

Dupuytren's Contracture

DNA Health Report

REPORT CATEGORY —



JOINT & TENDON
HEALTH

Sample Client

Report date: 15 January 2026

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

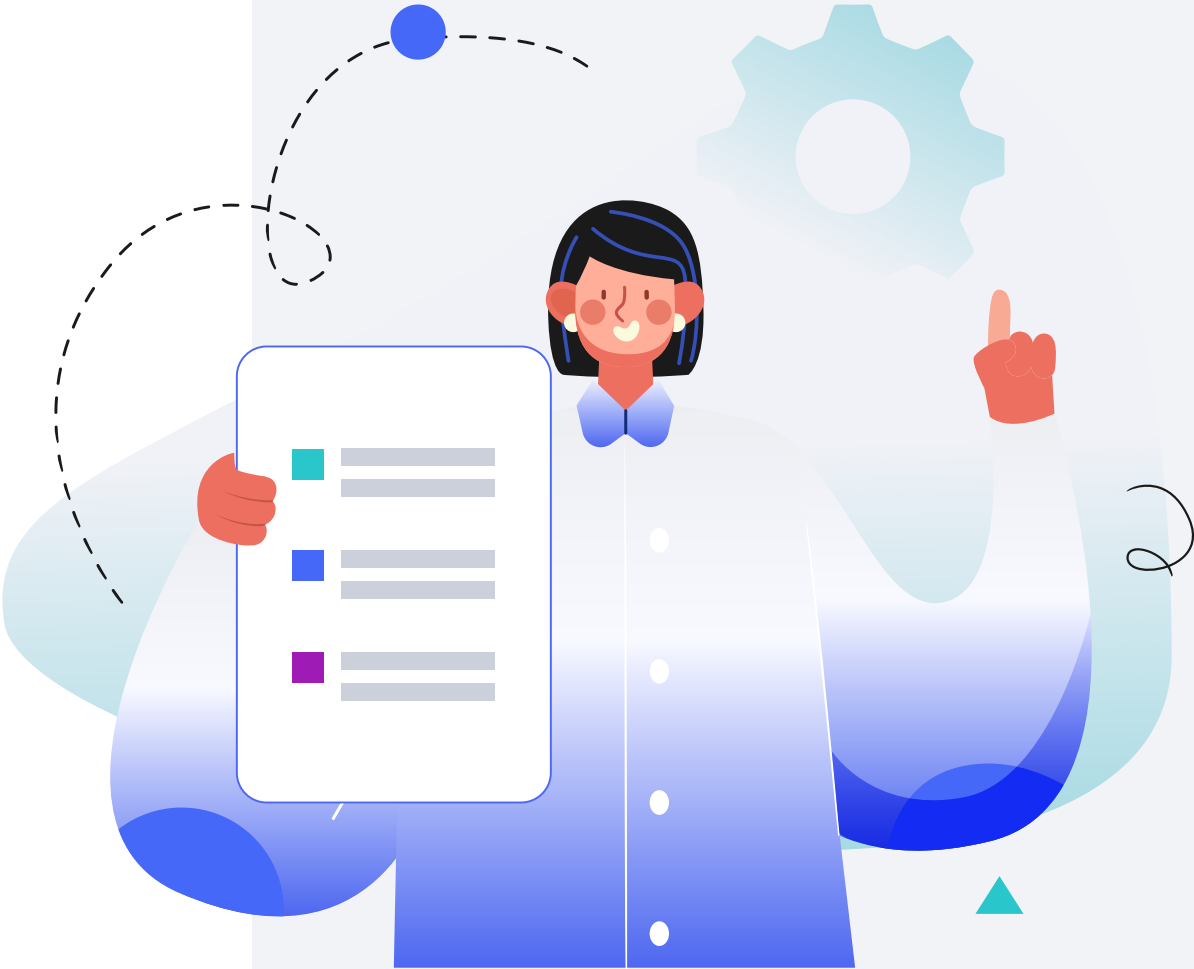
Male

HEIGHT

5ft 5" 165cm

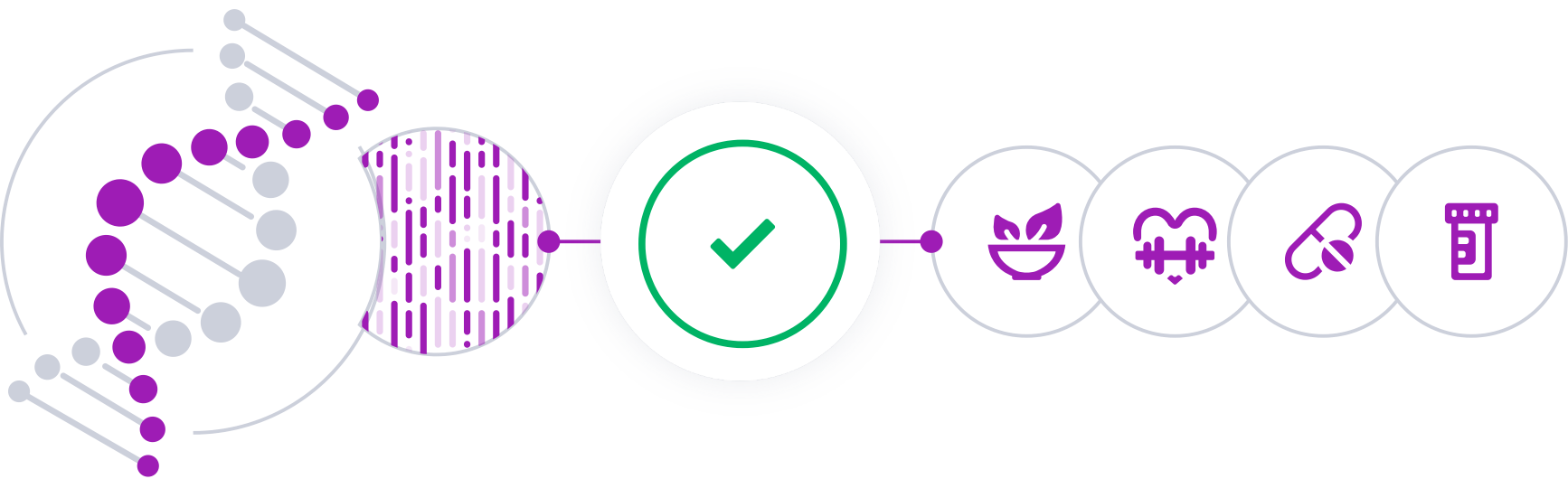
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.

