



## GRABOW HAND TO SHOULDER CENTER

**Ryan J. Grabow, MD**

Board Certified, Hand to Shoulder Specialist



**Dear Prospective Patient,**

Needle Aponeurotomy may or may not be a reasonable option for your hands, depending on your exact problem. Sometimes the only way to tell whether or not NA is appropriate is by examining your hands in the office. This is one of the problems with long-distance medical care.

If you are able to email pictures of your hands, it may be possible to render a preliminary opinion based on these images. Please take photos of your hands in the following positions and email them to [dupuytren@doctorgrabow.com](mailto:dupuytren@doctorgrabow.com) Once these have been reviewed we will contact you for a brief 10 -15 minutes preliminary medical history.

Sincerely,

Ryan J. Grabow, MD

### **Pictures**

**The back: palm down, thumb down.  
Palm as flat as possible:**



**The front: palm up, thumb up. Back  
of hand flat on table:**



**The outside: palm pushing down on a  
table top, trying to straighten the  
fingers:**



**If you have scars or previous surgery,  
include a picture with them marked  
with a marking pen:**

