the palm in which the pain will gradually decrease. These nodules will thicken and contract, forming tough bands of tissue under the skin. This can cause the fingers to curl, or bend forward towards the palm.

## OT PLAYS A VITAL ROLE

Occupational Therapy play a vital role in limiting the build up of scar tissue, preventing the return of contractures, and getting the most benefit from surgery.



## FROM AN OCCUPATIONAL THERAPIST'S PERSPECTIVE

### RISK FACTORS

- The cause is still unknown, but it is not known to be caused by injury or heavy use of hands.



### OCCUPATIONAL THERAPY CAN HELP

Dupuytren's Contracture\* is treated in its early stages with:

- Heat
- Stretching
- Splinting

*It is important to note that Dupuytren's contracture can be well managed, especially if treated in the earlier stages of the problem.*

If surgery is required, an Occupational Therapist will provide post-surgical care with:

- Soft tissue massage
- Stretching
- Heat treatments
- Thermoplastic splint
- Home exercise program
- Instruction in scar massage techniques

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# DUPUYTREN'S CONTRACTURE

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- Back & neck pain
  - Arthritis
  - Orthopedic & sports injuries
  - Balance training/fall prevention
  - Neurological conditions
  - Post surgical
  - Chronic pain
  - Work injuries
  - Hands–Occupational Therapy
  - Pediatrics
  - Vestibular Rehab
  - TMJ
- Industrial Rehab Services (offered in Montgomery, Monroe, Port Jervis, Wallkill):
    - **Functional Capacity Evaluations**
    - **Work Conditioning**



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- Personalized care

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