

**Programme Title: Clinical Policies**

Clinical Policies aim to prevent avoidable harm to patients by only offering treatments on the NHS that are evidence-based, clinically safe and effective, as well as cost effective and a good use of resources.

**Cambridgeshire, Peterborough, Bedfordshire, Luton, Milton Keynes and Hertfordshire**

<b>Title of policy and version:</b>	<b>Orthopaedics - Dupuytren's Contracture Release</b> Version: v1.0
<b>Commissioning position:</b>	Criteria Based Access
<b>Scope:</b>	<b>Covers</b> Dupuytren's contracture release including surgery and injections
<b>Cohort:</b>	Adults with Dupuytren's contracture requiring release.
<b>Other relevant Clinical Policy</b>	TBC

<b>Treatments routinely funded:</b>	<p><b>The ICB will fund surgery or injections for Dupuytren's contracture release when ALL of the following criteria are met:</b></p> <ul style="list-style-type: none"> <li>• Presence of a palpable cord with fixed flexion deformity</li> </ul> <p><b>AND</b></p> <ul style="list-style-type: none"> <li>• Contracture is causing significant functional impairment, which is documented for example: <ul style="list-style-type: none"> <li>○ Impaired grip release</li> </ul> </li> </ul> <p><b>And/Or</b></p> <ul style="list-style-type: none"> <li>○ Interference with daily living activities (e.g., washing, dressing, manual tasks)</li> </ul> <p><b>Shared Decision-Making Requirement:</b></p> <ul style="list-style-type: none"> <li>• Before intervention, the following must occur:</li> </ul>
-------------------------------------	--

	<ol style="list-style-type: none"> <li>1. Use of a validated decision aid tool (e.g., NHS Dupuytren's decision aid) during the consent process</li> </ol> <p style="text-align: center;"><b>AND</b></p> <ol style="list-style-type: none"> <li>2. Documented discussion of: <ul style="list-style-type: none"> <li>○ Recovery time</li> </ul> <p style="text-align: center;"><b>AND</b></p> <ul style="list-style-type: none"> <li>○ Recurrence risk</li> </ul> <p style="text-align: center;"><b>AND</b></p> <ul style="list-style-type: none"> <li>○ Complication rates (e.g., ~1% risk of nerve injury with needle fasciotomy; ~4% for complications after fasciectomy)</li> </ul> <p style="text-align: center;"><b>AND</b></p> <ul style="list-style-type: none"> <li>○ Patient preferences regarding speed of recovery vs durability of outcome</li> </ul> </li> </ol> <p><b>Note: Surgical options in secondary care</b> include needle fasciotomy, segmental aponeurotomy, fasciectomy, or dermofasciectomy. <b>Corticosteroid injections</b> may be beneficial for some people with painful nodules (without contracture or loss of function).</p> <p><b>Radiation therapy</b> - National Institute for Health and Care Excellence (NICE) recommends that this procedure is only used with special arrangements for clinical governance, consent, audit or research.</p>
--	---

<p><b>Treatments not funded:</b></p>	<p><b>The ICB will not routinely fund Dupuytren's contracture release:</b></p> <ul style="list-style-type: none"> <li>• For purely cosmetic concern with no functional impairment</li> <li>• Where the above criteria are not met in full</li> </ul>
--------------------------------------	--

<p><b>Rationale:</b></p> <p>Dupuytren's disease is a progressive condition, and delaying treatment can reduce the extent to which the finger can be straightened. No available intervention is curative, and recurrence is common regardless of the technique used. Although larger surgical procedures reduce the likelihood of recurrence, they also carry a higher risk of complications. Radiotherapy, meanwhile, lacks robust evidence of effectiveness for established contractures.</p>
--

<p><b>IFR Statement Clinical Exceptionality:</b></p> <p>Where a patient does not meet the policy criteria or the intervention is not normally funded by the NHS, an application for clinical exceptionality can be considered via the ICB's Individual Funding Request (IFR) Policy and Process.</p>
--

<p><b>Coding list:</b></p> <p>Dupuytren's contracture release in adults when  T521  T522  T525</p>
--

T526

Spell Primary Diagnosis M720

Policy document record:	Orthopaedics - Dupuytren's Contracture Release Version: v1.0
Ratification date:	1 <sup>st</sup> April 2026
Record of significant change:	v1.0 – New harmonised policy for Central East ICB, based on predecessor ICB policies (C&P, HWE, BLMK).
Planned review date:	TBC

**Document Environmental Impact statement:**

Neutral environmental impact. Policy to be shared and stored electronically where possible; if printed, use double-sided printing and minimal copies.