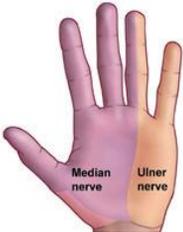


Hand symptoms due to cervical spine pathology should be excluded

Patient presentation

<p>Ganglion:</p> <p>Typical site: Fluctuates in size</p> 	<p>Carpal / Cubital Tunnel/ syndrome:</p> <ul style="list-style-type: none"> ▪Pain, tingling & numbness + weakness ▪Wake up at night & relieved with movement for 15-20 minutes 	<p>Trigger Finger/thumb:</p> <ul style="list-style-type: none"> ▪Typical nodule at base of thumb or finger ▪Wake up with flexed finger or thumb which can be straightened with a click 	<p>Osteoarthritis carpo metacarpal joint:</p> <p>Pain at base of thumb on movement of carpometacarpal joint</p> 	<p>Dupuytren's Contracture:</p> <p>Typically ring and little finger</p> 	<p>Chronic wrist pain:</p> <p>(including De Quervains)</p>
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Primary Care

<p>Aspirate to confirm (50% recur)</p>	<p>Wrist / night splints</p>	<ul style="list-style-type: none"> -Modification of activity to prevent pressure on this -injection of steroid around A1 Pulley 	<ul style="list-style-type: none"> -Non steroidal anti-inflammatory drugs /analgesia -Modify activity/ OT referral 	<ul style="list-style-type: none"> -Nodule only: no active treatment required – patient education -When contracture interferes with activities of daily living, occupation or hobbies refer for surgery 	<ul style="list-style-type: none"> -Conservative Management: analgesics, splints & physiotherapy
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Secondary Care

<p>Few indications for Surgery</p> <ul style="list-style-type: none"> -Scar often symptomatic -up to 30% of ganglia recur -High dissatisfaction rate 	<p>If symptoms persistent, severe, especially if associated with weakness / muscle wasting</p> <p>-refer for surgical decompression</p>	<ul style="list-style-type: none"> -Steroid injection usually successful -Operation infrequently indicated 	<ul style="list-style-type: none"> -Steroid injection -Consider surgery if symptoms increase despite conservative treatment & there is significant problem with function. 	<p>Surgery for all contractures unless contra indicated</p>	<p>Failure of Conservative Measures Functional deficit (steroid injection/ Surgery may be indicated)</p>
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*: thickness of arrows indicates expected volume of referrals