

**Wrist**

**Red flags**  
 Suspected fracture  
 Suspected Septic Arthritis  
 Suspected tendon ruptures

**Refer Secondary care urgently**

Suspected Inflammatory Arthropathy

**Ref community MSK urgently**

**Carpel tunnel syndrome**

Wrist pain

**Ganglion**

Non localised pain with neck symptoms and weakness +/- numbness and muscle wasting

Yes

Neuro Assessment +ve

Spinal pathway

Patient advice, analgesia, patient information leaflet

Patient Advice, patient Information Leaflet

If severe pain or interference with ADL or significant size or evidence neurological loss or weakness

No

Patient advice, patient information leaflet, analgesia, splint at night

No improvement after 6 weeks

X-ray if history of trauma

Refer to MSK Service

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No improvement after 8 weeks. Less if acute, severe symptoms

Steroid injection

4 months-Failed conservative management in mild and moderate after all conservative management options have been tried or acute severe symptoms after all conservative therapy tried or objective sensory loss or muscle wasting

Patient decision aid

Refer to MSK Service