

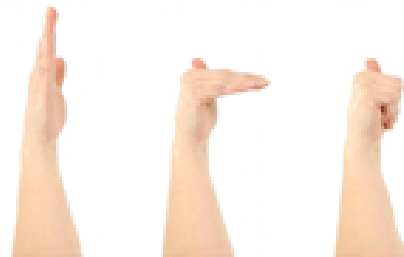
Dupuytren's Surgery Home Program

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Perform these exercises frequently during the day to reduce joint stiffness and swelling.

1 – FINGER GLIDES: REPETITION: 10 / FREQUENCY: EVERY 1 – 2 HOURS

- Begin with the wrist and fingers straight.
- Bend at the first knuckles, making a tabletop.
- Touch the fingertips to the base of the palm, making a flat fist.
- Bring the fingers into a claw position.
- Keeping the tension in the fingers, roll them into a full, tight fist.



2 – SINGLE FINGER BENDS: REPETITION 10 / FREQUENCY: EVERY 1 – 2 HOURS

- With your arm up in the air, bend each of finger, one at a time, to the base of the palm and then straighten.



**3 – FINGER ABDUCTION/ADDUCTION: REPETITION:10 / FREQUENCY:
EVERY 1 – 2 HOURS**

- Spread your fingers and thumb apart as far as possible, then back together.



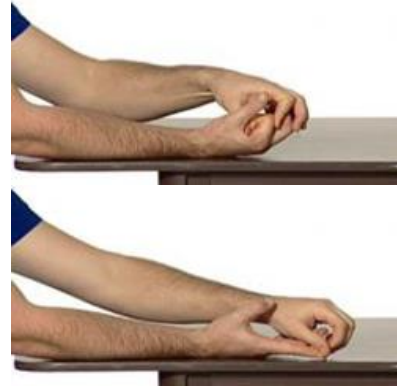
**4 - CLAW TO FIST WITH MARKER: REPETITION:10 / FREQUENCY:
EVERY 1-2 HOURS**

- Curl your fingers around a marker or dowel.
- Roll the marker down into your palm and then back up while keeping your finger tips on the marker.



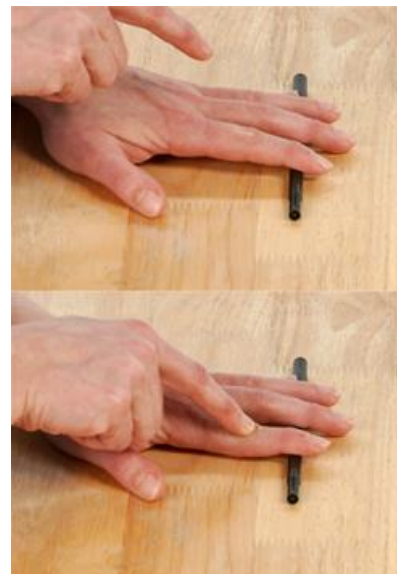
5 - FULL FINGER BENDING STRETCH: REPETITION:10 / FREQUENCY: EVERY 1-2 HOURS

- Begin by trying to make a full fist.
- Using your other hand, stretch the stiff finger at the tip and middle joints, rolling it into a full fist.
- Be confident with this exercise, you won't injure anything, even if it bleeds a bit.
- This will reduce stiffness and help you regain full motion as quickly as possible.
- This exercise can also be done stretching all 4 fingers at the same time.



6 - STRAIGHT FINGER STRETCH: REPETITION: 10 / FREQUENCY: EVERY 1-2 HOURS

- Begin with your hand on the table, with a pen under the tip joint of your injured finger.
- Press on the middle joint, stretching it into extension.



1 – 6 EXERCISE SUMMARY:



- **Exercise 1 : Finger glides**
Repetition: 10 / Frequency: every 1-2 hours
- **Exercise 2 : Single finger bends**
Repetition: 10 / Frequency: every 1-2 hours



- **Exercise 3 : Finger abduction/adduction**
Repetition: 10 / Frequency: every 1-2 hours
- **Exercise 4 : Claw to fist with marker**
Repetition: 10 / Frequency: every 1-2 hours
- **Exercise 5 : Full finger bending stretch**
Repetition: 10 / Frequency: every 1-2 hours
- **Exercise 6 : Straight finger stretch**
Repetition: 10 / Frequency: every 1-2 hours