








CONDITIONS	WHEN TO REFER	GENERAL TREATMENT PROVIDED
<p> <b>Upper Limb Fractures</b></p> <ul style="list-style-type: none"> <li>• Humeral</li> <li>• Elbow</li> <li>• Distal Radius/Ulna</li> <li>• Scaphoid</li> <li>• Metacarpal</li> <li>• Thumb</li> <li>• Finger</li> </ul>	<p><b>Conservative management:</b> As soon as possible for conservative management or for immobilisation prior to surgical consult</p> <p><b>Post-surgical management:</b> Within the first week post operatively</p>	<p><b>Splint:</b> Depending on injury, custom made thermoplastic orthosis to immobilise and stabilise the fracture</p> <p><b>Conservative management:</b></p> <ul style="list-style-type: none"> <li>• Thermoplastic splinting</li> <li>• Oedema management</li> <li>• Customised home exercise program</li> </ul> <p><b>Post-surgical management:</b></p> <ul style="list-style-type: none"> <li>• Custom made thermoplastic orthosis depending on surgeon's preference</li> <li>• Dressings and wound care</li> <li>• Scar and oedema management</li> <li>• Customised home exercise program</li> </ul>
<p> <b>Mallet Fingers</b></p>	<p>As early as possible</p>	<p><b>Splint:</b> Custom made thermoplastic finger-based extension orthosis</p> <p><b>Conservative management:</b></p> <ul style="list-style-type: none"> <li>• Thermoplastic splinting</li> <li>• Customised home exercise program following immobilisation period</li> </ul> <p><b>Post-surgical management:</b></p> <ul style="list-style-type: none"> <li>• Custom made thermoplastic orthosis depending on surgeon's preference</li> <li>• Dressing and wound care</li> <li>• Scar and oedema management</li> <li>• Customised home exercise program</li> </ul>

CONDITIONS	WHEN TO REFER	GENERAL TREATMENT PROVIDED
<p> <b>Tennis Elbow / Lateral Epicondylalgia</b></p> <p> <b>Golfer's Elbow / Medial Epicondylalgia</b></p>	<p><b>Conservative management:</b> As soon as possible for conservative management or at onset of symptoms</p> <p><b>Post-surgical management:</b> Within the first week post operatively</p>	<p><b>Splint types that may be provided:</b></p> <ul style="list-style-type: none"> <li>• Custom made thermoplastic forearm-based wrist orthosis</li> <li>• Semi-rigid wrist orthosis</li> <li>• Forearm counter-force brace</li> </ul> <p><b>Other:</b></p> <ul style="list-style-type: none"> <li>• Education on condition and self-management strategies</li> <li>• Activity modification</li> <li>• Soft tissue therapy</li> <li>• Customised graded home exercise program</li> <li>• Kinesio Taping</li> <li>• Inter-X Neurostimulation</li> </ul>
<p> <b>De Quervain's Tendinopathy</b> <b>Intersection Syndrome</b></p>	<p>At onset of symptoms however patients can still be referred several months after initial presentation of symptoms</p>	<p><b>Splint:</b></p> <ul style="list-style-type: none"> <li>• Custom made thermoplastic forearm-based thumb/wrist orthosis</li> <li>• Semi-rigid thumb/wrist orthosis</li> </ul> <p><b>Other:</b></p> <ul style="list-style-type: none"> <li>• Specific graded thumb exercises</li> <li>• Education on condition and self-management</li> <li>• Taping and soft tissue therapy</li> <li>• Customised strengthening exercises</li> <li>• Inter-X Neurostimulation</li> </ul>

CONDITIONS	WHEN TO REFER	GENERAL TREATMENT PROVIDED
<ul style="list-style-type: none"> <li> <b>Carpal Tunnel Syndrome</b></li> <li> <b>Cubital Tunnel Syndrome</b></li> </ul>	<p>At onset of symptoms or as early as possible</p>	<p><b>Splint:</b>  <i>Carpal Tunnel:</i> Wrist immobilisation orthosis  <i>Cubital Tunnel:</i> Nocturnal elbow extension orthosis/            Padded elbow sleeve</p> <p><b>Conservative management:</b></p> <ul style="list-style-type: none"> <li>• Advice on condition and education on activity modification</li> <li>• Nocturnal splinting</li> <li>• Assessment to monitor sensation and hand strength</li> <li>• Customised strengthening exercises depending on patient's presentation</li> </ul> <p><b>Surgical management:</b></p> <ul style="list-style-type: none"> <li>• Dressings and wound care</li> <li>• Scar and oedema management</li> <li>• Customised graduated home exercise program</li> </ul>
<ul style="list-style-type: none"> <li> <b>Trigger Finger</b></li> </ul>	<p><b>Conservative management:</b> As soon as possible</p> <p><b>Post-surgical management:</b> Within the first week post operatively</p>	<p><b>Splint:</b> Custom made thermoplastic orthosis to prevent further triggering</p> <p><b>Conservative management:</b></p> <ul style="list-style-type: none"> <li>• A period of immobilisation to prevent triggering</li> <li>• Followed by customised home exercise program to promote tendon gliding and to prevent joint stiffness</li> </ul> <p><b>Post-surgical management:</b></p> <ul style="list-style-type: none"> <li>• Oedema management</li> <li>• Wound and scar massages</li> <li>• Customised home exercise program to improve hand strength and function</li> </ul>

CONDITIONS	WHEN TO REFER	GENERAL TREATMENT PROVIDED
<p> <b>Finger Dislocations</b></p> <ul style="list-style-type: none"> <li>• Volar plate injuries</li> <li>• Collateral ligament injuries</li> </ul>	<p>As early as possible</p>	<p><b>Splint:</b></p> <ul style="list-style-type: none"> <li>• Custom made thermoplastic digit-based orthosis</li> </ul> <p><b>Conservative management:</b></p> <ul style="list-style-type: none"> <li>• Protective splinting</li> <li>• Gradual extension of digit in orthosis for volar plate injuries</li> <li>• Specific joint AROM to prevent stiffness</li> <li>• Oedema management</li> <li>• Customised home exercise program to improve digit/hand strength and hand function</li> </ul>
<p> <b>Osteoarthritis (OA)</b></p> <ul style="list-style-type: none"> <li>• Base of thumb OA (1st CMCJ)</li> <li>• Wrist OA</li> <li>• DIPJ/PIPJ OA</li> </ul>	<p>At onset of symptoms</p>	<p><b>Splint:</b></p> <ul style="list-style-type: none"> <li>• Custom made thermoplastic or semi-rigid wrist brace depending on affected joints</li> <li>• 1<sup>st</sup> CMCJ semi-rigid orthosis</li> <li>• OA gloves/finger based compression stalls</li> </ul> <p><b>Conservative management:</b></p> <ul style="list-style-type: none"> <li>• Protective splinting during tasks that aggravates symptoms</li> <li>• Education on condition and joint protection strategies</li> <li>• Customised home exercise program to restore range and strength</li> </ul>