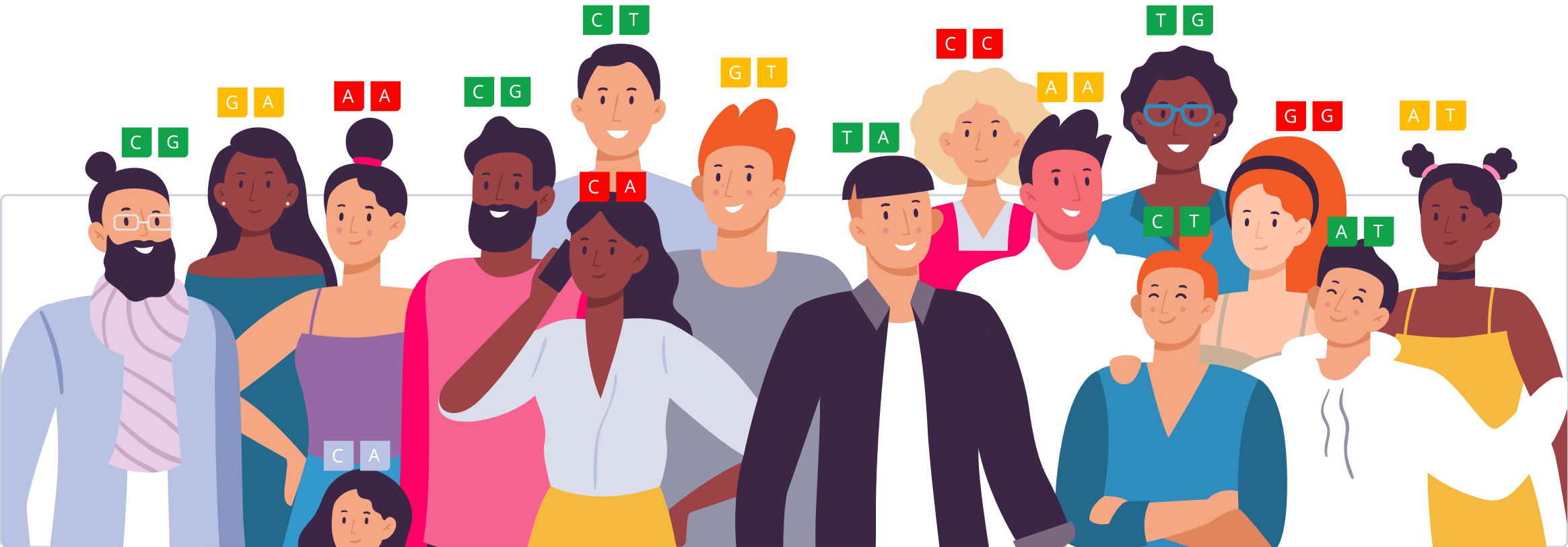


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

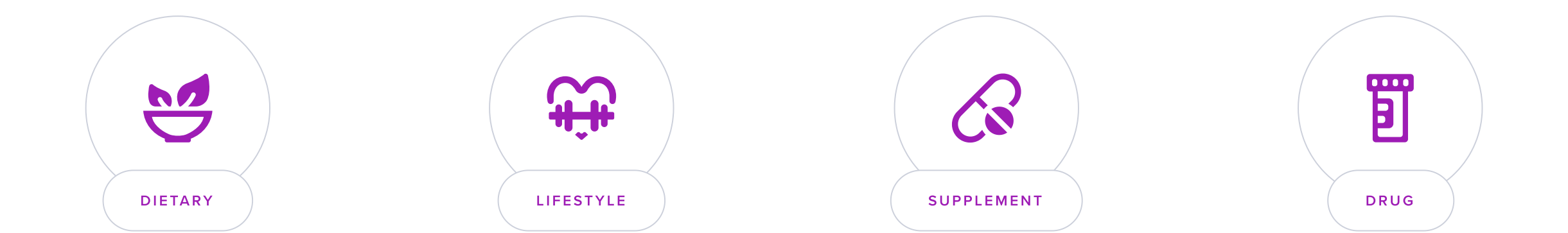
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn’t find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Dupuytren’s contracture is a hand condition that progressively affects the layer of tissue just beneath the skin of the palm and fingers. This disease causes the connective tissue fibers to gradually shorten and thicken, which can lead to the permanent bending of one or more fingers into a flexed position.

It typically begins with a thickening of the skin in the palm and can advance to the point where a person has difficulty fully straightening the affected fingers, often impacting the ring and little fingers.

Risk Factors and Treatment

This condition commonly occurs in older adults, and risk factors include Northern European ancestry, a family history of the condition, diabetes, and smoking. Although pain is not always associated with Dupuytren’s contracture, the limitation in hand function and dexterity can significantly interfere with daily activities.

Treatment can range from observation to various invasive procedures, such as needle aponeurotomy, enzyme injections to break down the tissue cord, or in severe cases, surgical removal of the affected tissue.



MORE LIKELY

More likely to have a Dupuytren's contracture based on 311 genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
