

HAND

MSK-6 Protocol and Pathway – MSK Specialty (14/03/2011)

HAND AND WRIST PATHOLOGY

Ganglion

Presenting Symptoms

- Swelling over the dorsum of the wrist
- Pain in the region of ganglion

Treatment Plan

- Reassure the patient that the condition is benign and surgery is rarely needed
- Up to 30% of ganglia reoccur
- Operative scar – cosmetic issue
- Analgesic if needed

Referral to:

Minor surgery in primary care, if available

Referral to:

Orthopaedic Clinic if minor surgery service is not available in primary care

Trigger Finger / Thumb

Presenting Symptoms

- Patient will complain of pain and inability to flex or straighten the finger or the thumb
- Sometimes patient feels a click when the affected finger or the thumb is bent or straightened

Examination

- Nodule felt at the base of the thumb or the finger

MSK Clinic referral:

- Steroid injection is usually successful
- Surgical release – minor surgery procedure in primary care, if available

Referral to:

Orthopaedic clinic if MSK clinic is not available for steroid injection or surgical release

Carpal Tunnel Syndrome

Presenting Symptoms

- Pain, tingling and numbness in the hand and fingers
- Weakness of grip power
- Patient sometimes wakes up at night with tingling sensation

Examination

- Symptoms can also be due to cervical spine pathology and this should be excluded
- x-ray of cervical spine if needed
- Rule out conditions such as hypothyroid & rheumatoid by doing blood tests if needed
- Cervical rib can produce these symptoms
- X-ray thoracic inlet if needed
- Nerve conduction study

MSK clinic / Physiotherapy clinic referral

- Wrist splint
- Physiotherapy if needed

-If no success

- Symptoms are severe
- Associated muscle wasting

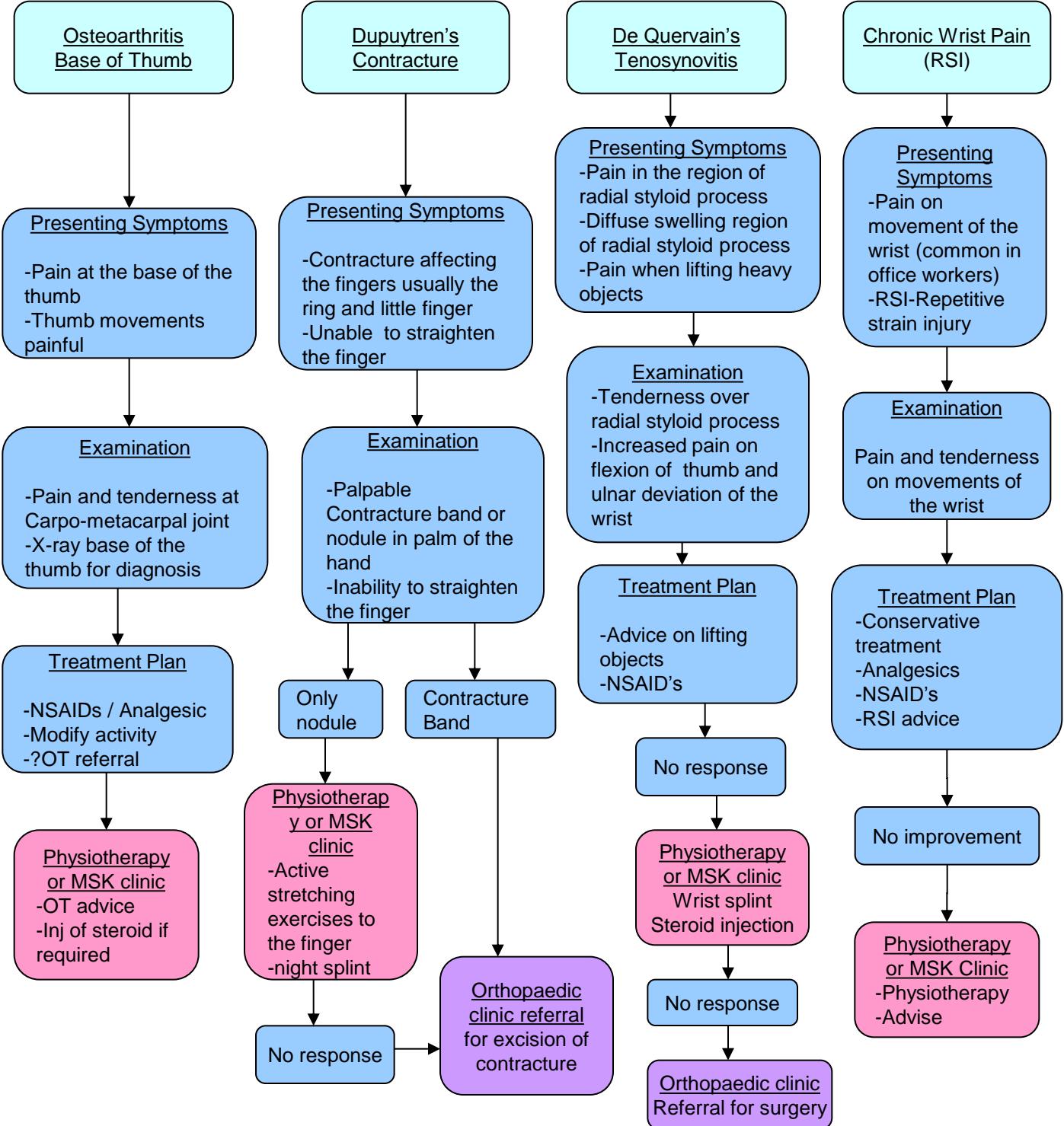
Referral to:

