

Work Injuries of the Hand, Wrist and Elbow

Bryce T. Gillespie, M.D. – The Hand and Upper Extremity Center of Georgia

Employees often place significant demands on their hands, wrists, and elbows. Often that can lead to injuries: fractures and lacerations that occur in an instant or other painful conditions resulting from repetitive movements.

Accidents: Falling off equipment or being crushed in a machine can cause broken bones (fractures), dislocated joints, or cut tendons, nerves and blood vessels. These injuries typically require surgery – sometimes even emergency surgery.

Overuse Injuries: These conditions can impact elbow, wrist and hand function. Many can be effectively treated without surgery, but may require bracing, medications/injections and therapy. Having an expertly trained hand surgeon and hand therapist can make all of the difference in your recovery.

Tennis Elbow: Inflammation of the tendons – or tendinitis – is often involved in overuse injuries. Muscles move joints, but it is the tendons that attach the muscles to bone, so that the joint moves when a muscle contracts. Overuse can cause changes in a tendon at the outside of the elbow joint. This painful condition is commonly called “tennis elbow” or lateral epicondylitis.

Extensor Tendinitis and DeQuervain’s Tenosynovitis: Repetitive motion can cause pain and swelling at the top of the wrist, called extensor tendinitis, or at the thumb side of your wrist, known as DeQuervain’s tenosynovitis. Conservative treatment can often resolve these elbow and wrist symptoms, although surgery may be necessary.

Carpal Tunnel Syndrome: Compression of a nerve in the wrist most commonly causes numbness and discomfort in the thumb, index finger and middle finger. Carpal tunnel syndrome can sometimes be related to inflammation of the tendons that help you make a fist.

Trigger Finger: If these same tendons become inflamed in the palm of the hand, they can cause a “trigger finger,” where the finger catches or locks into a flexed position and can be painful. Treatment for these hand problems usually begins with rest, bracing, injections and therapy and possibly eventual surgery.

The hand surgeons of The Hand and Upper Extremity Center of Georgia are all board-certified, orthopaedic surgeons who have each completed additional specialty training with a fellowship in hand and upper extremity surgery at the top programs in the country, including Harvard, The Philadelphia Hand Center and The Indiana Hand Center. At each visit, our patients are seen by a physician – not a nurse practitioner or physician’s assistant. Therefore, all aspects of your care, including surgery, therapy and return to work, will be directly overseen by your physician. Whether helping you recover from a minor condition or a major injury, let our expertise work on your behalf to help you regain the ability to function in life and at work.



Dr. Gillespie graduated from the University of Rochester (New York) School of Medicine, where he received his Doctor of Medicine degree with Distinction in Research. He completed his orthopaedic surgery training in the Harvard Combined Orthopaedic Residency Program in Boston, Massachusetts and served as chief resident at Massachusetts General Hospital. Dr. Gillespie subspecialized by completing the Harvard Hand and Upper Extremity Surgery Fellowship at Harvard Medical School/Brigham & Women’s Hospital, Boston Children’s Hospital and Massachusetts General Hospital. He is affiliated with Northside Hospital, Children’s Healthcare of Atlanta, and Shepherd Center.



The Hand & Upper Extremity
CENTER OF GEORGIA, P.C.
SURGERY OF THE HAND, ELBOW AND SHOULDER

404-255-0226

Visit www.handcenterga.com for an online Workers’ Compensation referral form.

Contact our Workers’ Compensation coordinator, Roxanna Fredrick, at:

404-255-0226 extension 130 or r.fredrick@handcenterga.com

Our Locations

980 Johnson Ferry Road NE
Suite 1020
Atlanta, GA 30342

3400A Old Milton Parkway
Suite 350
Alpharetta, GA 30005

410 Peachtree Parkway
Suite 300
Cumming, GA 30041