MAFB	rs12481661	GG
WNT7B	rs117707689	CC
RAB31	rs11665156	CC
DUXA	rs11672486	TT
/	rs74516628	TT
MAFB	rs181089987	TT
KDR	rs73818546	GG
SULF1	rs2162353	GG
MAFB	rs58716951	CC
SULF1	rs10100769	GG
SFRP4	rs75958946	TT
SULF1	rs2472141	TC
EPDR1	rs2598100	GT
RSPO2	rs648596	CT
ACAN	rs12441312	GC
HSD17B7	rs72711557	GA
LRRC3B	rs142243039	CC
NME8	rs149796768	CC
TRMU	rs112116858	AA
EPDR1	rs2044830	GG
WNT7B	rs145039496	CC
ERG	rs117999064	AA
PXN	rs77660995	CC
WNT7B	rs9626908	TT

GENE	SNP	GENOTYPE
ATXN10	rs28755830	TT
LRRC25	rs78030362	AA
DMRT2	rs12353046	CC
ZBTB40	rs7537281	AA
ANTXR1	rs11126214	CC
LIMD1	rs71325072	TT
DMRT2	rs56381416	TT
/	rs16988531	GG
EBF2	rs17238923	AA
MAFB	rs57082097	GG
DSTYK	rs10793726	TT
MAP4K5	rs12881869	CC
MMP14	rs1042704	GG
ATXN10	rs17573837	AA
FGFR2	rs1649199	CC
STARD3NL	rs75306755	AA

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE			
1	Collagen (Non-Hydrolyzed)	5 g	2	Dynamic Tape Therapy	30 minutes
3	Manual Joint Mobilization	30 minutes	4	Avoid Lifting Heavy Objects	
5	Wrist Splints		6	Deep Friction Massage	
7	Reduce Wrist Strain		8	Physical Therapy	30 minutes
9	Osteopathic Manipulation		10	Connective tissue massage	
11	Manual Therapy		12	Stretching	15 minutes
13	Avoid Strenuous Activity				

1



Collagen (Non-Hydrolyzed)

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Take 5 grams of non-hydrolyzed collagen supplement daily. You can mix it with a beverage of your choice, such as water or juice, for easier consumption.

