Acute pain with red flags like trauma, childhood, Adolescence, possible sepsis, malignancy REFER FOR URGENT OPINION!

NHS BORDERS- HAND/WRIST PATHWAY

Inflammation/Swelling /Decreased Movement

Septic Arthritis

Gout

Inflammatory Arthritis

Refer to A&E

No Inflammation/Swelling

Common Lumps
Ganglion
Lipoma

Schwanoma

Hand Pain

Dupuytrens nodule

Trigger nodule

Beware of rapidly growing deep seated lumps

Contracture-Dupuytren's

Palmar Nodule- **Trigger Finger**

Finger Nodules-Osteoarthritis Radial Pain

Median Nerve pain/night symptoms/+ve
Phalen's Test

Carpal Tunnel Syndrome (CTS)

Atypical Pain- CTS/Cervical root pain

Tenderness Radial Styloid /Normal Thumb
Movement

DeQuervain's Tenosynovitis

Decreased Movement/Pain in CMC Joint

Base of thumb Osteoarthritis

Ulnar Nerve Entrapment

Atypical Pain

CTS/Cervical root pain

UlnarNerve Pain

Ulnar Pain

Posterior Pain

Olecranon
Bursitis/Gout/Rheumat
oid

Please refer to management guidelines below prior to onward referral

Traumatic-

Refer to A&E

Non Traumatic