

Long term results of massaging – Robert’s story

In 2007, in the palm of my right hand small knots appeared on the tendon of my ring finger. My doctor quickly defined this as being the Dupuytren disease. Many years ago, my father also had the same disease and as a consequence his ring finger seriously bent inwards. Twice he had an operation. The results were not good. For that reason, I decided to try to do physiotherapy on myself.

During the 9 years, and on a daily basis, I rubbed the knots for about 20 seconds and bent the affected finger backwards for another 30 seconds. This made the progression of the disease slow down considerably. At present, at age 78 years, although the knots did become bigger, but I can still flatten the finger on a table. The pictures below show what I mean.





