



Lymph Balance

Hand Therapy Referral Guide

Diagnosis	When to refer	Initial Therapy	Splinting/Bracing
Thumb OA	When possible	Massage, wax and photobiomodulation for pain, exercises for strengthening, splinting for stabilisation	Hand based thumb spica, push splint or neoprene brace
Thumb UCL injury (Skiers/Gamekeepers thumb)	As soon as possible	Full time splinting for 4-6 weeks, photobiomodulation for healing, scar management for surgical cases	Hand based thumb spica
Trigger Finger/Thumb	When possible	6 weeks splinting, exercises to improve imbalances and correct movement patterns. Consider referring for CSI	PIPJ blocking splint or Relative motion splint
Mallet Finger	Within a week from injury	6-12 weeks splinting	DIPJ extension splint
Boutonniere Deformity	Within a week from injury	6-12 weeks splinting, with stretches and strengthening to correct imbalances	PIPJ circumferential splint or Plaster of Paris
PIPJ Dislocation	As soon as possible	6 weeks splinting, with strengthening and compression garments to model scar tissue	Volar hand/wrist splint including the MCPJ
IPJ Volar Plate injury	As soon as possible	6 weeks splinting, with strengthening and compression garments to model scar tissue	Finger based splint in 30degrees flexion

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Distal/Middle/Proximal Phalanx Fracture	As soon as possible	3-6 weeks splinting, with early range of motion exercises	Volar hand-based splint
Metacarpal Fracture	As soon as possible	4-6 weeks splinting, with range of motion exercises from 3 weeks	Hand/wrist based splint and buddy strapping
Scaphoid Fracture	As soon as possible	Splint/cast for 6-12 weeks, Re-assessment and review of x-rays/CT scan throughout Surgical opinion as needed	Long thumb spica, bivalve/circumferential or waterproof fibreglass cast
Distal Radius Fracture	As soon as possible	Greenstick/stable fractures 4-6 weeks in thermoplastic splint, fibreglass as needed	Circumferential thermoplastic splint or waterproof fibreglass cast
Distal Radio-Ulnar Joint/ TFCC pain	When possible	Assessment of stability, strengthening and surgical referral as needed	Sugar-tong or long forearm splint
Carpal Tunnel Syndrome	When possible	6 weeks day/night splinting, ergonomic changes, body mechanics, neural glides	Wrist splint or brace
De Quervain's Tenosynovitis	When possible	6 weeks day/night splinting, ergonomic changes, body mechanics	Long thumb spica splint or brace

How to refer:

Visit www.lymphbalance.com.au and go to [contact us: For Health Professionals](#) to find the Hand Therapy referral form

or

email: hello@lymphbalance.com.au / call: 0423 548 795