

Worksheet to build or modify your Dupuytren's contracture plan with your doctor*

- Determine size, shape, density surface features and adhesion quality of internal DC cords and knots; closely measure finger range of motion and ability to flatten palm against flat surface; monitor every 7-10 days; write & keep detailed notes
- Start with most diversified plan of therapies possible from all columns, or a S-M-L plan from DCI, used faithfully each day, based on suggestions and ideas for using each therapy provided with DCI therapy items; start dosage at recommendation found on each bottle
- If starting plan does not lead to some improvement of fibrous tissue or finger movement in 7-10 days, slowly and gradually increase one therapy in plan; refrain from internal therapies every 30-45 days for 2-4 days; stop treatment if no tissue changes occur in 3-4 months.
- Continue monitoring plaque, while slowly changing and increasing plan every 7-10 days until plaque begins to improve and reduce
- When improvement and reduction of knots and cords begins, stop increasing plan and continue same plan until plaque absorbed
- Good DC treatment is not static; it gradually and carefully changes to determine what therapy and at what dosage your body needs to remove foreign fibrous tissue and restore normal finger movement; it is different for everyone, experiment to learn what works for you

Internal therapy

Column A	Column B	Column C	Column D
External therapy	Support therapy	Systemic enzyme	Vitamin E
<ul style="list-style-type: none"> • DMSO + Unique- E oil + Super CP serum • Genesen Acutouch • Ultrasound 3MHz 	<ul style="list-style-type: none"> • Scar Freee • L-Arginine • Co-enzyme Q • PABA • Acetyl-L-carnitine • Quercetin/Bromelain • Honso herbs 	<ul style="list-style-type: none"> • Nattokinase • Fibrozym • Neprinol • Bromelain 5000 	<ul style="list-style-type: none"> • Unique- E
Moderate plan changes possible using Column A	Many plan changes possible using Column B	Many plan changes possible using Column D	Little plan changes possible using Column E
Choose 1-2-3 from this list	Choose 2-3-4 from this list	Choose 1-3 from this list,	Choose 1 from this list,
<p>DMSO is minimum item used on this list; should be combined with either vitamin E oil or Super CP serum, or both</p> <hr/> <p>Genesen pens are popular professional grade & safe equipment for easy at-home use</p> <hr/> <p>Ultrasound compact & portable 3MHz model HS3040 – direct fibrous tissue penetration</p>	<p>Abundant medical research supports use for these valuable therapies</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>*Discuss all ideas and information found on this form and DCI website with your treating doctor before making any change in your PD treatment strategy, for doctor's approval.</p> </div>	<p>Basic therapy in all good DC treatment plans</p> <p>Very important to weaken fibrous scar tissue with enzymes</p> <p>Every 30-60 days stop digestive enzymes for 1-3 days to allow liver to rest and detoxify</p>	<p>Basic therapy in all good DC treatment plans</p> <p>Total dose 800-1200 IU daily</p> <p>Most medically researched therapy; reason 95% of all MDs recommend to use vitamin E</p>