

Dear Patient,

You have been referred to the Musculoskeletal (MSK) Occupational Therapy Hand Service.

Please read through the enclosed information which outlines the condition you have been diagnosed with and the treatment options available to you. At this stage we would advise self-management and therefore recommend you try the following advice for a 6 week period.

Often patients find this information is helpful and clinic attendance is no longer required.

### **DIAGNOSIS – OSTEOARTHRITIS OF THE HAND / THUMB**

Osteoarthritis is a common degenerative condition that causes the joints to become painful and stiff. Although there is no cure it is important to learn how to manage symptoms through activity modification and keeping joints strong and mobile.

Please find enclosed information on managing your condition following current guidelines from the British Society for Surgery to the Hand advising the use of activity modification and exercise. A **Wrist or Thumb splint** may also help your symptoms depending on which area gives you most discomfort. We have enclosed information on how to purchase a **Wrist or Thumb splint\*** - [Please see Splint Information Link on Page 2.](#)

We would recommend you look at the NHS inform website where there is further information on Osteoarthritis of the hand including a link to a demonstration of hand exercises. We have also included a link to Arthritis UK.

It is really important to keep your fingers, thumb and wrist moving.

We have included the following hyperlinks in blue to click for information or QR links below for you to scan with your telephone Camera -

[The British Society for Surgery of the hand – Terminal finger joint arthritis](#)



[The British Society for Surgery of the hand – Basal thumb arthritis](#)



[Arthritis UK – Osteoarthritis of the hand and wrist](#)



[Arthritis UK – Exercises for the fingers, hands and wrists](#)



[NHS Inform –  
Osteoarthritis](#)



We recommend you follow the advice given over the next 6 weeks. If you are still having problems, please call the appointment centre on **0300 123 4022 (phone lines are open 08:30 – 17:00 Monday to Friday)** to arrange an appointment with an Occupational Therapist.

If we do not hear from you in 3 months, we will assume you are managing your condition and no longer require our service.

**\*Buying a Splint**

For advice and help on where to purchase splints, please scan the QR code below to view information and links to recommended splints.

[Splint  
Information  
Link](#)



Yours sincerely

MSK Occupational Therapy Hand Service

Please note you may be contacted by a member of our team to review your experience and enable us to improve our service in the future.