

Dupuytren's Contracture
(see GMEUR policy)

Clinical Presentation

- Thickening of the fascia complex of the palm
- Tethering of the flexor tendons especially of ring and little fingers
- Typically male 50-55 and possible family history
- Can be associated with diabetes, high cholesterol, smoking and excess alcohol
- Assess impact on function



Examination

- Thickening
- Tethering
- Degree of flexion contracture of MCPJs and PIPJs of affected digits to provide a total measure of the flexion deformity



NB Investigations not usually required unless underlying undiagnosed condition suspected



Watchful Waiting and Reassurance

Total flexion deformity between 0 and 45 degrees (total of the degrees of flexion across all joints in a single finger.) of the middle, ring or little finger.
With no functional impairment



Indications for surgery

Shared Decision Making Discussion

- Functional problems with ADLs as a direct result of the deformity AND evidence of moderate disease with up to 2 affected joints (MCPJ contracture of 30°-60° and PIPJ contracture less than 30°)
- Total Flexion Deformity greater than 90°
- **ANY** contracture of first web affecting thumb or index finger