



# HAND ASSESSMENT GRIDS

Mr Jeremy Read

Consultant Orthopaedic Hand & Wrist Surgeon

# BENT FINGERS

- Constant or Intermittent
- Timing of onset
- PMHx
- Associated Pins & Needles or Wasting
- Number of affected digits
- Pain
- History of trauma

Trigger	Dup	Osteo	Sublux	Trauma	Neuro
I	C	C	I	C	C
R	S	S	R	S/R	S
DM	FHx		RA		DM / Other
-	-	-	-	-	+
S	S/M	S/M	S/M	S	M
Y	N	Y	N (y)	Y (n)	N
N	N*	N	N*	Y	N

# RADIAL SIDE WRIST PAIN

- Age of the patient
- History of trauma
- Onset of symptoms
- Constant / Intermittent
- Activity related pain
- Restriction in movement
- Associated Pins and Needles

RC OA	S or SL	DQ	Thumb	Tend	CTS
O	Y	Y/O	O *	Y/O	Y/O
+/-	+	- *	-	-	-
G	R	R	G	R	G/R
C	C/i	I/c	C	C	C
Y	Y	Y	Y	Y	N
Y	N*	N*	Y	N	N
N	N	N	N	N	Y

# PINS AND NEEDLES OR NUMBNESS

- Distribution
- Weakness or Wasting
- Onset
- Duration and Timing
- Exacerbating / Relieving factors

CTS	Cubital	Cervical	Neuropathy
Median	Ulnar	Dermatomal	Glove
Thenar	Intrinsic	All	-
G / A	G / A	G / A	G
N > D > C	N > D > C	N > D > C	C
Driving, reading	Arm bent, leaning	Posture, pillows	Nil

# PINS AND NEEDLES OR NUMBNESS

- Symptom Management
  - [www.hertshandsurgeon.com](http://www.hertshandsurgeon.com)
- Further Treatment Options
  - Steroid injection
  - Surgical release
    - OPD surgery
- Call: 07565 446713