



**Dr Hannah Nazaroff MD FRCSC**  
Orthopaedic Surgeon  
Special Interest in  
Hand, Wrist & Elbow

## Hand, Wrist & Elbow | Surgical Referral Guide

This guide supports primary care practitioners in the evidence-based non-operative management of common orthopaedic conditions pertaining to the hand, wrist & elbow as listed below. Referral to Orthopaedics should generally occur only after appropriate conservative management has been completed, unless urgent surgical pathology is suspected.

### **Dr. Nazaroff assesses and treats the following hand, wrist, and elbow conditions**

- Carpal tunnel syndrome & other compressive neuropathies (e.g. cubital tunnel syndrome)
- Trigger finger
- Dupuytren's contracture
- Finger flexor and extensor tendon or ligament injuries
- 1st CMC/basilar thumb arthritis
- MCP & IP joint injuries, deformities & arthritis
- Radiocarpal, ulnocarpal & DRUJ malunion/instability/arthritis
- Elbow stiffness and arthritis
- Elbow tendon injuries (epicondylitis, biceps or triceps rupture)

### **General Referral Principles**

- Refer only after failure of adequate non-operative treatment, unless urgent surgical pathology is suspected
- If the patient is improving, continue conservative management until a plateau is reached
- Include side (left/right) clearly on referral
- List all treatments attempted, duration, and patient response
- Include required imaging as outlined below
- If symptoms resolve, please notify the office so the patient can be removed from the waitlist