Orthopaedic clinic for Surgical decompression

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| Key | Patient presents | GP level intervention | GPwSI level intervention | Alternative Outpatient Service | Acute hospital | Red flag |
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MSK Specialty – Hand Pathway Page 2 (cont.)

HAND AND WRIST PATHOLOGY



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|------------|------------------|-----------------------|--------------------------|--------------------------------|----------------|----------|
| Key | Patient presents | GP level intervention | GPwSI level intervention | Alternative Outpatient Service | Acute hospital | Red flag |
|------------|------------------|-----------------------|--------------------------|--------------------------------|----------------|----------|

MSK Specialty – Hand Pathway 1

Ganglion



Trigger Finger
Ring finger affected



Carpal Tunnel Syndrome



Trigger Thumb



MSK Specialty – Hand Pathway 2

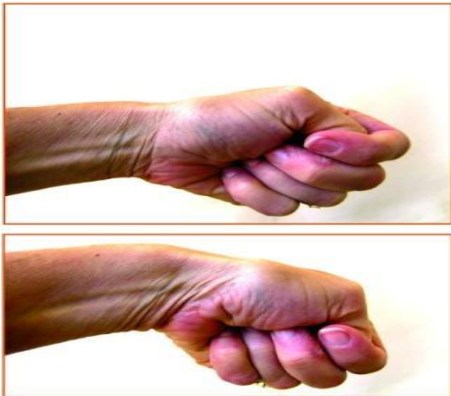
Osteoarthritis
Base of Thumb



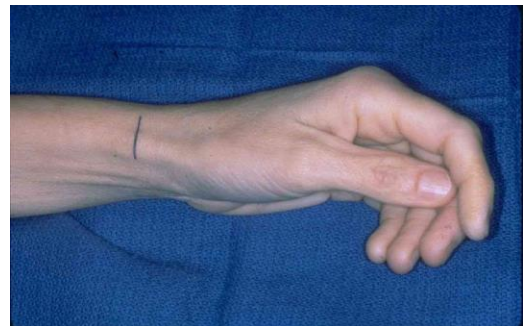
Dupuytren's Contracture
Little Finger



De Quervain's Tenosynovitis
Increased pain on Flexion of thumb
and ulnar deviation of wrist



De Quervain's Tenosynovitis



De Quervain's Tenosynovitis

