

Treatment	Carpal Tunnel syndrome
<b>Carpal tunnel syndrome</b> <b>Ganglia</b>	<p>Carpal tunnel surgery will be funded where the following criteria is satisfied:</p> <p>Symptoms persist after 3 months of conservative therapy with either local corticosteroid injection and/or nocturnal splinting (24% patients will improve)</p> <p>Refer immediately if any neurological deficit</p> <ul style="list-style-type: none"> <li>• sensory blunting</li> <li>• muscle wasting</li> <li>• weakness of thumb abduction.</li> </ul> <p>Or if severe symptoms significantly interfering with daily activities</p> <p>NB Referrals should be made BEFORE muscle wasting occurs in order to minimize the risk of permanent nerve damage.</p> <p>Nerve conduction studies to be considered before referral if +ve history but –ve examination findings (provocation tests)</p>
<b>Dupuytren's disease- palmar fasciectomy</b>	<p>Consider surgery for:</p> <ul style="list-style-type: none"> <li>• ANY flexion contracture at the PIP joint</li> <li>• Flexion contracture of 30 degrees or more at MP joint*</li> <li>• Significant limitation of ability to function in work/homelife</li> <li>• Nodules in palm causing functional deficit++</li> </ul> <p>*NB Referral essential BEFORE contracture reaches 45 degrees</p>
<b>Trigger Finger – surgical treatment</b>	<p>Refer for surgery if:</p> <ul style="list-style-type: none"> <li>• Failure to respond to conservative measures (e.g. up to 2 steroid injections)</li> <li>• Recurrence</li> </ul>

<p><b>Ganglion</b></p>	<p>Consider aspiration of DORSAL wrist ganglion only if in the classical location</p> <p>Do not aspirate volar wrist ganglia or seed ganglia at the base of the digit on the volar side (risk of neurovascular injury)</p> <p>Refer for consideration of surgery if:</p> <ul style="list-style-type: none"> <li>• Greater than 3 month history</li> <li>• Recurrence</li> <li>• Clear, colourless gel not returned on aspiration</li> <li>• Uncommon position</li> <li>• Volar or seed ganglion</li> <li>• Significant interference with activities of daily living</li> </ul>
<p>Mucuos Cyst</p>	<p>Refer for surgery if:</p> <ul style="list-style-type: none"> <li>• Likely to rupture</li> <li>• Recurrence</li> <li>• Any signs of infection</li> <li>• Discharging</li> <li>• Significant interference with activities of daily living</li> </ul>