TYPICAL STARTING DOSE

5 g

Description

Collagen is a protein that plays a crucial role in maintaining skin, joint, and connective tissue health. Collagen supplements are believed to support skin elasticity, joint mobility, and overall skin and joint health.

[Collagen](#) is a protein that helps build skin, bones, and joints [\[R, R\]](#).

People use collagen supplements for [\[R, R, R, R\]](#):

- Joint pain
- Skin health
- Hair growth

How it helps

Non-hydrolyzed collagen may help improve the structural integrity of connective tissue, which can be beneficial in managing Dupuytren's Contracture by potentially reducing tissue thickness and promoting flexibility within the affected areas.

2

Dynamic Tape Therapy

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Apply dynamic tape to the affected area, ensuring the tape is stretched about 50-75% of its maximal length for optimal tension. The tape should be worn for 3-5 days, including during physical activities and showers, and then replaced. Use the taping technique specific to your injury, which may require a professional's guidance initially.

TYPICAL STARTING DOSE

30 minutes

Description

Dynamic tape therapy involves using a specially designed elastic tape to support injured or strained muscles and joints. It is believed to provide support while allowing for a range of motion, potentially aiding in the recovery and management of musculoskeletal conditions.

How it helps

Dynamic Tape Therapy can assist in managing Dupuytren’s Contracture by providing structural support to the affected fingers while maintaining mobility, which may enhance functional use and alleviate discomfort during activities.

3

Manual Joint Mobilization

IMPACT1 / 5

EVIDENCE1 / 5

How to implement

Schedule a session with a qualified physical therapist who specializes in manual joint mobilization techniques. Initially, aim for 1-2 sessions per week for a duration of 4-6 weeks. During these sessions, the therapist will apply specific hands-on techniques to move your joints through their natural range of motion, aiming to improve flexibility and decrease pain.

TYPICAL STARTING DOSE

30 minutes

Description

Manual joint mobilization is a hands-on physical therapy technique that can help improve joint function, reduce pain, and enhance mobility. It is often used by physical therapists and chiropractors to address musculoskeletal issues.

How it helps

Manual joint mobilization helps to restore normal range of motion and alleviate stiffness in the fingers by applying gentle, controlled movements. This therapy facilitates blood flow and promotes the healing of affected tissues, aiding in the management of Dupuytren's contracture.

4



Avoid Lifting Heavy Objects

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Refrain from picking up items that require significant strain or exertion, typically defined as those weighing more than 25 pounds (11 kilograms), to avoid unnecessary pressure on your body. This restriction should be adhered to as long as your healthcare provider advises, which may be indefinitely for chronic conditions or for a specific recovery period following surgery or injury.

Description

Avoiding improper lifting techniques when handling heavy objects can help prevent back injuries and musculoskeletal strain. Practicing safe lifting methods and using proper equipment promotes spine and musculoskeletal health.

How it helps

Avoiding lifting heavy objects minimizes strain on the hands and fingers, reducing the risk of exacerbating Dupuytren’s contracture symptoms. This helps maintain finger mobility and may slow the progression of the contracture by limiting stress on the affected tissues.

5



Wrist Splints

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Wear wrist splints during the night while sleeping and during activities that aggravate your wrist pain, such as typing or driving. It is recommended to continuously use these splints for several weeks to notice improvement in symptoms.

Description

Wrist splints are orthopedic devices worn on the wrist to support and immobilize it. They are used for conditions like carpal tunnel syndrome to reduce pain and inflammation by limiting wrist movement.

A wrist splint or brace is a type of soft cast used to hold the hand and wrist in a neutral position. It is used to promote healing and prevent further injury [\[R\]](#).

How it helps

Wrist splints help by stabilizing the wrist joint and reducing stress on the affected tendons, thereby preventing the progression of Dupuytren's contracture and maintaining hand function. This support can alleviate discomfort and promote better alignment during healing.

