

Handled with Care

Orthopaedic expertise in hand, wrist, and upper extremities

As much as we use our hands and arms, it's no surprise they are prone to overuse or injury. Summer sports, such as tennis and golf, can stress and injure wrists and elbows, while gardening and outdoor work may strain hands and fingers.

Orthopaedic hand and wrist specialists affiliated with The Orthopaedic Institute at St. Joseph are experienced in treating not only severe and complex cases, but are also up to date on the latest research and treatments for conditions that range from carpal tunnel syndrome to birth defects and degenerative joints and tendons. Among these conditions are:

TENDONITIS

This common condition can cause significant pain and discomfort. It occurs when the tendons—the fibrous tissue that connects your muscles to the bones—become inflamed. Here are a number of types of tendonitis:

De Quervain Syndrome affects movement of the thumb. If a splint and medication do not ease the discomfort, “a cortisone injection may often cure the problem,”



For a referral to an orthopaedic hand specialist, call our Doctors Directory at 410-337-1337 or go to www.StJosephTowson.com



Dr. Michael Marion

Hand and Wrist Specialist

“Trigger finger can result from repetitive use...It’s specifically connected with gripping...it may affect electricians who use hand tools.”



Dr. Bruce Wolock

Hand, Elbow and Shoulder Specialist

“Thumb arthritis is especially common in women over age 40, and can cause severe hand pain, swelling and decreased strength, making even routine tasks difficult.”

says orthopaedic surgeon Dr. Michael Marion, a hand and wrist specialist.

Trigger Finger, (or trigger thumb), occurs when a swollen tendon develops into a nodule, causing clicking and locking of the finger so it becomes stuck in place. “This can result from repetitive use or anything that can cause tendonitis in the hands. Trigger finger is specifically connected with gripping, for example,

it may affect electricians who use hand tools,” says Dr. Marion.

Anti-inflammatory medications, cortisone injections and surgery—known as “trigger finger release”—are possible treatment options, adds Dr. Wolock.

Carpal Tunnel Syndrome, a condition in which the median nerve of the wrist is compressed, can cause numbness, tingling and weakness in the hand.

“It is three times more likely to occur in women and is often connected to repetitive movements done in a working environment—such as an assembly line or cash register,” explains Dr. Marion. Treatments may include anti-inflammatory medications, cortisone injections, and, occasionally, surgery.

“**Thumb arthritis** is especially common in women over age 40,” says Dr. Wolock, “and can cause severe hand pain, swelling and decreased strength and range of motion—making even routine tasks difficult.” It occurs at the joint at the wrist and the base of the thumb. Treatments may include splints, medication, cortisone injections or, in severe cases, surgery.

FRACTURES

Older women who have lost bone density are vulnerable to a common fracture in the radius of the forearm that frequently occurs with a fall, cautions Dr. Marion. Known as a distal radius fracture, this may be treated with a cast or a splint; but if the break is severe enough, surgery may be needed.

Both orthopaedic surgeons, Dr. Marion and Dr. Wolock, caution that patients shouldn't assume that finger fractures are always simple. They need a doctor's evaluation to determine if a splint will be sufficient to advance healing or whether a serious break has occurred that requires surgery.

