

Efficacy of ReHand Tablet solution for rehabilitation after trauma conditions of hand, wrist and fingers.

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Status	RECRUITING
Sponsor	Andalusian Public Foundation for the Management of Health Research in Seville
Enrollment	660 participants

Plain Language Summary

Injuries to the wrist, hand, and fingers are extremely common and can significantly limit everyday activities. After surgery or having a cast removed, rehabilitation exercises are vital — but the traditional approach of handing patients a printed sheet of exercises is often poorly followed. This study is testing whether a tablet-based rehabilitation app called ReHand, which provides guided, interactive exercises designed by hand therapists and surgeons, leads to better recovery than standard paper-based exercise instructions.

Participants who have recently had surgery or cast removal for conditions including wrist fractures, hand fractures, carpal tunnel surgery, or Dupuytren's contracture surgery are randomly assigned to either the ReHand app or the standard paper exercise program. Both groups are followed to measure how well the hand, wrist, and fingers recover.

You may be eligible if you are 18 or older and have had one of the qualifying hand or wrist conditions, with rehabilitation starting within 10 days of surgery or cast removal. People with pre-existing neurological conditions affecting the arm, or those who are unable to cooperate with the program, are not eligible.

Key Eligibility Criteria

Inclusion (3)

- Subjects over 18 years of age.
- Pathology of wrist, hand and fingers of the following: distal radius fracture, 5th metacarpal fracture, carpal bone fracture, carpal tunnel syndrome surgically intervened, rhizarthrosis surgically intervened, Dupuytren surgically intervened.
- No more than 10 days after surgery or removal of immobilisation

Exclusion (4)

- Neurological pathology affecting the upper limb.
- Non-cooperative.
- Loss of cognitive capacity.
- Psychiatric illness

Locations (1 total)

Seville, Spain