Musculoskeletal – Hand Patient Pathway

Hand symptoms due to cervical spine pathology should be excluded

<table>
<thead>
<tr>
<th>Ganglion:</th>
<th>Carpal / Cubital Tunnel/ syndrome:</th>
<th>Trigger Finger/thumb:</th>
<th>Osteoarthritis carpo metacarpal joint:</th>
<th>Dupytren’s Contracture:</th>
<th>Chronic wrist pain:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Typical site: Fluctuates in size</td>
<td>Pain, tingling &amp; numbness + weakness</td>
<td>Typical nodule at base of thumb or finger</td>
<td>Pain at base of thumb on movement of carpometacarpal joint</td>
<td>Typically ring and little finger</td>
<td>(including De Quervains)</td>
</tr>
</tbody>
</table>

### Patient presentation

#### Ganglion:
- Typical site: Fluctuates in size

#### Carpal / Cubital Tunnel/ syndrome:
- Pain, tingling & numbness + weakness
- Wake up at night & relieved with movement for 15-20 minutes

#### Trigger Finger/thumb:
- Typical nodule at base of thumb or finger
- Wake up with flexed finger or thumb which can be straightened with a click

#### Osteoarthritis carpo metacarpal joint:
- Pain at base of thumb on movement of carpometacarpal joint

### Primary Care

- **Aspirate to confirm (50% recur)**
- **Wrist / night splints**
- **Modification of activity to prevent pressure on this**
  - Injection of steroid around A1 Pulley

- **-Non steroidal anti-inflammatory drugs / anagesia**
- **-Modify activity / OT referral**

- **-Nodule only: no active treatment required – patient education**
- **-When contracture interferes with activities of daily living, occupation or hobbies refer for surgery**

### Secondary Care

- **If symptoms persistent, severe, especially if associated with weakness / muscle wasting**
  - Steroid injection usually successful
  - Operation infrequently indicated

- **-Steroid injection**
- **-Consider surgery if symptoms increase despite conservative treatment & there is significant problem with function.**

### Surgery for all contractures unless contra indicated

- **Failure of Conservative / significant Measures Functional deficit (steroid injection/ Surgery may be indicated**

*: thickness of arrow s indicates expected volume of referrals

Adapted from the CCI Hand Patient Pathway Guidelines 2005