

# CONTRACTED FINGERS

Congenital contractures are common in the ring and little finger. It occurs due to contractures in the fascia and skin of the finger. There is flexion deformity at the proximal interphalangeal joint with extension at the metacarpophalangeal joint distal interphalangeal joints.

## **TREATMENT:**

In mild cases deformity can be corrected by the application of finger splint to keep the fingers in straight position. The PIP joint can be easily stretched by the application of passive stretching exercise and this passive manipulation needs to be done several times and splint should be applied immediately to retain the correction.

**Surgery** is needed in neglected cases where the fascia is divided.

## **Postoperative physiotherapy:**

- Application of splint
- Relaxed passive stretching
- Strengthening exercises
- Functional use of hand