

PATIENT INFORMATION

Dupuytren's Fasciectomy

Exercises & rehabilitation

Your therapist has reviewed and redressed your wound with a light dressing. You still need to be very careful with using your hand for functional activities and you must **keep the dressing and wound dry** until your stitches have been removed.

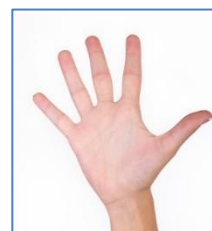
You can stop wearing the sling indoors and allow your arm to relax at your side, but it is a good idea to still **elevate** your hand when you are resting, and you may wish to wear your sling when you are outside if it is busy.

Start the following **exercises** when your therapist advises you to, depending on the condition of your wound. **10 repetitions of each exercise, 4 x daily, slowly and carefully.**

1. Touch each fingertip with your thumb – tip to tip.



2. Spread the fingers apart then bring them back together again.



3. Make a full fist and using other hand, hold it in for a count of 10. THEN, stretch out all your fingers to get your nails to the table and gently push your finger(s) as straight as you can and hold it for a count of 10.



If your pain increases on exercising, reduce the number of repetitions, i.e. cut down from 10 to 5 and take some regular pain relief; then gradually build the number of exercises back up as the pain settles down.

Light activity (up to the weight of a cup of a tea) can be commenced on the advice of your therapist and when your hand feels comfortable. Gradually increase the level of function as comfort allows.

Scar massage— deep circular movements with E45 / Vaseline over the scar and surrounding area. This should be done twice a day once the wound is healed and your therapist advises you to commence this. This will help to soften up the scar tissue and help to ease your range of movement.

Your therapist will assess your movement and decide whether you need to have a **splint** made. You will be advised on the regime and duration of wearing the splint if it is required.

If your finger / hand remains swollen, **contrast bathing** will help to promote the circulation and ease the swelling and pain. You can commence this only when your wound is fully healed. Fill one bowl with hand hot water and another with cold water & ice cubes. Immerse your hand in the warm water for 10 minutes; then repeat the cycle of cold water for 1 minute and hot water for 4 minutes up to 3-4 times. You can repeat this regularly throughout the day to help with pain and swelling and try to gently do your exercises in the water if it helps.

Driving can usually be commenced on the advice of your therapist at 2 weeks once the sutures have been removed only if you have enough range of movement to safely & confidently grip the steering wheel.

It is normal for you hand to feel a little **stiff after surgery** and it will take time for your brain to readjust to the new position of your finger. Please make sure that you **include all your fingers** with functional tasks and **persevere with the bending and straightening exercises** as much as possible until your hand feels back to normal.

If you are having problems with **day-to-day tasks** such as preparing meals, opening jars, bottles and tins; removing electrical plugs or using scissors etc, there are several shops locally that sell **gadgets** to aid these actions or have a look on the internet for other sources.

If you have any problems or concerns, please contact:

Crow Thorne Hand Therapy Centre

Torbay Hospital
Lawes Bridge
Torquay
TQ2 7AA

☎ 01803 654935
✉ tsdft.handtherapyreferrals@nhs.net
www.torbayandsouthdevon.nhs.uk

For further assistance or to receive this information in a different format, please contact the department which created this leaflet.