

Hand Conditions

2017

CONDITIONS	OPTIONS
Cyst/ganglion*/ bursitis Tendonitis /Tenosynovitis/Triggering Dupuytrens,* Carpal Tunnel Syndrome (Median nerve), * Guyons Tunnel (Ulna nerve) OA: CMC jt thumb, MCP jt / IP jt, wrist *ALL require INNF /prior approval https://www.bristolccg.nhs.uk/innf Instability: TFC Tear acute / degenerative, Co-lateral Ligament strain/ Degenerative deformity, dislocation, subluxation Fracture/ AVN (Scaphoid)	Physiotherapy Orthotics Xray USS / USS+ INJ MRI Inject diagnostic / therapeutic MRI arthrogram Surgery Other? bloods / meds. Nothing Pain clinic

Condition	Injection / location	Options
Cyst and ganglions*	Aspiration and injection	Aspiration and CS inj, Uss +/- inj, MRI, excision, Xray can show soft tissues. Physio , Surgery*
Tendonitis, Tenosynovitis, (De Q) Trigger finger/thumb*	Occasionally needs specialised USS guided injection, Injection to bathe nodule, sheath	Physio, (normalise movement restore function) USS +/- inj , Orthotics Wrist splints, Debridement, Decompression.
Dupuytrens*	Enzyme <i>Collagenase clostridium histolyticum</i> injections not available	Physio, (normalise movement restore function), Surgery
Carpal Tunnel Syndrome* (Median nerve), Guyon's Tunnel (Ulna nerve)	Steroid only injection as part of a treatment programme. Unlikely	Night splints, Physio, (normalise movement restore function), Injection, Surgery *
OA: CMC jt thumb, MCP jt , IP jt, wrist	Steroid injection as part of a treatment programme, Occasionally needs USS guided injection	Physiotherapy (normalise movement restore function), MEDS, Injection, Surgery X-ray MRI, Arthroplasty
Instability see 'conditions' above	unlikely	Physio, Xray, MRI / MRA, Surgery