



ALASKA NATIVE MEDICAL CENTER



HAND-OTHER

Diagnostic

Treatment Recommendations:

- Carpal Tunnel Syndrome is treated with rest, splints, treatment of fluid retention and NSAID Protocol
- Trigger finger is treated with limiting trauma, anti-inflammatory medications, and cortisone injection
- Dupuytren's contracture is but an annoying inconvenience. It is treated by providing information about the disease process. Return for evaluation if hand function is being affected and the patient is interested in possible surgery.

Patient Handouts:

- Hand Fact Sheets, Booklets and Brochures

Referral Guidelines:

- Soft tissue problems of the hand and wrist unresponsive to conservative care are generally managed by Hand Surgery; please refer CTS, Rheumatoid Hand, Dupuytren's, ganglions, trigger fingers and other tendon problems after failure of conservative care
 - CTS: Persistent numbness despite treatment and /or thenar atrophy are indications for surgery. Please obtain nerve conduction studies before referral
 - Dupuytren's contracture: Refer only if interfering with function. (rarely with less than 30 degree contracture)
 - Trigger finger: Refer after failure of cortisone injections.
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- Referrals for fractures are to be made through established procedures, obtain the radiograph and your encounter form and CALL the hand surgeon on-call to review films.