









# HAND WORKS INJURY REFERRAL GUIDE

Conditions	When to Refer	Treatment	Splint/Orthosis
<b>Mallet Fingers</b>	As early as possible, but up to 6/52 post injury depending on severity of condition	<b>Conservative:</b> Splinting and customised home exercise program following immobilisation period  <b>Post-surgical management:</b> Splinting according to surgeon preference and *full post-operative care	Custom made finger-based Thermoplastic extension orthosis  
<b>Finger Dislocations</b> <ul style="list-style-type: none"> <li>• Volar plate injuries</li> <li>• Collateral ligament injuries</li> </ul>	As early as possible	<b>Conservative:</b> <ul style="list-style-type: none"> <li>• Splinting with gradual extension of digit in orthosis for volar plate injuries.</li> <li>• ROM exercises</li> <li>• Management of pain and oedema</li> </ul>	Custom made finger-based Thermoplastic orthosis  
<b>Trigger Finger</b>	<b>Conservative management:</b> As soon as possible  <b>Post-op management:</b> Within the first week post surgery	<b>Conservative:</b> A period of splinting to stop triggering followed by exercises  <b>Post-surgical management:</b> <ul style="list-style-type: none"> <li>• *Full post-operative care</li> <li>• Customised home exercise program</li> </ul>	Custom made finger-based Thermoplastic orthosis  
<b>Upper Limb Fractures</b> <ul style="list-style-type: none"> <li>• Thumb, finger</li> <li>• Metacarpal</li> <li>• Distal Radius/Ulna</li> <li>• Scaphoid</li> <li>• Humeral, elbow</li> </ul>	<b>Conservative management:</b> As soon as possible including immobilisation prior to surgical consult  <b>Post-op management:</b> Within the first week post surgery	<b>Conservative:</b> <ul style="list-style-type: none"> <li>• Splinting to immobilise and stabilise the fracture</li> <li>• Oedema management</li> <li>• Customised home exercise program</li> </ul> <b>Post-surgical management:</b> <ul style="list-style-type: none"> <li>• *Full post-operative care</li> <li>• Customised graduated home exercise program</li> </ul>	Custom made Thermoplastic orthosis specific to fracture  

\*Full post-operative care includes wound care, re-dressing, suture removal if required, oedema and scar management.



# HAND WORKS INJURY REFERRAL GUIDE

Conditions	When to Refer	Treatment	Splint/Orthosis	
<b>Carpal Tunnel and Cubital Tunnel Syndrome</b>	At onset of symptoms or as early as possible	<b>Conservative:</b> <ul style="list-style-type: none"> <li>• Advice and education on condition and activity modification</li> <li>• Nocturnal splinting</li> <li>• Customised home strengthening program</li> </ul> <b>Post-surgical management:</b> <ul style="list-style-type: none"> <li>• *Full post-operative care</li> <li>• Customised graduated home exercise program</li> </ul>	<b>Carpal Tunnel</b> Wrist immobilisation orthosis  <b>Cubital Tunnel</b> Nocturnal elbow extension orthosis/padded elbow sleeve	
<b>Tennis Elbow</b> (Lateral Elbow Tendinopathy)  <b>Golfer's Elbow –</b> (Medial Elbow Tendinopathy)	At onset of symptoms however, patients can still present months after initial symptoms	<ul style="list-style-type: none"> <li>• Education on condition and self-management strategies including avoid gripping with straight elbow</li> <li>• Prescription or fabrication of suitable splint</li> <li>• Soft tissue therapy</li> <li>• Customised graduated home exercise program</li> </ul>	Several splint options including semi-rigid, custom made and forearm counter-force brace	
<b>De Quervain's Tendinopathy and Intersection Syndrome</b>	At onset of symptoms however, patients can still present months after initial symptoms	<ul style="list-style-type: none"> <li>• Education on condition and self-management strategies</li> <li>• Specific graded thumb exercises</li> <li>• Taping and soft tissue therapy</li> <li>• Customised graduated home exercise program</li> </ul> <p><i>If referring patients for steroid injection – patients will benefit from having a splint to wear immediately post injection to rest structures and to prevent further aggravation.</i></p> <p><i>Surgery – some patients may benefit from a surgical review, our therapists will communicate this with you.</i></p>	Custom made Thermoplastic or semi-rigid forearm-based thumb/wrist orthosis	
<b>Osteoarthritis (OA)</b> <ul style="list-style-type: none"> <li>• Base of thumb/ 1st CMC</li> <li>• Wrist</li> <li>• DIPJ/PIPJ</li> </ul>	At onset of symptoms however, patients can still present months after initial symptoms	<ul style="list-style-type: none"> <li>• Protective splinting during tasks that aggravate symptoms</li> <li>• Education on condition and joint protection strategies</li> <li>• Exercises to improve joint stability</li> </ul> <p><i>If referring patients for steroid injection – patients will benefit from having a splint to wear immediately post injection to rest structures and to prevent further aggravation.</i></p> <p><i>Surgery – some patients may benefit from a surgical review, our therapists will communicate this with you.</i></p>	Custom made Thermoplastic or semi-rigid wrist orthosis Base of thumb splinting OA gloves/finger compression stalls	

\*Full post-operative care includes wound care, re-dressing, suture removal if required, oedema and scar management.

