

German Orthopaedic Hospital Matters

Dear Valued Patient

This newsletter is aimed to inform you of the latest medical and state-of-art procedures, to discuss patient safety and to share information. In this issue, we will talk about Dupuytren's Contracture.



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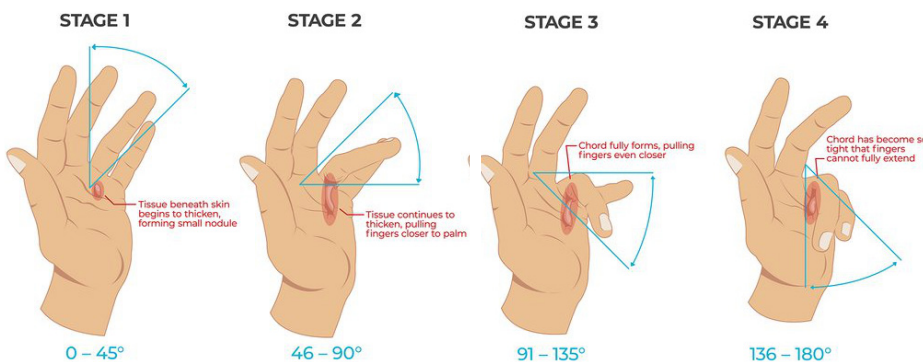
Dupuytren's contracture

What is Dupuytren's Contracture?

Dupuytren's Contracture first presents as a thickening or nodule in the palm. The earliest sign of a contracture is a triangular puckering of the skin on the palm as it passes over the flexor tendon, just before the flexor crease of the finger. As the condition progresses, there is an increasing - but painless - loss of range of motion of the affected fingers.



What are the reasons for Dupuytren's Contracture?



Dupuytren's contracture most often occurs in males over the age of 50. It mostly affects white people and is rare among Asians and Africans. The disease is more often seen by smokers, alcoholics, manual workers and people with epilepsy or diabetes mellitus.

How to treat a Dupuytren's Contracture?

Treatment is indicated when the so-called "table top test" is positive. During the table top test, the person places their hand on a table. If the hand lies completely flat on the table, the test is considered negative. If the hand cannot be placed completely flat on the table - leaving a space between the table and a part of the hand as big as, for example, the diameter of a ballpoint pen - then the test is considered to be positive and surgery or other treatment may be indicated. Additionally, finger joints may become fixed and rigid.

Limited/selective fasciectomy removes the pathological tissue, and is a common approach. During the procedure, the person may

be under regional or general anesthesia. A surgical tourniquet prevents blood flow to the limb. The skin is often opened with a zig-zag incision but straight incisions with or without Z-plasty are also described and may reduce damage to neurovascular bundles. All diseased cords and fascia are excised. The excision has to be very precise to spare the neurovascular bundles. Since not all the diseased tissue may be visible macroscopically, complete excision can be uncertain.

For more information about Dupuytren's Contracture, please contact the German Orthopaedic Hospital on 17 23 99 88 or email us at help@germanortho.com or info@germanortho.com

