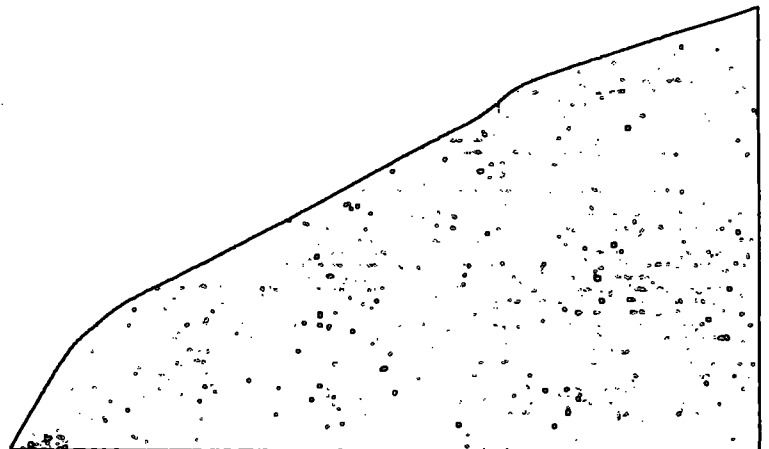
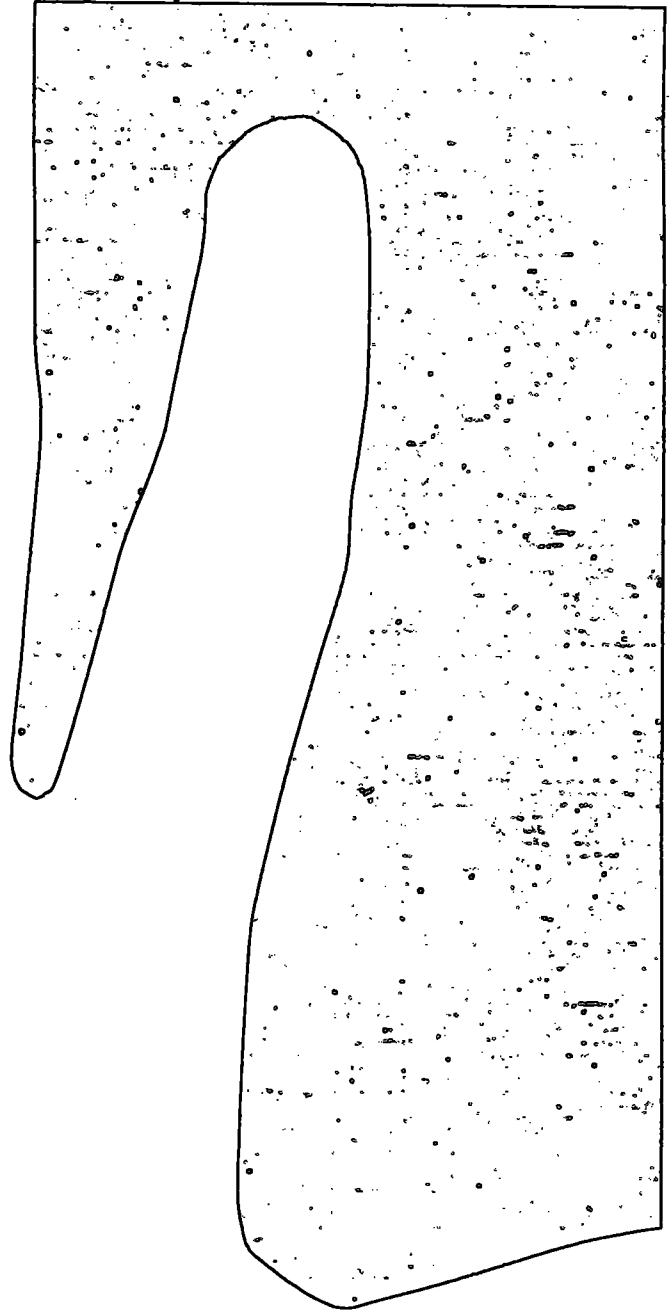
