

**“Working with a knowledgeable hand therapist can make the difference between success and failure in complex hand surgical cases. The therapist extends the continuum of our care, as well as functioning as coach and trainer for our patients.”**

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## What is Dupuytren disease?

Dupuytren disease, also known as Dupuytren contracture, is a condition in the hand that causes the fascia, or layer of tissue beneath the skin, to tighten and draw the fingers into the palm. Dupuytren disease develops over time and is most common in the ring and small fingers, but may be found in any digit of the hand.



## What are the symptoms of Dupuytren disease?

Initially, a lump or thickening of the tissue in the palm may be felt; however, with time Dupuytren disease can progress. Thick cords may develop in the palm and make it difficult to open the hand to hold change or to place the hand in a pocket. The cords may also become sensitive and limit the ability to grip tools. The tightness of skin in the palm and the bent position of the fingers may take months or years to develop. Dupuytren disease can occur in both hands, although one hand is typically worse than the other.

## What causes Dupuytren disease?

The exact cause of Dupuytren disease is not known. Dupuytren disease is found most often in older males. Smoking, diabetes and having a family member with Dupuytren disease are all risk factors.

## What is the treatment for Dupuytren disease?

Dupuytren disease is diagnosed by a physical exam. A doctor may monitor the nodules for change in size or thickness. For many, the nodules in the palm do not progress or become painful; however, when the fingers become stiff and limit the ability to use the hand, a referral to a hand surgeon is necessary. Surgery may be performed to remove the nodules and thick tissue in the palm. The surgeon may also recommend a special injection and manipulation to straighten the fingers.

## What can a hand therapist do for me?

A hand therapist works closely with the physician to help treat Dupuytren disease after surgery. Post-operative care involves fabrication of an orthosis to keep the fingers extended, a home exercise program to perform active range of motion and scar management and a strengthening program to regain functional use of the hand.



*Custom-fabricated orthosis  
for Dupuytren disease*