

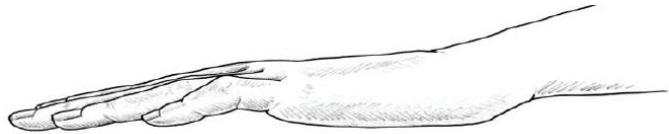
Camptodactyly in Children

Hand therapy treatment after surgery. Information for parents and children.

This leaflet explains more about the hand therapy treatment available for children after camptodactyly surgery. If you have any further questions or concerns, please speak to your therapist.

What is camptodactyly and why did I / my child need surgery?

Camptodactyly (camp-toe-dak-tilly) 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.



The cause is not known but is thought to be due to an imbalance with the tendons that bend and straighten the finger. It may also be because the skin or soft tissue is too tight or shortened in the palm of the hand. These tissues can tighten and cause the middle joint of the finger to become so stiff that it cannot be straightened even by using the other hand to push it.

When the bend of the finger is extreme, affects daily life and doesn't respond to stretches, then surgery is needed to correct the position of the finger.

What happens after surgery?

After surgery, the affected hand and arm will be carefully bandaged by the doctors. This bandage stays in place until the doctors' clinic, usually around one to two weeks after the surgery.

In the clinic, a nurse will remove the bandages and review the scar. The surgeons will also review the hand. You / your child will then be seen by a member of the hand therapy team.

What does hand therapy involve?

The exact details of rehabilitation after this surgery will depend on what structures the surgeons had to adjust to allow the affected fingers to straighten. You / your child will be made a thermoplastic splint (supporting device) in the first appointment and advised on exercises and scar management to complete at home.

Looking after the splint

A thermoplastic splint will be made for you / your child to help keep the affected finger(s) in a straight position. Your / your child's splint should be worn as follows:

It is important that you do not get your splint hot or wet. The splint should be comfortable. Please contact the hand therapy team if you / your child are experiencing any discomfort in the splint so that it can be adjusted. If you have any concerns, stop wearing the splint until you see your therapist.

Looking after the wound

The surgical wound will be left with minimal or no dressings to help with healing. To prevent infection, the wound must be kept clean and dry until it is healed. Sutures are usually dissolvable and will disappear within the first month after surgery.

Will I / my child be in pain?

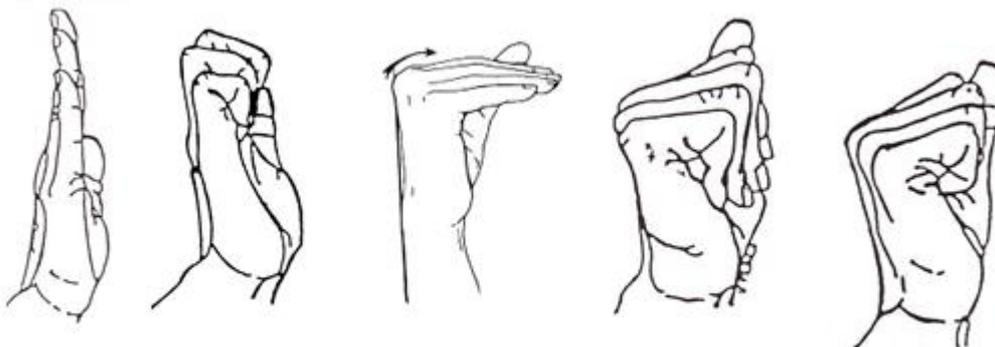
It is not uncommon for there to be some mild pain after surgery and during exercises. This is a normal part of recovery. Please discuss pain relief with your / your child's surgeon or nurse.

What exercises should I / my child do?

Remove the splint to complete all exercises. Please note that full movement may take a few weeks to achieve so do not expect to move the affected finger(s) perfectly straight away.

Your therapist will advise you which of the following exercises to complete:

Tendon gliding exercises



Straight

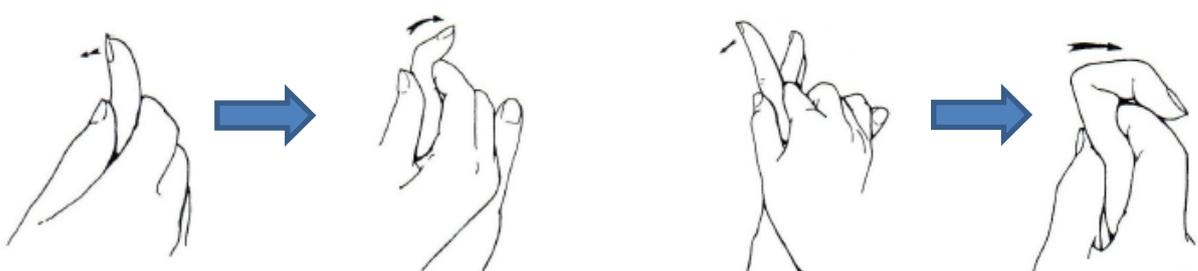
Hook

Table

Flat Fist

Full Fist

Isolated tendon glides using your other hand to support the finger joints.





Passive (using your other hand) stretches



How often should I / my child do the exercises?

Please complete each exercise _____ times and hold for _____ seconds each time.
Repeat _____ times per day.

Additional instructions

Useful sources of information

British Society for Surgery to the Hand <https://www.bssh.ac.uk>

Contact REACH, the support group for children with congenital arm and hand problems, by visiting their website <http://www.reach.org.uk> or by telephoning 0845 130 6225.

Contact us

If you have any questions or concerns about camptodactyly, please contact the hand therapy department on 020 8725 1038 (Monday to Friday, 8am to 5pm) or the plastic surgery department on 020 8725 1134 (Monday to Friday, 9am to 5pm).

Your therapist's name is _____

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

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 9.30am and 4.30pm, Monday to Friday in the main corridor between Grosvenor and Lanesborough wings (near the lift foyer).

Tel: 020 8725 2453 **Email:** 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

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

AccessAble

You can download accessibility guides for all of our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



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