Prayer Sign

Question: 56 year lady having type-2 diabetes for last 12 years. What is this clinical sign?

Answer: The “Prayer sign” indicates the presence of diabetic cheiroarthropathy. It is characterized by patient inability to completely close gaps between opposed palms and fingers when pressing their hands together in prayer’s position. Diabetic cheiroarthropathy, also known as diabetic stiff hand syndrome or limited joint mobility syndrome, is found in 8-50% of all patients with type 1 diabetes and is also seen in type 2 diabetic patients. This is because of the limitation of joint mobility and it begins in the metacarpophalangeal and proximal interphalangeal joints of the little finger and then extends to the other fingers. It is also associated with thickness and stiffness of the overlying skin on the dorsum of the fingers due to collagen deposition. Skin becomes pebbled and rough over the interphalangeal joints, knuckles and periungual regions. This condition is associated with and predictive of other diabetic complication like retinopathy, nephropathy, neuropathy and hypertension.  

REFERENCE


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Received: 22.9.2002; Revised: 27.9.2003; Accepted: 3.10.2003