Topics: “Hand and Upper Extremity”.
“All that you need to know – at your fingertips... Presented by experts”

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**Basics**

**Hand Anatomy** - Anatomical facts and basis of clinical tests which will help you to be a better clinician.

**Hand Function** - Biomechanical principles which influence our clinical practice

**Basis of clinical tests** – (Sensory assessment tools like 2 PD, monofilaments, vibration, grip and pinch strengths, tests for compression neuropathy – the basis of these tests and putting them on a right prescriptive)

**Investigating a Hand problem** - Ordering appropriate investigation and interpreting them (radiographs, imaging (Ultrasound, CT and MRI), NCV and EMG) – eg. Fracture Scaphoid – when will you choose CT and when do you order an MRI and what do you look for).

**Basic equipment used in hand surgery** – Tourniquets, Loupes, Microscopes and Micro instruments – (What should you look when you choose them and how do you maintain them?)
**Finger Injuries**

Anatomy of the finger tip and what does the loss of fingertips mean?

- Flaps for the fingertip coverage

**Replanting the fingertip** - How I do it? Tips and Tricks from the Master.

**Covering soft tissue losses of multiple fingers:**
- Conventional flaps and
- Microsurgical techniques.

**Mutilated injuries of the Upper limb**

**Debridement** – Doing it the right way.

**Assessment of a major mutilated injury** – step by step assessment and goal setting

**Soft tissue cover for the injured hand:**
- Pedicled flaps
- Microsurgical options
- Case based discussions

**Getting the best out of the bad situation** – Planning and management of a mutilated hand

**Volkmann’s ischaemic contracture** – Prevention and management of established condition

**Replantation and Revascularisation in the Upper Extremity**

Principles of replantation surgery and critical revascularisation in the upper extremity

**Tips and Tricks:**
- Single finger replantation.
- Thumb replantation
- Doing a multiple finger replant
- Transmetacarpal and wrist level replants
- Major replantations

**Flexor tendon Injuries**

- Anatomy and pathophysiology of tendon healing – how they influence our practice.
- Technique of repair (Video)
- Basis of various post operative therapy regimens and how to choose the one that suits you and the patient
- Repair ruptures – what to do?
- Repair site does not move – what to do?
**Extensor tendon injuries**

- Anatomy and techniques of repair at different levels
- Mallet finger – Acute and Chronic – How to manage?
- Boutonniere deformity – How to assess and how to manage?
- Swan neck deformity – How to assess and how to manage?

**Nerve Injuries**

- Pathophysiology of Nerve Regeneration
- Obtaining good outcomes in Nerve repair? What is in our hands?
- Principles of Nerve Grafting
- What is sensory re-education and how to do it? Manipulating to get good outcomes.
- Putting the trends in nerve repair in the correct perspective

**Tendon Transfers**

- Restoring Opposition
- Correcting the claw hand
- Tendon transfers for Radial nerve injury – when and how?

**Bone and Joint problems which matter**

- Conservative management of Hand Fractures – How and when? – Principles
- Operative Intervention of Fractures – How and when? Principles

**Management of specific fractures and dislocations**

- IP and MCP joint dislocations
- Bennetts and Rolando’s Fractures – what are they and their management
- Acute Scaphoid Fractures – Diagnosis and management
- Scaphoid Non unions – what tests would you do and what are the principles of management?
- Managing bone gaps in the hand
- Managing proximal bone gaps in the upper limb
- Bone grafts, distraction, vascularised bone graft – How do you choose?
  - Stiff fingers – How to prevent this complication?
  - Stiff fingers – How do you manage them?
Burnt Hand

Acute management of a burnt hand – (Goals and management when it is an isolated hand burn and when it occurs as part of major burns. Concepts of escharotomy, fasciotomy, compartment release and tangential excision).
Principles of management of post burns deformities
Electrical Burns – Acute and secondary reconstruction

Brachial Plexus Injury

Adult Brachial Plexus injury – examination – what do you look for?
Strategy for management – based on extent of injury and time of presentation
Birth Brachial Plexus Injury – Assessment
  - Primary nerve surgery – Indications and outcome
  - Secondary Procedures - Indications and how they make the life of the child better.

Managing Congenital Hand Differences

Writing the Diagnosis: The two classifications – IFSSH and the OMT classification.
Talking to the parents of a child with radial club hand
Management of Radial club hand
Syndactyly release
Thumb anomalies
  - Thumb hypoplasia and absence
  - Thumb duplication
Macrodactyly
Stiff fingers – How do you manage them?

Infections of the Hand

Acute hand infections – a condition down but not out.
Chronic Hand infections – Tuberculosis and Hansens
Hand in a Diabetic.

Miscellaneous

Spastic Hand – Assessing a child who would benefit from Surgery
We will have ample time for discussion at the end of every session with moderators leading the discussion.
How to Register?

Registration fee – For Surgeons and Trainees – Rs.2000/- payable in the name of GPRM Trust to the following bank account:

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