



# NORTHSIDE HAND & UPPER LIMB CLINIC

Shoulder, elbow, wrist & hand therapy

**Upper Limb Referral Guide**  
**(07) 3205 7019 | [handinjuries.com.au](http://handinjuries.com.au)**



Shoulder Injuries



Elbow Injuries



Thumb Injuries



Wrist Injuries



Hand Injuries



Finger Injuries

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Condition	Referral	Imaging	Management
<b>Impingement</b>	Within 1 week		Retraining the biomechanics of the scapulo-humeral joint combined with humeral head control and stabilising program. Proprioception retraining.
<b>Rotator Tear</b>	Within 1 week		Immobilisation in sling if acute Scapula stabilisation program followed by gentle loading of the rotator cuff tendons. Proprioception Retraining
<b>Bursitis</b>	Within 1 week		Biomechanics retraining and scapula stabilisation program. Proprioception retraining.

## Shoulder Injuries

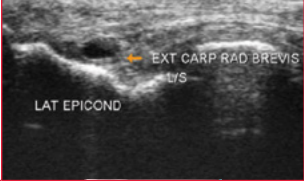


## Elbow Injuries

## Thumb Injuries

## Wrist Injuries

## Hand Injuries

## Finger Injuries

Condition	Referral	Imaging	Management
<b>Tennis Elbow</b>	Within 1 week		Wrist immobilisation orthosis to rest the ECRB/ECRL tendons. Water proof orthosis for 4-6 weeks followed by radial head stabilisation program.
<b>Radial Head Fracture</b>	Within 24 hours Urgent Care Required		Thermoplastic Elbow immobilisation water proof orthosis. 6 weeks immobilisation. AROM all unaffected joints. Radial Head Stabilisation program from 6 weeks
<b>Golfers Elbow</b>	Within 1 week		Core strengthening program and soft tissue work particularly through pronator teres.



**Elbow Injuries**



**Thumb Injuries**



**Wrist Injuries**




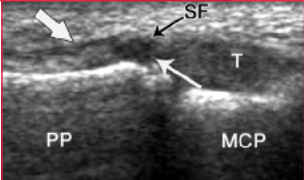
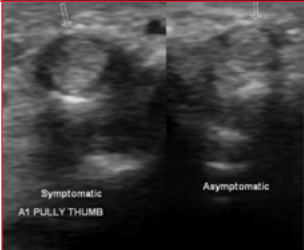
**Hand Injuries**



**Finger Injuries**

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Condition	Referral	Imaging	Management
<b>Basal Thumb Joint Arthritis</b>	Within 1 week		Thermoplastic water proof orthosis – Short opponens thumb water proof orthosis to correct 1st CMC angle. Water proof orthosis ongoing as required for pain management. Strengthening of the thenar eminence. Proprioception re-training.
<b>Thumb MCPJ UCL/RCL</b>	Within 48 hours		Thermoplastic water proof orthosis – Short opponens water proof orthosis for 6 – 8 weeks. AROM of all unaffected joints. Strengthening of the adductor pollicis
<b>Trigger Thumb</b>	Within 1 week		Hand based thumb immobilisation water proof orthosis resting the A1 pulley. 6-8 weeks of splinting.



**Thumb Injuries**



**Wrist Injuries**



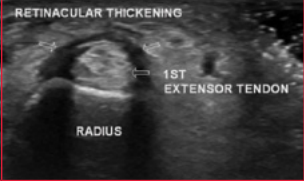



**Hand Injuries**



**Finger Injuries**

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Condition	Referral	Imaging	Management
<b>Dequervains Tenosynovitis</b>	Within 48 hours		Thermoplastic Long opponens water proof orthosis immobilising the wrist and thumb. 4 – 8 weeks of splinting followed by core wrist strengthening program.
<b>Distal Radius Fracture</b>	Within 24 hours Urgent Care Required		Thermoplastic Wrist water proof orthosis. 6 weeks of splinting followed by wrist core strengthening program. Re-Xray after 6 weeks
<b>Scaphoid Fracture</b>	Within 24 hours Urgent Care Required		Thermoplastic wrist water proof orthosis full time. 6 weeks. CT at 6 weeks to determine healing. Core strengthening program commenced once CT confirms healing
<b>Carpal Tunnel Syndrome</b>	Within 48 hours		Thermoplastic wrist splinting for overnight use. Median nerve glides and desensitisation program.



**Wrist Injuries**




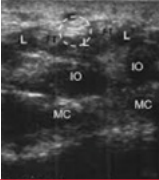

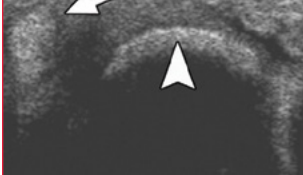
**Hand Injuries**



**Finger Injuries**

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Condition	Referral	Imaging	Management
<b>Metacarpal Fracture</b>	Within 24 hours Urgent Care Required		Hand based metacarpal gutter water proof orthosis with thermoplastic buddy, early active range of motion, 6 weeks splinting followed by intrinsic strengthening
<b>Lumbrical Tear</b>	Within 1 week		Thermoplastic relative motion water proof orthosis to rest the affected muscle but allow continued ROM of joints. 8 weeks splinting with gradual strengthening.
<b>MCPJ Collateral Ligament</b>	Within 48 hours		Thermoplastic buddy +/- MCPJ gutter water proof orthosis. 6-8 weeks splinting followed by intrinsic strengthening.
<b>Sagittal Band Injury</b> <a href="http://actionrehab.com.au/sprained-finger">actionrehab.com.au/sprained-finger</a>	Within 48 hours		Thermoplastic Relative Motion water proof orthosis. 6-8 weeks followed by intrinsic strengthening.







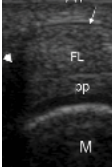
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Condition	Referral	Imaging	Management
<b>Mallet Finger – Tendon/ Bony</b>	Within 24 hours Urgent Care Required		Thermoplastic water proof orthosis – Cap water proof orthosis OR Anti swan neck water proof orthosis. 6–8 weeks full time splinting. ROM all unaffected joints.
<b>Central Slip Avulsion #/ PIPJ dislocation</b>	Within 24 hours Urgent Care Required		Thermoplastic water proof orthosis – Barrel Water proof orthosis. 6 weeks full time splinting. ROM of the DIPJ in particular
<b>Volar Plate Avulsion Fracture</b>	Within 24 hours Urgent Care Required		Thermoplastic Water proof orthosis – Dorsal blocking water proof orthosis. 6 weeks splinting. AROM. Wean to Thermoplastic Buddy water proof orthosis
<b>Proximal/Middle/ Distal Phalanx #</b>	Within 24 hours Urgent Care Required		Hand based water proof orthosis with MCPJ in flexion to reduce deforming forces. 6 weeks with safe early AROM.
<b>Trigger Finger</b>	Within 1 week		Thermoplastic Trigger finger water proof orthosis. 6 weeks splinting with gradual tendon re-education program through AROM.