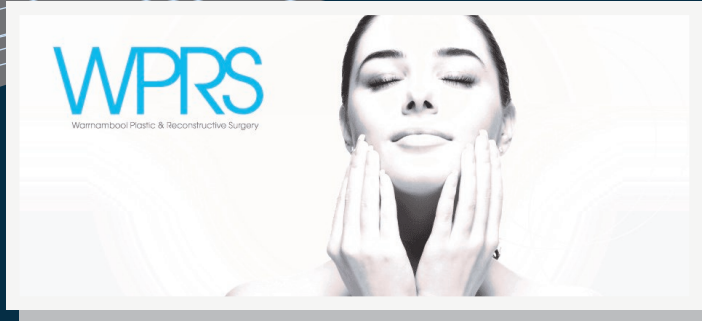


this issue

- Causes and management of Pediatric trigger thumb.
- Referring directly to Hand Therapy.
- Treating Onychomycosis.



Robert Toma
Warrnambool Plastic & Reconstructive Surgery

Pediatric trigger thumb. Cause and management.

Pediatric trigger thumb is one of the more common pediatric hand conditions. It affects children often below the age 1 and whilst other fingers can be affected it most commonly affects the thumb.

The pathophysiology of trigger thumb is not fully understood, however it is thought either to be due to a congenitally tight tendon sheath or a nodule in the flexor tendon ("notter's nodule")

Children may present with thumb clicking, however they often present with the thumb in the fixed flexed position. This is the equivalent of grade 4 triggering in adults. There is often a firm nodule present at the base of the thumb. The diagnosis is often clinical and imaging with x-ray and ultrasound is unnecessary.

Management of this condition is:

1. Conservative: if the child is still able to straighten the thumb then observation until age 2 as most often it will resolve spontaneously.
2. Operative: if child presents with thumb in fixed flexion or is still clicking after age 2 then operative release is required.

www.wprs.net.au

Telephone:
(03) 5562 5330

WPRS offer TGA approved laser treatment for Onychomycosis!

This treatment requires no medications and is suitable for most patients. Nail Preparation may be required for thickened nails prior to laser treatment, and WPRS can facilitate an appointment with local podiatrists.

WPRS also provide treatment with laser for plantar warts. This treatment requires infiltration of local anaesthetic into the wound site, therefore patient tolerance is a consideration for this treatment.

A series of treatments may be required for both fungal nails and warts—no referral is necessary and treatment is not covered by Medicare.



Hand Therapy

How to directly refer to hand therapy at WPRS (Monday - Friday 9 - 5pm)

- GP clinic or client to call reception on 5562 5330 to book appointment time
- Written GP referral required if WorkCover, TAC or Enhanced Primary Care Plan and
- Fax to 5562 5360
- Hand therapy will send written correspondence to GP after first visit and at discharge to update progress
- GP to write separate referral to Mr Toma if you would like his surgical opinion at any stage.

Acute Injuries and chronic conditions can benefit from hand therapy.

These may include:

1. Fractures, sprains, ligament injuries.
2. Cumulative trauma, carpal tunnel syndrome, tennis elbow, tendonitis and tendonosis.
3. Hand arthritis, trigger finger, rheumatoid arthritis, Dupuytren's contracture.
4. Effects of stroke, multiple sclerosis and other neurological conditions.