



**ABOUT US**

*The Hand & Wrist Center* is a state-of-the-art facility dedicated to providing the best care for all hand and wrist conditions. We are located in the Bixby Knolls business district of Long Beach, California.

We are committed to providing every patient with complete treatment from the first evaluation through total rehabilitation. Equally important, we are committed to making the latest medical advances and technology available for all patients.

We welcome you to experience **Needle Aponeurotomy**, and all other services, *The Hand & Wrist Center* has to offer!



**LOCATION AND DIRECTIONS**

3918 Long Beach Boulevard Suite 100  
Long Beach California 90807

(In the Virginia Medical Plaza Building at the intersection of Roosevelt and Long Beach Boulevard; just north of the 405 Freeway)



TEL 562.424.9000  
FAX 562.424.9030  
www.needleaponeurotomy.com

**Office Hours**  
Monday – Friday  
8:30 a.m. to 5:00 p.m.

**BECAUSE**



**FUNCTION**



**MATTERS**



At The Hand & Wrist Center

# NEEDLE APONEUROTOMY



At **The Hand & Wrist Center**, we offer **Needle Aponeurotomy** as a minimally-invasive alternative to traditional, open surgery for patients with Dupuytren's Contracture (Disease). This innovative procedure was first popularized in Paris, France, in the 1950's by Dr. Jean Luc Lermusiaux (Rheumatologist).

This procedure, also known as the "French Technique," had not been available in the United States until it was properly introduced in 2003-2004 by Dr. Charles Eaton (Hand Surgeon) of Jupiter, Florida. Today, our Center proudly offers this service.

## ABOUT DUPUYTREN'S CONTRACTURE

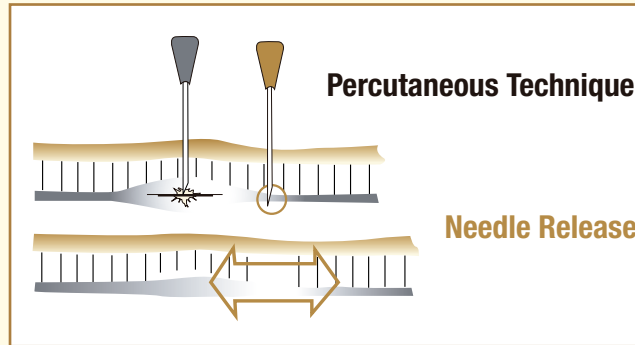
The cause of Dupuytren's Contracture (Disease) is unknown, but it is associated with certain biochemical factors within the involved fascia (soft tissues). This condition can occur in both men and women (of all races), but is most prominent in Northern-European (descent) populations.

Dupuytren's Contracture usually includes small nodules, cords, and/or pitting of the skin, which are apparent on the palmar surface of the hands and digits (fingers/thumb). Dupuytren's Contracture is not typically painful, however, tenderness may develop where nodules begin to form. Secondly, stiffness of finger joints may develop as contractures progress and draw down a digit into the palm.

Although the progression of Dupuytren's Disease is unpredictable, we can utilize Needle Aponeurotomy to treat most contractures before they begin (or continue) to significantly interfere with a patient's activities of daily living.

## ABOUT NEEDLE APONEUROTOMY

The goal of Needle Aponeurotomy is to most simply release tight (contracture) cords to allow the involved digits to extend without forming scar tissue. This is accomplished by placing small needles through the skin to release (cut) the underlying tight cord. This method is referred to as the "Percutaneous Technique," which is performed under a local anesthetic block.



(Source: Charles Eaton, M.D. 2007 ©)

## NEEDLE APONEUROTOMY HIGHLIGHTS

- Procedure performed in our office (there is no need for a complicated hospital visit)
- Procedure is performed under local anesthesia (no eating or drinking restrictions, and driving is possible immediately after the procedure)
- Procedure duration is approximately 1 hour, or less (depending on severity)
- Procedure results are immediately seen
- Minimal recovery time is required before returning to all activities of daily living (approximately 5-7 days)



To learn more about **Needle Aponeurotomy** visit our website:  
[www.needleaponeurotomy.com](http://www.needleaponeurotomy.com)

## ABOUT OUR PHYSICIAN



Dr. Ross Nathan

**Dr. Ross Nathan** is a Board Certified Orthopedic Surgeon with added Certifications in Surgery of the hand. He is the Medical Director of **The Hand & Wrist Center**.

**Dr. Nathan** specializes in the evaluation and treatment of all disorders related to the hand and wrist, as well as microvascular surgery, and amputation and replantation surgery. He has over 20 years of practice experience and he is an active member of local facilities including Long Beach Memorial Medical Center, Community Hospital of Long Beach, Los Alamitos Medical Center, Lakewood Regional Medical Center, and the Surgery Center of Long Beach.



**Dr. Nathan** has over 20 years of experience performing traditional, open surgery for Dupuytren's Contracture ("Open Palmar and Digital Fasciotomy"). He now offers **Needle Aponeurotomy** to many patients who previously would have been candidates for the traditional procedure.

To learn more about **Dr. Nathan** visit our website:  
[www.needleaponeurotomy.com](http://www.needleaponeurotomy.com)