

# Camptodactyly in children

This leaflet offers more information about your child's camptodactyly of the finger.

If you have any further questions or concerns, please speak to the staff member in charge of your care.

## What is camptodactyly and why has my child got it?

Camptodactyly is an abnormal bending of the middle joint of a finger not caused by an accident or injury, when the finger is pulled towards the palm of the hand.

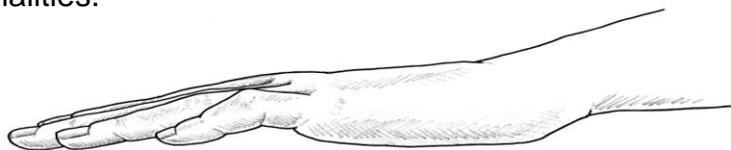
It is most common in the little finger but is sometimes seen in the ring or middle fingers and can affect both hands.

The cause isn't known but it is thought to be due to an imbalance with the tendons that bend and straighten the finger or may also be because something is too tight or shortened in the palm of your child's hand.

If your child's finger stays bent for a long time their bones may also change.

The amount the finger bends will be different in different children.

Camptodactyly can start when your child is a baby or not until adolescence. It is not usually linked to other abnormalities.



## Will camptodactyly affect how my child uses their hand?

Children are very good at adapting and will probably be able to use their hand normally. Using the hand while they are playing should help stretch the finger.

## What are the treatment options?

Splinting and stretching is usually recommended.

Specialist hand therapists will demonstrate and teach you how to help your child do their stretching exercises and put on any splints.

Surgery has only some success and is not the first treatment option.

The bend and position of the finger may get worse again when your child has a growth spurt, so stretching and splinting will need to keep being done until their bones are fully grown.

## What will the follow up be?

Follow up will be with the hand therapist and the consultant, who will check how much your child's finger bends to see if their current treatment is helping or not.

They will then discuss future treatment with you and your child.

The hand therapist will arrange for new splints to be made as your child grows.

## Contact us

If you have any questions or concerns about camptodactyly, please contact the plastic surgery department on 020 8725 1134 (Monday to Friday, 9am to 5pm). Out of hours, please contact the on-call plastic surgery senior house officer via the hospital switchboard on 020 8672 1255.

If you have any questions or concerns about a splint that has been made for your child by the hand therapists, please contact the hand therapy department on 020 8725 1038 (Monday to Friday, 9am to 4.30pm).

You can also contact the paediatric plastic surgery clinical nurse specialist on 020 8725 2656 and leave a message on the answerphone. If your query or concern is urgent please don't leave a message but contact the on-call plastic surgery senior house officer.

For follow up appointments please contact the plastic surgery appointment desk on 020 8725 5855.

**For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.stgeorges.nhs.uk](http://www.stgeorges.nhs.uk)**

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## Additional services

### Patient Advice and Liaison Service (PALS)

PALS can offer you on-the-spot advice and information when you have comments or concerns about our services or the care you have received. You can visit the PALS office between 9am and 5pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough Wing (near the lift foyer).

**Tel:** 020 8725 2453 **Email:** [pals@stgeorges.nhs.uk](mailto:pals@stgeorges.nhs.uk)

### NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

**Web:** [www.nhs.uk](http://www.nhs.uk)

### NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

**Tel:** 111