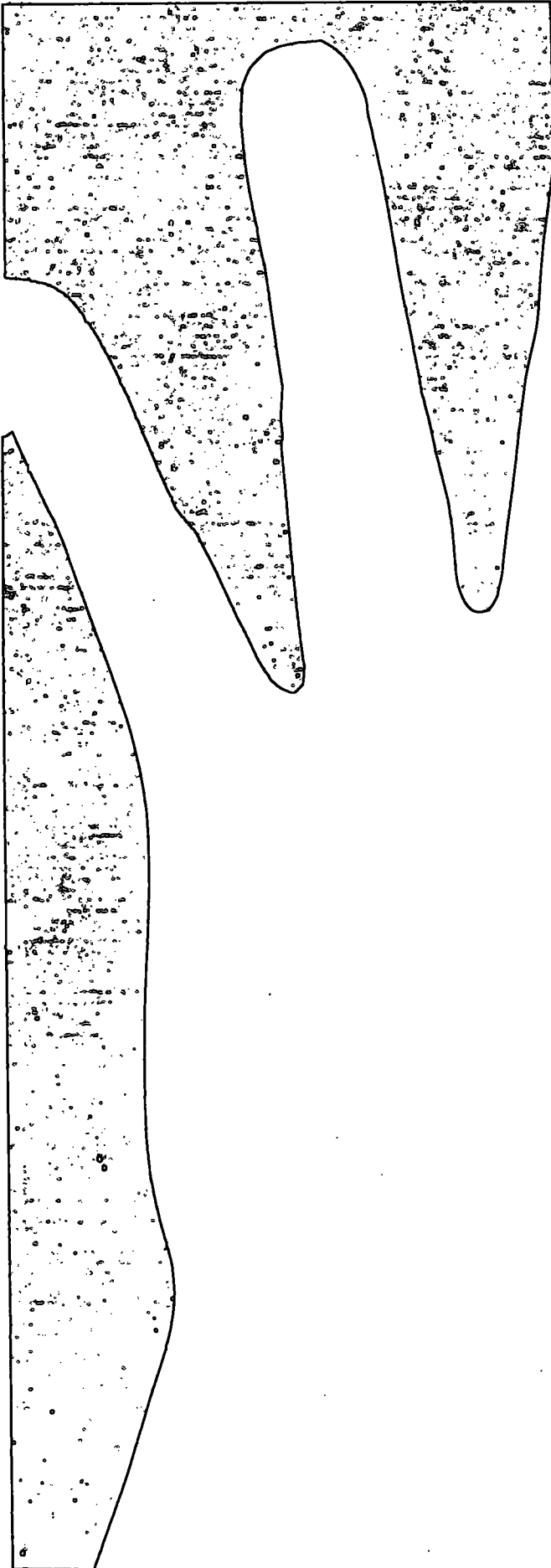