6



Deep Friction Massage

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Schedule an appointment with a skilled physiotherapist experienced in deep friction massage. The therapist will begin with a brief assessment to identify the specific muscle or tendon requiring treatment. During the session, they will apply targeted pressure using their fingers, thumbs, or elbows directly across the affected tissue. The movement is slow and precise, designed to penetrate deeply without sliding on the skin. Throughout the process, the therapist will adjust the pressure based on feedback to ensure effectiveness while maintaining comfort. The technique focuses on breaking down scar tissue and promoting healing in the targeted area.

Description

Deep friction massage is a specific technique within the field of therapeutic massage that targets muscle and tendon injuries. It is designed to promote healing by increasing blood flow and breaking down scar tissue. The massage applies pressure across the grain of muscles and tendons, using deep, penetrating movements. This method is particularly beneficial for chronic muscular pain, tendinitis, and areas with dense scar tissue, helping to restore mobility and relieve discomfort.

How it helps

Deep friction massage enhances circulation in the palm and fingers, which may alleviate pain and stiffness associated with Dupuytren’s Contracture. By breaking down adhesions and promoting tissue elasticity, this therapy can improve hand function over time.

7



Reduce Wrist Strain

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Take regular breaks, ideally every 30 minutes, to stretch and rest your wrists when using a computer or engaging in activities that require repetitive motion. Ensure your workspace is ergonomically set up with the keyboard at elbow height and wrists in a neutral position. Use wrist supports if necessary.

Description

Wrist strain occurs when tendons or ligaments in the wrist get stretched or torn. It can happen suddenly or develop over time. Reducing wrist strain means implementing ergonomic practices and exercises to alleviate tension and discomfort in the wrist area, which can help prevent conditions like carpal tunnel syndrome and promote better hand and wrist health.

Wrist strain occurs when tendons or ligaments in the wrist get stretched or torn. It can happen suddenly or develop over time as a result of [\[R, R\]](#):

- Repetitive tasks
- Sudden force to the hands or fingers
- Temperatures that are too hot or cold
- Poor wrist posture

Activities that strain the wrist can cause pain and swelling. They may also contribute to carpal tunnel syndrome [\[R, R\]](#).

How it helps

Reducing wrist strain can alleviate discomfort and tension in the hand, which may help minimize the risk of additional complications related to Dupuytren's Contracture. Improved hand health supports functional mobility and mitigates strain during daily activities.

8

Physical Therapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Attend physical therapy sessions 2-3 times per week for a duration of 4-6 weeks, depending on your specific condition and the advice of your healthcare provider. Each session typically lasts about 30-60 minutes, where a licensed therapist will guide you through targeted exercises, stretches, and possibly other treatments like electrical stimulation or ultrasound therapy.

TYPICAL STARTING DOSE

30 minutes

Description

Physical therapy is a therapeutic practice focused on optimizing physical function and mobility through specialized exercises, manual techniques, and therapeutic modalities. It helps individuals recover from injuries, manage chronic conditions, and improve overall physical well-being by enhancing strength, flexibility, and pain management.

Physical therapy (physiotherapy) helps people regain or maintain their ability to move [\[R\]](#).

Physical therapy can involve [\[R\]](#):

- Joint or muscle exercises
- Corrective movements
- Massage
- Education and advice

People mainly use physical therapy to help with [\[R\]](#), [\[R\]](#):

- Pain and injury
- Stroke recovery
- Chronic health conditions
- Headaches

Mirror therapy uses a mirror placed between the arms or legs. The image of a moving arm or leg gives the illusion of normal movement in the affected one. This therapy stimulates different brain regions and aims to improve mobility [\[R\]](#).

Constraint-induced movement therapy is another type of physical therapy. It consists of restraining the healthy leg or arm to increase the use of the affected one [\[R\]](#).

How it helps

Physical therapy helps manage Dupuytren's contracture by improving hand flexibility and strength through targeted exercises and manual techniques, thereby enhancing overall hand function and reducing discomfort associated with the condition.

9

Osteopathic Manipulation

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Schedule an appointment with a licensed osteopathic physician (DO) who specializes in osteopathic manipulative treatment (OMT). Initially, you might need to go for treatment once a week for 4-6 weeks, depending on your condition's severity and response to treatment. After the initial period, the frequency may be reduced based on your physician's advice.

