

# Dupuytren's Disease

## Dupuytren's Contracture

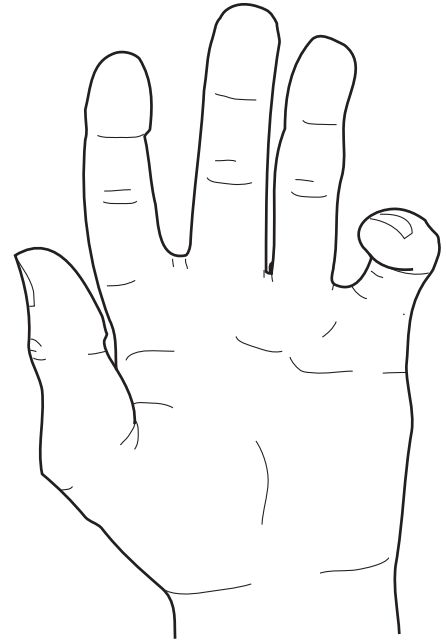


THE OHIO STATE UNIVERSITY  
WEXNER MEDICAL CENTER

This hand problem occurs when there is thickening of the tissue, called fascia, under the skin of the palm.

Over time, the tissue gets stiff and forms knots or firm lumps under the skin of the palm. It may also form tight cords from the palm into a finger, causing the finger to be pulled down, flexed or bent into the palm. There can also be thickening in the knuckles. This problem can also occur in the soles of the feet.

While there is no pain from the knots or lumps under the skin, bending or flexing of fingers can cause discomfort.



### Signs

- Small firm lump or lumps on the palm that cause it to look like it has dimples.
- Cord from palm into finger that pulls finger down toward palm.
- More common in ring and little fingers.
- May not be able to lay hand flat.
- May progress over the years to cause problems with activities such as grabbing objects, washing hands, wearing gloves or shaking hands.

### Treatment

In early stages, no treatment may be needed. As the problem gets worse, therapy or surgery may be needed to improve hand function.

Surgery may be done to break or remove the cord. Your doctor will talk to you about what type of surgery may be best for your problem. After surgery, a splint and hand exercises may be needed to improve your use of the hand and fingers. Even with surgery, the problem may occur again.

## Risk factors

This disease often runs in families. It is more common in men than in women. Other factors that may increase your risk of this disease include:

- Over age 50
- Northern European descent
- Diabetes
- Alcohol or tobacco use

Tell your doctor **if you take glucosamine and chondroitin (chondroitin sulfate) for osteoarthritis.** These medicines can speed the growth of this condition.

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**Talk to your doctor or health care team if you have any questions about your care.**

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.