

CMC Arthritis of Thumb	Referral Guide: Page 1 of 1	Ortho
Diagnosis/Definition: Pain plus grinding sign.		
Initial Diagnosis and Management: Steroid injection in the joint once (hand clinic could do splint or anti-inflammatories).		
Ongoing Management and Objectives: Relief of pain-anti-inflammatories - refer when symptoms are severe enough that patient wants surgery.		
Indications for Specialty Care Referral: Persistent pain adduction contracture, cannot use thumb as she/she would like.		
Test(s) to Prepare for Consult: X-rays of wrist and thumb.	Test(s) Consultant May Need To Do: X-rays.	
Criteria for Return to Primary Care: Relief of symptoms after surgery no follow-up needed.		
Revision History: Created Revised		

Disclaimer: Adherence to these guidelines will not ensure successful treatment in every situation. Further, these guidelines should not be considered inclusive of all accepted methods of care or exclusive of other methods of care reasonably directed to obtaining the same results. The ultimate judgment regarding the appropriateness of any specific procedure, therapy, or referral must be made by the physician/provider in light of all circumstances presented by an individual patient.