



# 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.

Therapy usually starts one week after your operation.

**Exercises for the hand and wrist.**

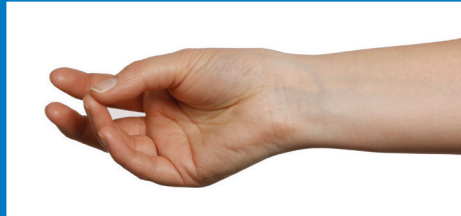
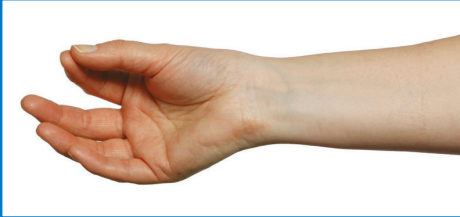
## 1. Bending and straightening fingers.



## 2. Spread and close your fingers.



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



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



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



**6. Side bending of your wrist from left to right.**



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

**7. Raise your arms above your head.**



**8. Bend and straighten your elbow.**



**9. Tuck your elbow into you side, turn your palm up and down.  
If any of these movements are stiff and limited, you can use your other  
hand to help improve the movement.**



**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 therapist will 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. Please bring your night splint to all your Hand Unit appointments. 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 therapist on:**

Doncaster Royal Infirmary 01302 644210

Bassetlaw Hospital 01909 572302

Montagu Hospital 01709 649190

Retford Hospital 01777 863400.

**Patient Experience Team**

The team are available to help with any concerns/complaints you may have about your experience at the Trust. Their office is in the Main Foyer (Gate 4) of Doncaster Royal Infirmary. Contact can be made either in person, by telephone or email.

**The contact details are:**

Telephone: 01302 642764 or 0800 028 8059

Email: [dbth.pals.dbh@nhs.net](mailto:dbth.pals.dbh@nhs.net)