



Wrist and Hand OA pathology:

Diagnose Osteoarthritis clinically without investigation if a person-

Is 45 or over **AND** Has activity related joint pain **AND** Has either no morning joint related stiffness **OR** morning stiffness that lasts for no more than 30 minutes

No history of trauma

Consider Rheumatological differentials where multiple joints are involved, there is significant joint effusion, or there is significant morning stiffnes.