

**Dupuytren's Contracture**  
(see GMEUR policy)

**Clinical Presentation**

- Thickening of the fascia complex of the palm
- Tethering of the flexor tendons especially of ring and little fingers
- Typically male 50-55 and possible family history
- Can be associated with diabetes, high cholesterol, smoking and excess alcohol
- Assess impact on function



**Examination**

- Thickening
- Tethering
- Degree of flexion contracture of MCPJs and PIPJs of affected digits to provide a total measure of the flexion deformity



**Mild**

No functional impairment  
AND either:

- No contracture
- OR
- Total FFD 0-45



**Watchful Waiting and Reassurance**

If no flexion deformity or if less than 45 degrees total flexion deformity across all joints of the affected middle, ring or little finger and no functional impairment

**Moderate**

Functional problems with activities of daily living as a direct result of the deformity **AND** there is evidence of moderate disease with up to 2 affected joints:

- Metacarpophalangeal joint contracture of 30° to 60° and proximal interphalangeal joint contracture of less than 30°

**OR**

- First web contracture



**Severe**

- TFD of 90 degrees or greater



**Indications for surgery**

**Shared Decision Making Discussion**

- Functional problems with ADLs as a direct result of the deformity **AND** evidence of moderate disease with up to 2 affected joints (MCPJ contracture of 30°-60° and PIPJ contracture less than 30°)
- Total Flexion Deformity greater than 90°
- ANY contracture of first web affecting thumb or index finger