

DUPUYTREN'S CONTRACTURE REHABILITATION

Treatment interest

- Improves flexibility, opening and closing of the hand.
- Pain relief and motor imagery awakening to allow hand reuse.
- Gives back the fingers' extension.
- Takes care of the pain.
- Fights against circulatory troubles.
- Helps scar tissue reduction.
- Reduces pain with the help of bead hydromassage, warm water, etc.
- Avoids scar's adhesions
- Avoids hand exclusion.

When/frequency?

Once a day. As soon as the scar is acquired.
In addition to the rehabilitation session or in isolated treatments every day without session

How?

Install the patient on a chair, at the correct height.
Immerse his/her hand and wrist in the mix.

Which temperature?

Warm water between 34 and 37°C for the hand and wrist.



Which rotation speed?

Slow, then average 8 to 10 rpm with some variations for adaptation phenomenon.
Then faster over the sessions.

Which associated exercises?

Make so that the patient makes movements in the water and bead mix.

- 🌀 Rolling fingers
- 🌀 Thumb presentation to pad of other fingers
- 🌀 Flexion-extension of wrist
- 🌀 Wrist circumduction
- 🌀 Hand opening and wrist extension, hand closing and wrist flexion
- 🌀 Look for a bigger bead in the mix

How long should a session last?

12 to 15 minutes

The tank containing the beads can turn clockwise, anticlockwise or in an alternating way, in either direction. In this case, the time of use in one direction can be set from the control panel.

Example: For a 12-minute session, we can program cycles of 2, 3, 6 or 12 minutes by starting in the wanted direction.

Warning: First session can be shorter to introduce the patient to the treatment.

How long should the treatment last?

Until the improvement is stabilized and the hand's motricity is durably recovered.