

Referring to the Hand Centre

The Hand Centre offers a combination of surgical and non-surgical services to people with hand problems. Treatments include surgical intervention, medication, injections and hand therapy. We treat self-funding, private, WorkCover and government patients.

Surgical Consultants

Our hand surgeons are fully qualified plastic surgeons with special training in diagnosing and treating all hand injuries and conditions, whether bone or soft tissue, chronic or acute, sports or work related, traumatic or ongoing. We offer a full range of hand and wrist surgery services, including microsurgery and arthroscopic surgery.

Dr Chris Scott and Dr Mark Rider are available to see patients with written referrals.

To refer your patient to a hand surgeon, call us or have your patient call us on **02 9821 2284** to arrange an appointment.

Faxing your written referral to **02 9821 2273** or emailing it to **surgery@thehandcentre.com.au** enables us to prioritise patients with injuries or conditions that need immediate or early treatment.

Patients requiring treatment in the public system should be referred to Dr Mark Rider. While Dr Scott is happy to see self-funding patients, he does not work in the public system. Dr Scott is happy to review referrals and advise about the options for public patients.

Hand Therapists

Our occupational therapists and physiotherapists are all specialists in hand therapy. They offer pre-surgical, post-surgical and non-surgical therapies designed to reduce pain and help patients to regain movement, flexibility and strength. Treatments include splinting, therapeutic exercises, advice and training.

The team is led by Cathy Merry, Certified Hand Therapist.

To refer your patient for hand therapy, call us or have your patient call us on **02 9921 2284** to arrange an appointment.

A written referral to a hand therapist is necessary only if your patient is WorkCover, MVA, DVA or EPC.

When to refer

Nature of injury	Referral timeframe	Treatment timeframe
Acute trauma with open wound – lacerations, open fractures, nailed injuries	ASAP – call immediately for same or next day appt	24-48 hrs
Acute trauma with closed wound – fractures, mallet fingers, crush injuries	ASAP – call immediately for appt within 3 days	within 7 days
Painful conditions such as carpal tunnel syndrome; tendonitis; arthritis	call for next available appt	according to urgency
Non-painful conditions such as lumps, bumps & tumours; Dupuytren’s disease; loss of function	call for next available appt	according to urgency

At the Hand Centre, we treat:

- Acute & chronic hand injuries, including soft tissue injuries & bone & joint injuries
- All hand fractures & broken bones, including finger fractures, carpal bone fractures & scaphoid fractures
- All finger & thumb dislocations
- Work-related injuries
- Sports injuries
- Arthritis of the hand, wrist & thumb
- Carpal tunnel syndrome & other nerve conditions affecting the wrist
- Trigger finger
- De Quervain’s tenosynovitis
- Tendonitis
- Dupuytren’s disease
- All hand tumours, lumps & ganglions, including skin cancers
- Occupational overuse & repetitive stress conditions