

# HAND THERAPY REFERRAL GUIDE



**BAYSIDE**  
HAND THERAPY  
Rehabilitation of the Hand, Wrist and Elbow

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CONDITION	HAND THERAPY MANAGEMENT	SPLINTING / CAST
<b>Osteoarthritis</b>	Supportive splinting for pain relief. Exercises to maintain ROM. Joint protection advice and assistive devices. Therapeutic modalities for pain relief.	Finger, thumb or wrist rigid or soft splint depending on joint involvement. Compression gloves.
<b>Trigger finger / Trigger thumb</b>	3-6 weeks full time splinting to prevent triggering and allow inflammation and thickening to settle.	Thermoplastic trigger splint.
<b>PIP Joint Injuries</b>	Finger splint to protect injured structures (Volar Plate or Collateral Ligaments) Early oedema management. Early therapeutic exercise to restore ROM. Sport splint for the rest of the season.	Dorsal finger orthosis or buddy splinting.
<b>Skiers Thumb/ Thumb MCP Joint Injuries</b>	Assess stability. <b>If stable</b> – protective splinting 6-8 weeks Oedema and pain management, gradual mobilization. <b>Unstable or Stener's lesion</b> – immediate referral to hand surgeon.	Thermoplastic hand-based thumb immobilization splint.
<b>Finger Fractures (stable/minimal displacement)</b>	Thermoplastic splint. Full-time 3 weeks, part-time for a further 2-3 weeks. Early oedema management and pain management. Early active movement: 3-4weeks	<b>Proximal Phalanx</b> – hand-based with PIP in extension. <b>Middle phalanx</b> – hand-based, or finger-based depending on stability.
<b>Metacarpal Fractures (minimally displaced)</b>	Protective splinting 4-6 weeks. Commence exercises 3-4 weeks pain and oedema management.	Hand-based orthosis with IP joints free.
<b>Wrist Fractures (stable/minimally displaced)</b>	Cast or splint 6 weeks. Finger and thumb ROM while in cast. ROM and strengthening after cast removed.	Circumferential wrist splint or waterproof fibreglass cast, after swelling has settled.
<b>Scaphoid Fractures</b>	Cast/splint wrist +/- thumb for 6-8 weeks. Mobilisation and strengthening post cast removal.	Waterproof fibreglass cast or thermoplastic wrist and thumb splint.
<b>Mallet Finger / Extensor Tendon Zone I or II</b>	DIP extension splint full time 6-8 weeks. Patient education regarding skin care and precautions. Gradual wean from splint.	Custom thermoplastic DIP extension splint.
<b>Carpal Tunnel Syndrome</b>	Education about causes, ergonomic advice. Wrist splinting at night. Nerve and tendon gliding exercises.	Wrist splint.
<b>De Quervain's Tenosynovitis</b>	Wrist and thumb splint 2-6 weeks. Therapeutic modalities. Ergonomic advice. Exercises as symptoms decrease.	Wrist and thumb splint.