



Upper Limb Referral Guide
1300 762 227 actionrehab.com.au
Urgent Care Available



Shoulder Injuries



Elbow Injuries



Thumb Injuries



Wrist Injuries



Hand Injuries



Finger Injuries

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Condition	Referral	Imaging	Management
Impingement actionrehab.com.au/dislocated-shoulder-treatment	Within 1 week		Retraining the biomechanics of the scapulo-humeral joint combined with humeral head control and stabilising program. Proprioception retraining.
Rotator Tear actionrehab.com.au/dislocated-shoulder-treatment	Within 1 week		Immobilisation in sling if acute Scapula stabilisation program followed by gentle loading of the rotator cuff tendons. Proprioception Retraining
Bursitis actionrehab.com.au/dislocated-shoulder-treatment	Within 1 week		Biomechanics retraining and scapula stabilisation program. Proprioception retraining.

Shoulder Injuries

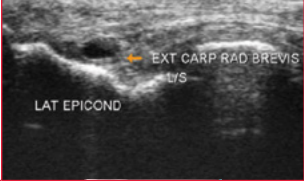


Elbow Injuries

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Condition	Referral	Imaging	Management
Tennis Elbow actionrehab.com.au/tennis-elbow-treatment/	Within 1 week	 <p>EXT CARP RAD BREVIS LTS LAT EPICOND</p>	Wrist immobilisation orthosis to rest the ECRB/ECRL tendons. Water proof orthosis for 4-6 weeks followed by radial head stabilisation program.
Radial Head Fracture actionrehab.com.au/urgent-care-clinic/	Within 24 hours Urgent Care Required		Thermoplastic Elbow immobilisation water proof orthosis. 6 weeks immobilisation. AROM all unaffected joints. Radial Head Stabilisation program from 6 weeks
Golfers Elbow actionrehab.com.au/sports-injuries/	Within 1 week		Core strengthening program and soft tissue work particularly through pronator teres.



Elbow Injuries



Thumb Injuries




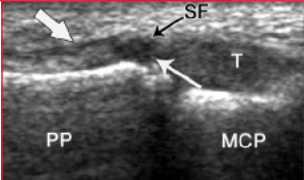
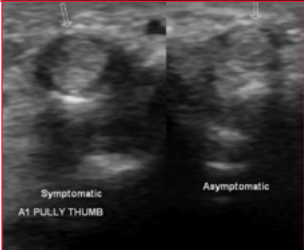
Wrist Injuries



Hand Injuries



Finger Injuries

Condition	Referral	Imaging	Management
Basal Thumb Joint Arthritis actionrehab.com.au/arthritis-treatment/	Within 1 week		Thermoplastic water proof orthosis – Short opponens thumb water proof orthosis to correct 1st CMC angle. Water proof orthosis ongoing as required for pain management. Strengthening of the thenar eminence. Proprioception re-training.
Thumb MCPJ UCL/RCL injury actionrehab.com.au/thumb-injury	Within 48 hours		Thermoplastic water proof orthosis – Short opponens water proof orthosis for 6 – 8 weeks. AROM of all unaffected joints. Strengthening of the adductor pollicis
Trigger Thumb actionrehab.com.au/thumb-injury	Within 1 week		Hand based thumb immobilisation water proof orthosis resting the A1 pulley. 6-8 weeks of splinting.



Thumb Injuries



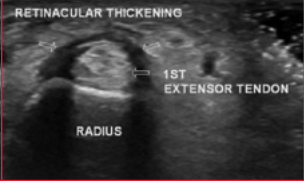



Wrist Injuries



Hand Injuries



Finger Injuries

Condition	Referral	Imaging	Management
Dequervains Tenosynovitis actionrehab.com.au/wrist-injuries	Within 48 hours		Thermoplastic Long opponens water proof orthosis immobilising the wrist and thumb. 4 – 8 weeks of splinting followed by core wrist strengthening program.
Distal Radius Fracture actionrehab.com.au/urgent-care-clinic	Within 24 hours Urgent Care Required		Thermoplastic Wrist water proof orthosis. 6 weeks of splinting followed by wrist core strengthening program. Re-Xray after 6 weeks
Scaphoid Fracture actionrehab.com.au/urgent-care-clinic	Within 24 hours Urgent Care Required		Thermoplastic wrist water proof orthosis full time. 6 weeks. CT at 6 weeks to determine healing. Core strengthening program commenced once CT confirms healing
Carpal Tunnel Syndrome actionrehab.com.au/carpal-tunnel	Within 48 hours		Thermoplastic wrist splinting for overnight use. Median nerve glides and desensitisation program.



Wrist Injuries



Hand Injuries


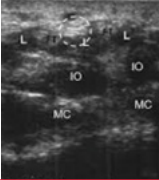

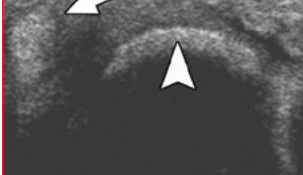


Finger Injuries

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ACTION  **REHAB**

Condition	Referral	Imaging	Management
Metacarpal Fracture actionrehab.com.au/sprained-finger	Within 24 hours Urgent Care Required		Hand based metacarpal gutter water proof orthosis with thermoplastic buddy, early active range of motion, 6 weeks splinting followed by intrinsic strengthening
Lumbrical Tear actionrehab.com.au/sprained-finger	Within 1 week		Thermoplastic relative motion water proof orthosis to rest the affected muscle but allow continued ROM of the joints. 8 weeks splinting with gradual strengthening.
MCPJ Collateral Ligament actionrehab.com.au/sprained-finger	Within 48 hours		Thermoplastic buddy +/- MCPJ gutter water proof orthosis. 6-8 weeks splinting followed by intrinsic strengthening.
Sagittal Band Injury actionrehab.com.au/sprained-finger	Within 48 hours		Thermoplastic Relative Motion water proof orthosis. 6-8 weeks followed by intrinsic strengthening.







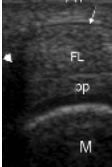
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ACTION  **REHAB**

Condition	Referral	Imaging	Management
Mallet Finger – Tendon/ Bony actionrehab.com.au/mallet-finger	Within 24 hours Urgent Care Required		Thermoplastic water proof orthosis – Cap water proof orthosis OR Anti swan neck water proof orthosis. 6–8 weeks full time splinting. ROM all unaffected joints.
Central Slip Avulsion #/ PIPJ dislocation actionrehab.com.au/sprained-finger	Within 24 hours Urgent Care Required		Thermoplastic water proof orthosis – Barrel Water proof orthosis. 6 weeks full time splinting. ROM of the DIPJ in particular
Volar Plate Avulsion Fracture actionrehab.com.au/sprained-finger	Within 24 hours Urgent Care Required		Thermoplastic Water proof orthosis – Dorsal blocking water proof orthosis. 6 weeks splinting. AROM. Wean to Thermoplastic Buddy water proof orthosis
Proximal/Middle/ Distal Phalanx # actionrehab.com.au/sprained-finger	Within 24 hours Urgent Care Required		Hand based water proof orthosis with MCPJ in flexion to reduce deforming forces. 6 weeks with safe early AROM.
Trigger Finger	Within 1 week		Thermoplastic Trigger finger water proof orthosis. 6 weeks splinting with gradual tendon re-education program through AROM.