



**Orthopaedic Outpatients
Level 1 Waiora Building
Waikato Hospital**

Hand and Wrist Primary Health Care Plans

DIAGNOSIS	MANAGEMENT OPTIONS
Stenosing tenosynovitis (e.g. Trigger Finger, de Quervains)	Activity modification Splint for 4 /52 Steroid injection. Limit to one injection only
Basal thumb arthritis (adults)	Anti inflammatories Activity Modification Provision of hand based splint Steroid injection
Painful/ stiff wrist	Anti inflammatories Trial of wrist splint Physiotherapy
Ganglia (notably on the back of the hand)	Observe for 3 months Consider aspiration Steroid injection