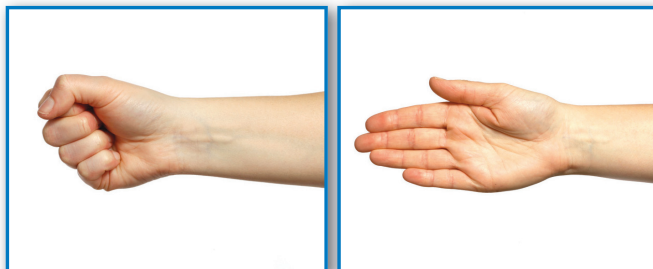


PALMAR FASCIECTOMY

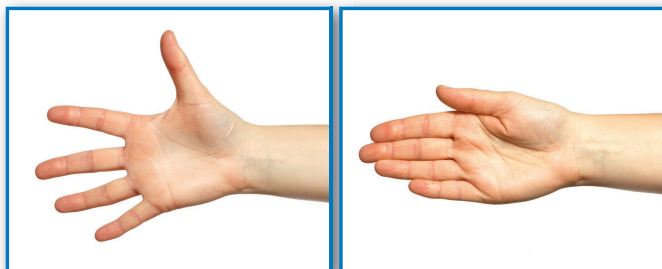
Palmar Fasciectomy is an operation to correct a Dupuytren's Contracture, which is a thickening and shortening of the palmar fascia. The palmar fascia are bundles of fibrous tissue radiating from the wrist towards the bases of the fingers. Physiotherapy usually starts one week after your operation. On your initial physiotherapy appointment please bring your night splint.

Exercises for the hand and wrist

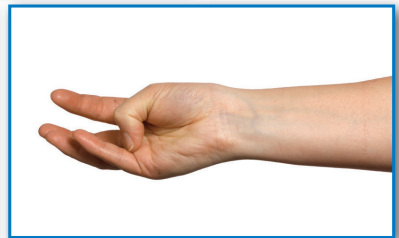
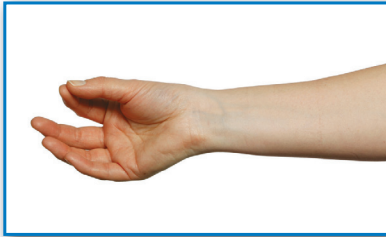
Bending and straightening fingers.



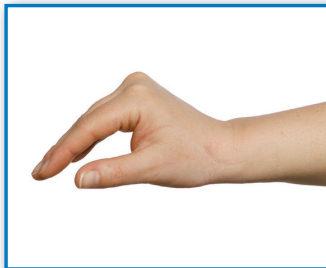
Spread and close your fingers.



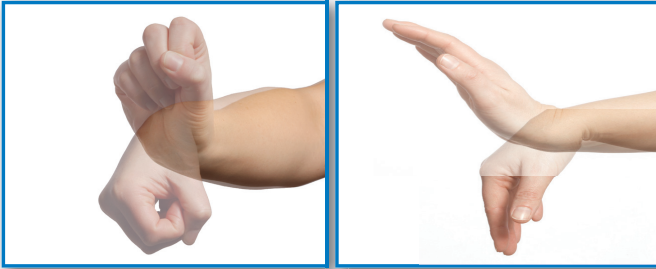
Touch your thumb pad to the tip of each finger and over to the base of your little finger.



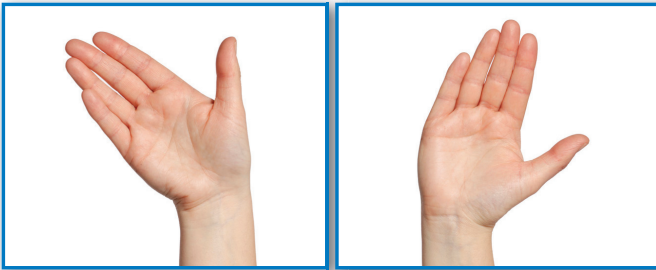
Bend from your knuckles, keeping fingers straight. Following this, perform the opposite movement. Keeping your knuckles straight, curl all your finger joints.



Bending of your wrist backwards and forwards and in a circling motion.



Side bending of your wrist from left to right.



To prevent elbow and shoulder stiffness you should also do the following exercises:

Raise your arms above your head.



Bend and straighten your elbow.



Tuck your elbow into you side, turn your palm up and down.



Please note:

- although your wound has not healed, it is essential to begin exercising early to prevent complications of joint stiffness
Do not worry; your stitches will not burst open. Do not be alarmed if the wound bleeds a little
- your stitches are usually removed 10-14 days after the operation, this will make your exercises far more comfortable
- your occupational therapist may make you a night-resting splint, which you will need to wear for the next six months; this has been shown to help prevent recurrence of Dupuytren's Contracture
- to control swelling, keep your hand across your chest when resting, this will help it drain.

If you have any problems, please do not hesitate to contact your Physiotherapist or Occupational Therapist on:

Doncaster Royal Infirmary 01302 366666 ext 3235 or 3135

Bassetlaw Hospital 01909 500990 ext 2302

Montagu Hospital 01709 585171 ext 5626

Retford Hospital 01777 863400.