

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