Sussex MSK Partnership

NHS

Hand

History and examination

Red flags
Suspected fracture
Suspected Septic Arthritis
Suspected tendon ruptures

→ **Refer emergency acute orthopaedics via A&E**

Suspected Inflammatory Arthropathy

→ **Refer MSK service urgently**

Dupuytren's

Patient advice, conservative approach, patient Information Leaflet

Clinical threshold- See CCG website

Fixed flexion 30° at MCP or 10°PIP

Patient wants surgery

Refer to MSK Service

OA 1st CMJ

Patient Advice, Analgesia, patient Information leaflet

Persistent Pain

Thumb X-ray

Diagnostic certainty → Steroid injection → Failed → Refer to MSK Service

Diagnostic uncertainty or unsuitable for injection → Refer to MSK Service

DeQuervains

Patient Advice, Analgesia, Thumb splint

Persistent Pain

Diagnostic certainty → Steroid injection → Failed → Refer to MSK Service

Diagnostic uncertainty or unsuitable for injection → Refer to MSK Service

Trigger finger

Patient Advice, NSAID Gel, patient information leaflet

Persistent beyond 6 weeks

Diagnostic certainty → Steroid injection x2 → Failed → Refer to MSK Service

Diagnostic uncertainty or unsuitable for injection or fixed deformity that cannot be corrected → Refer to MSK Service

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NHS Crawley CCG
NHS Horsham and Mid Sussex CCG
NHS Brighton and Hove CCG