Description

Osteopathic manipulation is a hands-on medical approach used by osteopathic physicians to diagnose, treat, and prevent medical conditions. It involves techniques like stretching, pressure, and resistance to support musculoskeletal health and overall well-being.

Osteopathic manipulation involves applying pressure to different parts of the body. A practitioner will move your muscles and joints to relieve pain and other health issues [\[R\]](#).

How it helps

Osteopathic manipulation may enhance blood flow and reduce tension in the hand muscles and connective tissues, aiding in the restoration of range of motion and functional ability in individuals with Dupuytren's contracture.

10

Connective tissue massage

IMPACT

1 / 5

EVIDENCE

1 / 5

Description

Connective tissue massage focuses on the layers of connective tissues surrounding muscles, bones, and joints. The technique involves firm, flowing strokes to help release tension, reduce pain, and improve flexibility [\[R\]](#).

It's particularly beneficial for those with chronic pain or stiffness, aiming to restore body movement and alleviate discomfort by targeting deeper layers of tissue.

How it helps

Connective tissue massage therapy may help alleviate the tension and stiffness associated with Dupuytren’s Contracture by enhancing blood circulation and promoting tissue flexibility, thereby potentially improving hand functionality.

11

Manual Therapy

IMPACT

1 / 5

EVIDENCE

1 / 5

How to implement

Schedule a session with a certified manual therapist, such as a physical therapist or chiropractor, once a week for at least 3 to 6 weeks. During these sessions, allow the therapist to apply hands-on techniques to manipulate muscles and joints aiming to improve mobility and reduce pain.

Description

Manual therapy encompasses various hands-on techniques used by healthcare professionals, including physical therapists and massage therapists, to alleviate pain, improve mobility, and promote overall musculoskeletal health. It can be effective for addressing a wide range of conditions, from muscle tension to joint disorders.

How it helps

Manual therapy enhances blood flow and reduces stiffness in the affected hand, facilitating improved mobility and function. This intervention also helps alleviate pain associated with Dupuytren's contracture, promoting overall hand health.

12

Stretching

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Incorporate stretching exercises into your daily routine, dedicating at least 10-15 minutes each day. Focus on major muscle groups such as the neck, shoulders, chest, back, hips, and legs. For best results, stretch both before and after other physical activities, holding each stretch for 15-30 seconds without bouncing.

TYPICAL STARTING DOSE

15 minutes

Description

Stretching involves gently elongating the muscles to improve flexibility, reduce muscle tension, and enhance joint mobility. Regular stretching can help prevent injuries, promote better posture, and increase overall physical comfort.

Stretching is a form of physical exercise that involves moving a muscle or group of muscles to their maximum range of motion. The most common types are **dynamic** (involving movement) and **static** stretching.

Stretching can help **improve flexibility, range of motion, and posture**. It may also relieve stress, reduce muscle soreness and tension, increase blood flow, and reduce the risk of injuries.

To get the most out of stretching, try to do it regularly, breathe deeply, and ease into the stretches.

How it helps

Regular gentle stretching of the fingers and hands can help maintain flexibility and function. It may slow the progression of contracture by keeping the connective tissue in the palm more supple.

13



Avoid Strenuous Activity

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Refrain from participating in high-intensity physical activities such as running, heavy weightlifting, and high-impact sports. Opt instead for low-impact exercises like walking, swimming, or yoga. It's important to listen to your body's signals and rest as needed, avoiding these strenuous activities until advised otherwise by a health professional.

Description

Avoiding strenuous physical activity in certain medical conditions or during illness can help prevent injury and promote better recovery. It allows the body to conserve energy and supports the healing process.

Strenuous activity is physical activity that requires a lot of effort. Exercise done at 70-85% of a person’s heart rate is considered strenuous. Examples include [\[R\]](#):

- Running, cycling, or swimming at high speed
- Running or hiking uphill
- Jumping rope
- Single tennis
- Sports that involve a lot of running (soccer, basketball, hockey, etc.)

On the other hand, strenuous daily activities include [\[R\]](#):

- Lifting and carrying heavy objects
- Gardening with heavy digging
- Shoveling snow
- Fast dancing

How it helps

Strenuous activities or exercises which put excessive pressure on the hands can potentially worsen symptoms of Dupuytren's contracture. Avoiding such activities helps in managing the condition better by preventing additional stress on the fibrous tissue in the palm.