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## HAND THERAPY REFERRAL GUIDE

CONDITION	WHEN TO REFER	SPLINT	GENERAL TREATMENT PLAN
<b>Mallet finger</b>	<b>As soon as possible</b> but can refer up to 6 weeks post injury	Custom thermoplastic extension splint for the DIP joint only	Bony mallet – 6 week full time splinting Tendinous mallet – 8 weeks full time splinting
<b>DeQuervain’s Tendinopathy</b>	<b>As soon as symptoms arise</b> but can be referred several months post initial onset on pain	Custom-made forearm based wrist and thumb splint.  Neoprene splinting can be offered based on symptoms and patient circumstances.	Full time splinting for 4-6 weeks Followed by a graduated therapy program Other treatment techniques may include: <ul style="list-style-type: none"> <li>• Soft tissue therapy</li> <li>• Taping</li> <li>• InterX</li> <li>• Advice on activity modification</li> </ul>
<b>Carpal tunnel syndrome</b>	<b>At the onset of symptoms</b>	Custom made thermoplastic wrist splint Soft splinting may be an option depended on patient and assessment by a therapist	Night splinting until resolution of symptoms ~ 6 weeks Partial daywear depending on severity of symptoms. Other treatment techniques may include: <ul style="list-style-type: none"> <li>• Advice on activity modification</li> <li>• Exercise program</li> </ul>
<b>Tennis elbow (lateral epicondylitis)</b>	<b>At onset of symptoms</b>	Wrist splinting and/or counter force bracing may be required	Rehabilitation program to include: <ul style="list-style-type: none"> <li>• Soft tissue therapy</li> <li>• Graduated strengthening</li> <li>• Taping</li> <li>• InterX</li> <li>• Advice on activity modification</li> </ul>
<b>Cubital tunnel syndrome</b>	<b>At onset of symptoms</b>	Night elbow extension splinting – thermoplastic or prefabricated soft splinting	Splinting for up to 6 weeks or until symptoms resolve. Advice on activity modification is key. Home exercise program.
<b>Distal radius fracture</b>	<b>Conservative management – as soon as possible</b> or directly after POP removal	Custom made thermoplastic wrist splint	Splint for 4-6 weeks depending on age and fracture type. Individualised home and in therapy exercise program Scar and oedema management as required

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	<b>Surgical management – 1 to 4 days</b> post operatively		
<b>Metacarpal fracture</b>	<b>Conservative management – as soon as possible</b> or directly after POP removal <b>Surgical management – 1 to 4 days</b> post operatively	Custom made thermoplastic hand or wrist based splint depending on fracture location / position/ surgeon preference	Splint for 4-6 weeks depending on fracture type. Individualised home and in therapy exercise program is key for regaining functional movement Scar and oedema management as required
<b>Finger fractures</b> <ul style="list-style-type: none"> <li>• Proximal phalanx</li> <li>• Middle phalanx</li> <li>• distal phalanx</li> </ul>	<b>Conservative management – as soon as possible</b> or directly after POP removal <b>Surgical management – 1 to 4 days</b> post operatively	Custom made thermoplastic splinting – finger, hand or forearm based depending on fracture location and doctor preference	Splint for 4-6 weeks depending on fracture type. Individualised home and in therapy exercise program is key for regaining functional movement. Scar and oedema management as required
<b>PIP joint dislocations</b> <ul style="list-style-type: none"> <li>• Dorsal – possible volar plate involvement</li> <li>• Volar – possible central slip involvement</li> </ul>	<b>As early as possible</b> – ideally 1-3 days post injury	Dorsal dislocation – custom made finger based dorsal blocking splint with the PIPj in 30 of flexion. Volar dislocation – custom made finger based barrel splint with the PIP held in full extension. Less severe injuries may be treated with buddy splinting or taping.	Splints are worn for 4-6 weeks and modified regularly as the injury progresses. Dorsal Dislocation – early active ROM is key. Volar dislocation – immobilisation to protect the tendon if necessary. Scar and oedema management as required
<b>Scaphoid Fracture</b>	<b>Conservative management – as soon as possible</b> or directly after POP removal <b>Surgical management – 1 to 4 days</b> post operatively	Custom made thermoplastic wrist splint Thumb included at Doctor request.	Full time splinting until fracture has healed – can be 6-12 weeks. Individualised home and in therapy exercise program once fracture is stable Scar and oedema management as required

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