

Screening and Referral Tools (SRTs)

TRAUMATIC and ACUTE HAND/WRIST PAIN

Soldier Reports With Traumatic or Acute Wrist/Hand Pain

RED FLAGS:

Call Ortho/OT to discuss any positive red flag findings:

History of FOOSH with pain TTP at anatomical snuffbox or signs of dislocation

Deformities of wrist/hand - indication possible fractures

NV compromise on exam

Signs or symptoms of infection with or without constitutional symptoms

Bites - human or animal

Unwillingness to move due to pain

Wrist/hand edema

Inability to actively flex/extend an individual digit

Yes

A/P Lateral of Wrist/Hand
Call Ortho/OT to discuss positive Red Flag findings

★RICE

Relative rest as designated on profile
Ice compress 2-3 times daily for 20 minutes
Compression by use of elastic bandage
Elevation of affected joint above heart during periods of rest

Hand/Wrist Exam (+) Special Tests

Yes

- Profile (A) x 14-21 Days
- Splint for moderate Symptoms
- Tylenol/NSAIDs for analgesia
- **Rice★**
- Referral: Occ Therapy or Ortho as indicated, in 3 Days

No

No

- Profile (A) x 10-14 Days
- Tylenol/NSAIDs for analgesia
- **Rice★**
- Re-evaluate at end of profile

Symptoms Persist?

Yes

- Profile (B) x 2-3 weeks
- Consider therapeutic injection
- Tylenol/NSAIDs for analgesia
- **Rice★**
- Referral: Occ Therapy or Ortho, as indicated, in 7-10 Days

No

- Duty Specific Profile PRN
- Tylenol / NSAIDs PRN
- **Rice★**
- RTD End of profile anticipated

SPECIAL TESTS EXAM

(+) Finkelstein's
(+) Allen's test
(+) Tinel's at wrist
(+) Phalen's
(+) Mallet finger/ganglion/trigger finger
- Bone tenderness
- Blocking digit joints for individual finger flexor function

PROFILES

(A) NO push ups, pull ups, dips, sit ups, weapon carry, dangling, lifting: must wear splint at all times.

(B) NO push ups, pull ups, dips, weapon carry, dangling, lifting: must wear splint at all times (if prescribed).

HAND/WRIST EXAM

- 1) Observe:**
Symmetry and resting position
Edema
Location of soft tissue injury
Color/skin texture abnormalities may suggest digital nerve injury
Vascular status - assess capillary refill, check radial and ulnar pulses
- 2) Sensory assessment**
- 3) Motor and tendon screening:** able to individually raise each finger and flex/ext each finger joint
- 4) Bones and Joint Assessment**