

# Dupuytren's Disease Assessment

Patient information for palm thickening, cords and finger contracture

Dupuytren's disease can cause thickening in the palm, cords under the skin and finger contracture. It may affect hand opening, washing, gloves, pockets, handshakes or work tasks.

Assessment helps clarify severity, progression and whether observation, hand therapy advice, injection options or surgery should be considered.

This information is general only and does not replace personalised medical advice. Your assessment, treatment options and recovery plan may differ. OrthoDocs is not an urgent or emergency service. For medical emergencies, call 111.

## What assessment may cover

- Which fingers are involved and how long the contracture has been present.
- How the hand is affected in daily activities and work.
- Measurement of finger contracture and review of skin quality.
- Discussion of observation or treatment options where appropriate.

## If surgery is discussed

- Surgery aims to improve finger position by removing or releasing diseased tissue.
- Recovery may involve wound care, hand therapy, splinting and a period of reduced hand use.
- Dupuytren's can recur or progress in other areas over time.
- Risks, limitations and expected recovery should be discussed before decisions are made.

## Useful information to bring

- Details of change over time and any previous treatment.
- Information about tasks affected by the finger contracture.
- A current medication list, allergies and relevant medical conditions.
- Questions about timing, recovery, hand therapy and recurrence.

Prepared for OrthoDocs patients and referrers. Updated May 2026.