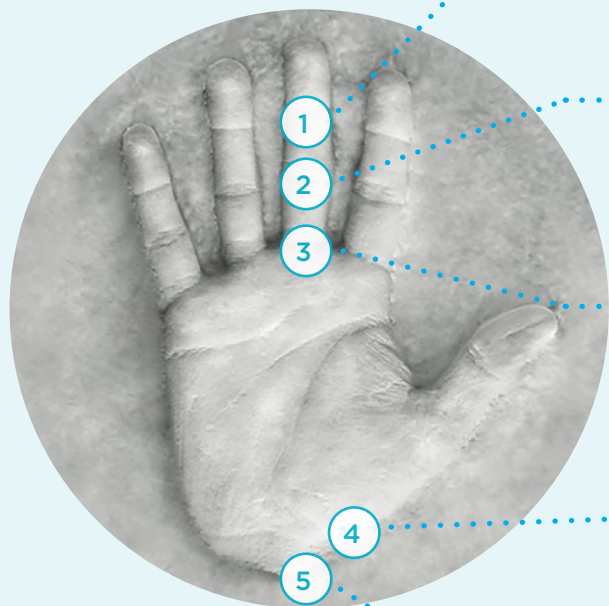


# DIAGNOSIS & MANAGEMENT *of* HAND OSTEOARTHRITIS



	SYMPTOMS/SIGNS	INVESTIGATIONS	CONSERVATIVE	SURGICAL
DIP	<ul style="list-style-type: none"> <li>◦ Herberden's nodes</li> <li>◦ Stiffness of joint</li> <li>◦ Pain</li> </ul>	<ul style="list-style-type: none"> <li>◦ Xray</li> <li>◦ PA &amp; lateral</li> </ul>		<ul style="list-style-type: none"> <li>◦ Fusion</li> </ul>
PIP	<ul style="list-style-type: none"> <li>◦ Bouchard's nodes</li> <li>◦ Stiffness of joint</li> <li>◦ Pain</li> </ul>	<ul style="list-style-type: none"> <li>◦ Xray</li> <li>◦ PA, lateral &amp; oblique</li> </ul>		<ul style="list-style-type: none"> <li>◦ Arthroplasty</li> <li>◦ Fusion</li> </ul>
MCP	<ul style="list-style-type: none"> <li>◦ Pain</li> <li>◦ Loss of ROM</li> </ul>	<ul style="list-style-type: none"> <li>◦ Xray</li> <li>◦ PA, lateral, oblique &amp; ball catcher view</li> </ul>	<ul style="list-style-type: none"> <li>◦ Anti inflammatories</li> <li>◦ Fish oil</li> <li>◦ Steroid injection</li> <li>◦ Hand therapy                             <ul style="list-style-type: none"> <li>· Assessment</li> <li>· Education</li> <li>· Joint Protection</li> <li>· Splints</li> <li>· Exercises</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>◦ Arthroplasty</li> <li>◦ Fusion</li> </ul>
CMC	<ul style="list-style-type: none"> <li>◦ Pain</li> <li>◦ Swelling</li> <li>◦ Loss of joint space</li> <li>◦ Reduced pinch strength</li> </ul>	<ul style="list-style-type: none"> <li>◦ Xray</li> <li>◦ PA, lateral, oblique &amp; Robert's view</li> </ul>		<ul style="list-style-type: none"> <li>◦ Trapeziectomy</li> <li>◦ Arthroplasty</li> <li>◦ Fusion</li> <li>◦ Osteotomy</li> </ul>
WRIST	<ul style="list-style-type: none"> <li>◦ Wrist pain &amp; stiffness</li> <li>◦ Swelling</li> </ul>	<ul style="list-style-type: none"> <li>◦ Xray</li> <li>◦ CT scan</li> <li>◦ PA, lateral &amp; oblique</li> </ul>		<ul style="list-style-type: none"> <li>◦ Arthroscopic debridement</li> <li>◦ Salvage Procedures - partial fusion or PRC</li> <li>◦ Fusion</li> <li>◦ Arthroplasty</li> </ul>



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