

WRIST

Diagnostic/Treatment Recommendations:

- Repetitive or overuse wrist pain is not managed in orthopedics; consider Physical Therapy.
- For Carpal Tunnel Syndrome and Ganglion Cysts see “Hand” or “Ganglion” referral form.
- Wrist Radiographs should be obtained to rule out fractures or other bony conditions
- Most wrist sprains can be managed with rest and simple splinting, and do not require referral
- Non-traumatic wrist pain should be treated with activity modification, NSAIDs, and splinting

Patient Handouts:

- Wrist Sprains
- DeQuervain’s Tendinitis
- Hand Fact Sheets, Booklets and Brochures

Referral Guidelines:

- Refer non-traumatic wrist pain only if conservative treatment is unsuccessful
- Refer chronic non-unions, ligament injuries
- Refer wrist arthritis only if patients are interested in surgical intervention.
- Referrals for fractures are to be made through established procedures, obtain the radiograph and your encounter form and CALL the orthopedic surgeon on-call to review films.