



## FLEXION CONTRACTURE FAQ

### **1) What is a flexion contracture?**

It is a bent finger, usually at the middle joint of the finger, that one cannot straighten using one's own muscle power or with the help of the opposite hand. The finger has become bent or "stuck" in that position. The person can make a fist but is not able to straighten the finger.

### **2) In what other joints can flexion contracture occur?**

It can occur in the tip joint, the middle joint of the finger or in the knuckle. It is most commonly seen in the middle joint of the finger.

### **3) How does it happen?**

It can happen as a result of many reasons. A fall, sprain, twist, jammed finger can all result in a flexion contracture. It can occur after a fracture or a joint injury. It can happen suddenly or slowly over time, as in the case of arthritis.

### **4) Is it painful?**

It can be painful after injury, especially when there is swelling around the joint.

### **5) Who treats a flexion contracture?**

An orthopaedic, plastic or general surgeon that specializes in hands treats this problem. He or she may refer you to a hand therapist for exercises and splinting.

### **6) Does a flexion contracture require surgery?**

A hand surgeon must evaluate the finger to determine why it developed a flexion contracture. There are times that the hand

surgeon may feel that surgery is the best indication but in many cases it can be treated by therapy.