S.A. Society for Surgery of the Hand  
S.A. Vereniging van Handchirurgen  
Congress 1982, Kongres



Congress 1982

Beacon Island Hotel, Plettenberg Bay

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# Something about Plettenberg Bay

There is a great deal one can take for granted about Plettenberg Bay — the twelve kilometres of golden beaches; some of the finest sea, rock and river fishing on the whole Cape coast; a temperate climate with an exceptionally high quota of sunny days; above all the unique combination of sea, sands, lagoons, green hills, sheltering peninsula and dramatic mountain backdrop . . . which prompted the Portuguese explorer, Mesquita Perestrêlo, to name this in 1576 the BAHIA FORMOSA — the Bay Beautiful. (Nearly 90 years earlier Bartholomew Diaz had named it the Bahia das Alagoas — the Bay of the Lagoons).

Beautiful it certainly is. Because Nature is so bountiful, no one is surprised to learn that Early Man made his home here in the dawn of time. The shelters cut in rock faces on Robberg by the pounding of the seas, the abundance of shell-fish, fish and larger marine animals, the honey and berries which could be gathered freely in the indigenous forests, game to be hunted, and the gentle climate casting a blessing on all growing things — all these attracted wave after wave of settlers here long before history began.

And although Plettenberg Bay today has her tarred streets, fine hotels, modern shopping centres, daily air service and championship golf course, it is still the timeless, immutable features which attract the crowds who throng into the bay every season.

## A Southern Eden

Robberg, that bewitching finger of unspoilt country and lichen-covered rocks on the south of the bay, remains much as the strandlopers knew it; whales still come up from the Antarctic to cave in the bay every spring as they have done since time immemorial; primeval silence still reigns in the heart of the nearby forests, and the beaches, rocks, rivers, white sands, lagoons and smokey-blue mountains are unchanged — a delight to the eye and balm to the city-jaded spirit.

So who can blame the sun-seekers who arrive in their thousands every season, if their only aim is to spend long, lazy days on the beach or slightly more arduous ones fishing off the rocks? But there is so much more to Plettenberg Bay than merely sun, sea and sand.

There are scores of off-the-beach activities, things to do and places to visit, and at every turn a sharp, thought-provoking contrast between old and new which gives life here an especially intriguing quality!

How many bathers on the middle beach, for instance, realise they are surfing in the very spot where, nearly two centuries ago, oxen, urged on by the shouting of the toulieiers and cracking of long whips, plunged into the waves dragging their burdens of timber towards the waiting ships?

## Old and New

But there are many other piquant old-and-new contrasts. Shoppers in the busy main street of the town, surrounded by smart-as-paint new shops, have only to lift up their eyes a little to gaze at Peak Formosa, the highest point in the Tzitzikama range, so named by the same Portuguese explorers who found the bay so beautiful.

On a rocky outcrop halfway down the hill from the town, stands the possessional stone which Governor Joachim van Plettenberg erected in 1778, when he gave his name to the bay. From here the imaginative sightseer will look down on one side on to the ruins of the old timber shed, built nine years later, and on the other to some of the most modern of holiday homes. Both the stone and the timber shed are historical monuments.

Ski-boats and catamarans are drawn up on the beach and loaded on to trailers within a couple of hundred metres of the Old Rectory, built towards the end of the 18th Century to house officials of the Dutch East India Company.

A few metres outside the north doors of the imposing R4 million island hotel stands the navigational beacon erected more than two hundred years ago as a guide to incoming ships; the beacon which gave the island its name. In another part of the hotel grounds lies a huge, iron blubber pot, relic of the whaling activities of the past century, long before the Norwegian whalers took over the island in 1910.

Golfers on the fourteenth fairway of the 18-hole golf course in the picturesque Redbourne valley, are within a mashie-shot of the quaint little yellowwood church of St. Andrew, built by William Henry Newdigate in 1850/51; the oldest church, incidentally, in the Diocese of George. This is also an historic monument.

On the dunes, over towards Robberg, a luxury housing scheme is growing around the replica of a three-and-a-half-centuries-old stone mounted on a pillar, which commemorates the wreck of a Portuguese ship here in 1630; a wreck with a dramatic sequel.

And on Robberg itself, that unspoiled nature reserve and fisherman's paradise, today's motorcars are drawn up in the parking ground, only a short walk above the caves in which the little brown men were living in their hundreds tens of thousands of years ago.

So, if one knows where to look, there these enchanting contrasts between old and new in the town, on the dunes, in the valleys, on the hills and on the peninsula today called Robberg (Cape Seal) and, five hundred years ago, Cabo Delgado.

## All Seasons

And the fare varies with the season, of course. Summer lingers long here and merges almost imperceptibly into the clear, wind-free days of autumn, the time when the whole wide sweep of the bay emerges with a startling clarity of colour. Gone is the slight haze of heat which softens the outline in summer; in its place is a clear, fresh light which intensifies the blues of the sea and sky, the greens of the surrounding countryside, the white of the foam and the sands, and the slate-blue, sometimes charcoal, of the mountains, made more spectacular by the fact that the two great ranges, the Outeniqua and the Tzitzikama, coalesce in line with the bay.

