

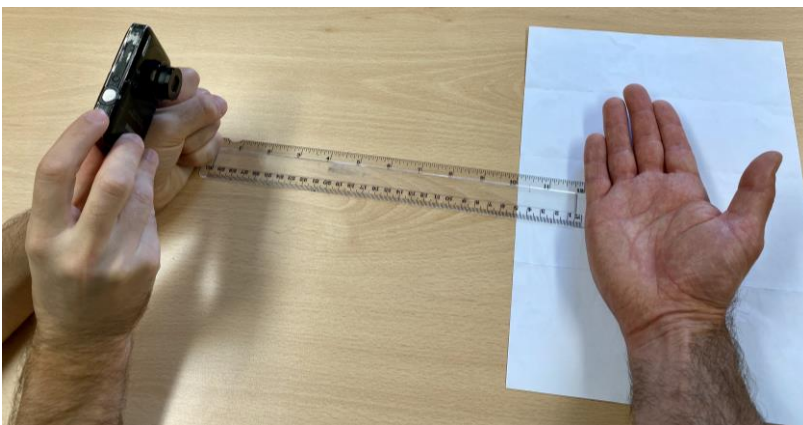
## Instructions for photographing a Dupuytren's Contracture

We recommend that you take the pictures using a digital camera or a smart phone in daylight or in a well-lit room. **You will need to ask for someone's help to take the photographs as per the instructions below.**

If both of your hands are affected by Dupuytren's contracture please take photographs **of each hand**. It is important that you take the photograph of your hand following the instructions below, with at least three photographs of each hand as shown, as this will make it easier for us to assess your hand.

### Photograph 1 – open hand from the side

1. Place your hand on a flat surface, palm facing up as shown below. Make sure that the back of the whole hand is in contact with the surface and not turned towards you. A white paper sheet as background can help.
2. Straighten all of your fingers as much as possible
3. Photograph from the side of the hand with your little finger closest to the camera
4. A 30cm ruler will show you how far away to position the camera lens. The camera should be placed on top of a clenched fist with the lens tilted down towards your hand
5. Adjust the zoom of the camera so that the entire hand is in the frame- including all of your fingertips and your wrist.



*The first photograph of your hand should look like the image below:*



## **Photograph 2 – tight fist from the side**

Keep your hand and camera in the same position and then make a tight fist.

*The second photograph of your hand should look like this:*



## **Photograph 3 – flat hand from above**

Lay your hand completely flat on the table and straighten all of your fingers as much as possible. Place your camera directly above your hand and take the photograph.

*The third photograph of your hand should look like this:*

