

## **MEDICAL MONDAYS | News Notes**

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**TOPIC: Hand, Wrist & Elbow**

AdvancedHEALTH: Haslam Hand Care Center

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### **Orthopedic Disorders of the Hand, Wrist, Elbow, and Shoulder**

Orthopedic disorders of the finger, hand, wrist, forearm, elbow and shoulder could be genetic, acquired through many years of strain on certain areas of the joints or possibly brought about by an occurrence through daily life. Below is a brief list of the many orthopedic disorders the specialists at the Haslam Hand Care Center treat.

#### **Bursitis/Olecranon Bursa**

Olecranon bursitis is the result of extra fluid inside the bursa sac. There are many different causes of this extra fluid collection and various treatment options as well.

#### **Carpal Tunnel Syndrome**

This orthopedic condition is brought on by increased pressure on the median nerve at the wrist. In effect, it is a pinched nerve at the wrist. Symptoms of carpal tunnel syndrome may include **numbness, tingling**, and pain in the arm, hand, and fingers.

#### **Cold Hand/Raynaud Syndrome**

Have you noticed that you have cold hands even in mild weather when others around you do not? You might have a cold hand disease, such as Raynaud Syndrome, that can be treated.

#### **Cubital Tunnel Syndrome/Ulnar Nerve Entrapment**

Cubital Tunnel Syndrome is an orthopedic condition brought on by increased pressure on the ulnar nerve at the elbow. When the pressure on the ulnar nerve becomes great enough to disturb the way the nerve works, then numbness, tingling, and pain may be felt in the elbow, forearm, hand, and/or fingers.

#### **DeQuervains Tenosynovitis**

First dorsal compartment tendonitis, more commonly known as de Quervain's tenosynovitis or tendonitis, is an orthopedic condition brought on by irritation or inflammation of the wrist tendons at the base of the thumb.

#### **Dupuytren's Contracture**

Dupuytren's Contracture is an orthopedic disease from an abnormal thickening of the tissue just beneath the skin known as fascia. This thickening occurs in the palm and can extend into the fingers.

### **Frozen Shoulder (Adhesive Capsulitis)**

The ligaments of the shoulder joint hold the shoulder bones together. When the shoulder joint capsule becomes inflamed, the shoulder bones range of motion becomes restricted and is known as Frozen Shoulder or Adhesive Capsulitis.

### **Ganglion Cysts**

Ganglion cysts are very common lumps within the hand and wrist that occur adjacent to joints or tendons. The most common locations are the top of the wrist, the base of the finger on the palm side, and the top of the end joint of the finger.

### **Golfer's Elbow (Medial Epicondylalgia)**

For most golfers, the hand and/or wrist is the third most common body region injured, after the back and elbow. The wrist is injured 3 times more frequently than the hand.

### **Hand and Wrist Tumors**

Wrist and hand tumors are considered any abnormal lump or bump, or mass. The term tumor does not necessarily mean it is malignant or that it is a cancer. The vast majority of wrist and hand tumors are non-cancerous. Any lump or bump in your hand or wrist is considered a tumor.

### **Infections of the Finger, Hand, Wrist, Forearm, Elbow and Shoulder (Felon's, Paronychia, Tendon Sheath Infections)**

Infections in the finger, hand, wrist, forearm, elbow and shoulder can cause severe problems that persist even after the infection has resolved, such as stiffness, loss of strength, and even loss of tissues.

### **Malignant Tumors and Skin Cancer of the Hand and Upper Extremity**

Skin cancer is a change in some of the cells of your skin such that they grow abnormally to form a malignant tumor. The skin is the most common part of the body in which cancer develops.

### **Mucous Cyst**

The cause of mucous cysts is unknown although they may form in the presence of joint or tendon irritation or mechanical changes. A mucous cyst can occur in patients of all ages.

### **Myofascial Release**

To treat myofascial pain, safe and effective hands-on therapy techniques are used. Myofascial release therapy involves gentle, low load pressure to the restricted area for five or more minutes to help stretch and elongate the tissue.

### **Numbness and Tingling**

Numbness, tingling, and pain in the finger, hand, wrist, forearm, elbow and shoulder is often caused by Carpal Tunnel Syndrome, but that's not always the case. The pattern and distribution of numbness, tingling, burning, dullness, and muscle changes help to determine if the source is pressure on a nerve, disease, medication, nutritional or other conditions.

### **Osteoarthritis of the Finger, Hand, Wrist, Forearm, Elbow and Shoulder**

Osteoarthritis is a degenerative joint disease in which the cushioning cartilage that covers the bone surfaces at the joints begins to wear out. It may be caused by simple wear and tear on joints, or it may develop after an injury.

### **Rheumatoid Arthritis of the Finger, Hand, Wrist, Forearm, Elbow and Shoulder**

Arthritis means an inflamed joint. A joint normally consists of two cartilage-covered bone surfaces that glide smoothly against one another. When joints become inflamed, the joint swells and does not move smoothly.

### **Shoulder Impingement**

Thickening of the rotator cuff and its bursa can lead to a Shoulder Impingement Syndrome where these tissues impinge against the bones around the shoulder. This can cause pain and damage to the rotator cuff.

### **Shoulder Pain and Instabilities**

Shoulder pain can be caused by a variety of conditions and injuries, including but not limited to:

- **Rotator cuff tears**
- Various types of arthritis
- Biceps tendinosis, avulsion, or **dislocation**
- Joint instability
- **Fracture**
- Infection

### **Steroid injections**

Steroid injections typically contain a mixture of synthetic cortisone and a local anesthetic such as lidocaine or bupivacaine. Steroid injections are commonly used to treat a variety of inflammatory conditions of the upper extremity.

### **Stiffness in the Hand**

The hand and fingers seem to work effortlessly when healthy. A variety of problems can cause stiffness in the hand, limiting the use and function that we often take for granted.

### **Tendonitis of the Finger, Hand, Wrist, Forearm, Elbow and Shoulder**

Tendonitis is caused by irritation or inflammation of tendons. The inflammation causes the compartment (a tunnel or a sheath) around the tendon to swell and enlarge, making

movement painful.

### **Tennis Elbow (Lateral Epicondylalgia)**

Lateral epicondylitis, more commonly known as Tennis Elbow is described as inflammation or degenerative changes that occur at the common extensor tendon. The common extensor tendon attaches to the lateral epicondyle of the elbow. Pain associated with this diagnosis is most commonly located on the outside area of the elbow.

### **Thumb Arthritis (Basal Joint Arthritis)**

Thumb Arthritis, also known as Basal Joint Arthritis or CMC Arthritis is an orthopedic condition that affects the CMC joint and typically causes the base of the thumb to become inflamed and painful.

### **Trigger finger (Tenosynovitis)**

Stenosing tenosynovitis, commonly known as trigger finger or trigger thumb, involves the pulleys and tendons in the hand that bend the fingers. The goal of treatment in trigger finger/thumb is to eliminate the catching or locking and allow full movement of the finger or thumb without discomfort.