



STURDY
MEMORIAL HOSPITAL

When There's A Problem At Hand: When To Visit A Hand Specialist

By Marco Dirks, MD, Hand Surgeon at Sturdy Orthopedic & Sports Medicine Associates

Persistent pain or numbness affecting the hand or wrist that keeps people away from their work and hobbies is a reason to visit a hand specialist. Hand specialists treat patients of all ages who suffer from discomfort in the hand or wrist caused by an overuse injury, trauma, or disease, and help them to return to what they enjoy.

The most common reasons for visiting a hand surgeon are carpal tunnel syndrome and trigger finger. Carpal tunnel syndrome, a condition caused by the compression of the median nerve in the wrist, results in progressive tingling, numbness, and pain. Trigger finger occurs when the motion of opening and closing the finger causes the finger to lock or catch as the flexor tendon becomes entrapped. Non-surgical treatments are used for milder cases, but for patients with more advanced stages of these conditions, surgery may be necessary.

The support of modern imaging technologies, such as high-definition MRI and CT scanning at Sturdy Memorial Hospital, enhances diagnostic capabilities in order to provide the best possible patient care. Less-invasive techniques including arthroscopic wrist surgery for the treatment of ligament and cartilage injuries allow for faster functional recovery, less post-operative pain, and minimized scarring.

Marco Dirks, MD is a board certified orthopedic surgeon at Sturdy Orthopedic & Sports Medicine Associates, one of thirteen practices managed by Sturdy Memorial Associates and affiliated with Sturdy Memorial Hospital. Dr. Dirks is accepting new patients and appointments can be made by calling (508) 226-2213. The practice also offers x-ray and physical therapy services, and most insurance plans are accepted.