For artists and photographers, or for those who choose just to wander among the rocks and peer entranced into the colourful world of anemones, sea-urchins, star-fish and delicate sea-weed, this is the best time of the year. And still warm enough, of course, to spend hours on the beach or in the surf.

Winter, from July onwards, brings its rain and even occasional gales, but it is a sunshine-and-showers sort of winter, the rainy spells interspersed with days of such new-washed loveliness that yesterday's grey skies are soon forgotten.

And from July to September the whales come into the sheltering bay and, as the message flashes round the little town, "The whales are in!", shop-owners and customers, bankers and errand boys, housewives and even golfers, drop whatever they are doing and cluster at vantage points to watch for the "blow" and the gleam of the back of one of these giant mammals of the deep as they cruise slowly round.

Spring comes gently here, bringing a more tender green to an already green land. Although the days are lengthening again now, they will not be long enough for the nature-lover who wants to enjoy to the full the expanses of bracken, heath, ground orchids, geelbos and rare wild flowers which carpet the slopes surrounding the bay. And, particularly after high spring tides, shells are found on the beaches which are not often seen at other times of the year. Nobody, surely, is too old or too young to thrill to the joy of discovery of the much sought-after pansy shell, the delicate *Echinodiscus bisperforatus*, which occurs fairly commonly here. Indeed a collector's item.

And at any time of the year, of course, this is a bird-watcher's paradise. It has been well called 'A Bay for All Seasons'.

## GOVERNOR VAN PLETTENBERG AND PLETTENBERG BAY

Joachim Ammema, Baron van Plettenberg, Governor of the Cape from 1774 to 1785, was of aristocratic birth and an exceptionally well-educated man. A qualified lawyer (a graduate of Utrecht University) he spoke several languages fluently and was a witty host.

In September 1778, disturbed by reports of disturbances on the eastern frontier, he set out from the Cape in a carriage drawn by eight horses, accompanied by a second coach and five ox-wagons. Intensive preparations were made for his reception in the remote country districts. In the course of his return journey from the frontier, he crossed the Outeniqua mountains from the Long Kloof near what is today the town of George, in order to visit Plettenberg Bay. The two-fold purpose of his visit was to mark the limits of the Dutch East India Company's influence on this stretch of coast and to gauge the potential of this Bay as a harbour from which timber from the surrounding forests might be exported.

On the evening of 5th November, the Governor and his party arrived at the homestead of Cornelis Botha in the Piesang River Valley, where they were to spend two nights. The following morning the Governor rode around inspecting the Bay, while his men used the wagon of the Burgher Jacob Joubert, to haul into position the possessional stone of the Dutch East India Company which had been brought from Cape Town with them. This heavy slate column, over two metres high, engraved with the arms of the United Provinces on the side placed facing the sea and on the reverse side with the monogram of the Company and the arms of the Governor himself below it, was erected that day — 6th November 1778 — on the hill above the middle beach, where a replica of it stands today on the same site. It was proclaimed an Historical Monument in 1936.

After another night in Cornelis Botha's home, the Governor and his party left in the early hours of the morning of 7th to return to Cape Town via Knysna, Mossel Bay and Swellendam crossing the pass in the Hottentots Holland to reach Cape Town on 26th November. He never, as far as is recorded, returned to visit the Bay which from that time onwards was to bear his name.

P.B.S.

## THE LEGEND OF THE PANSY SHELL

There is a pretty little legend  
That I would like to tell  
Of the birth and death of Jesus  
Found in this lovely shell.

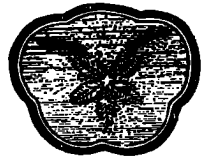
If you examine closely  
You'll see that you find here  
Four nail holes and a fifth one  
Made by the Roman spear.

On one side the Easter lily,  
Its centre is the star  
That appeared unto the shepherds  
and led them from afar.

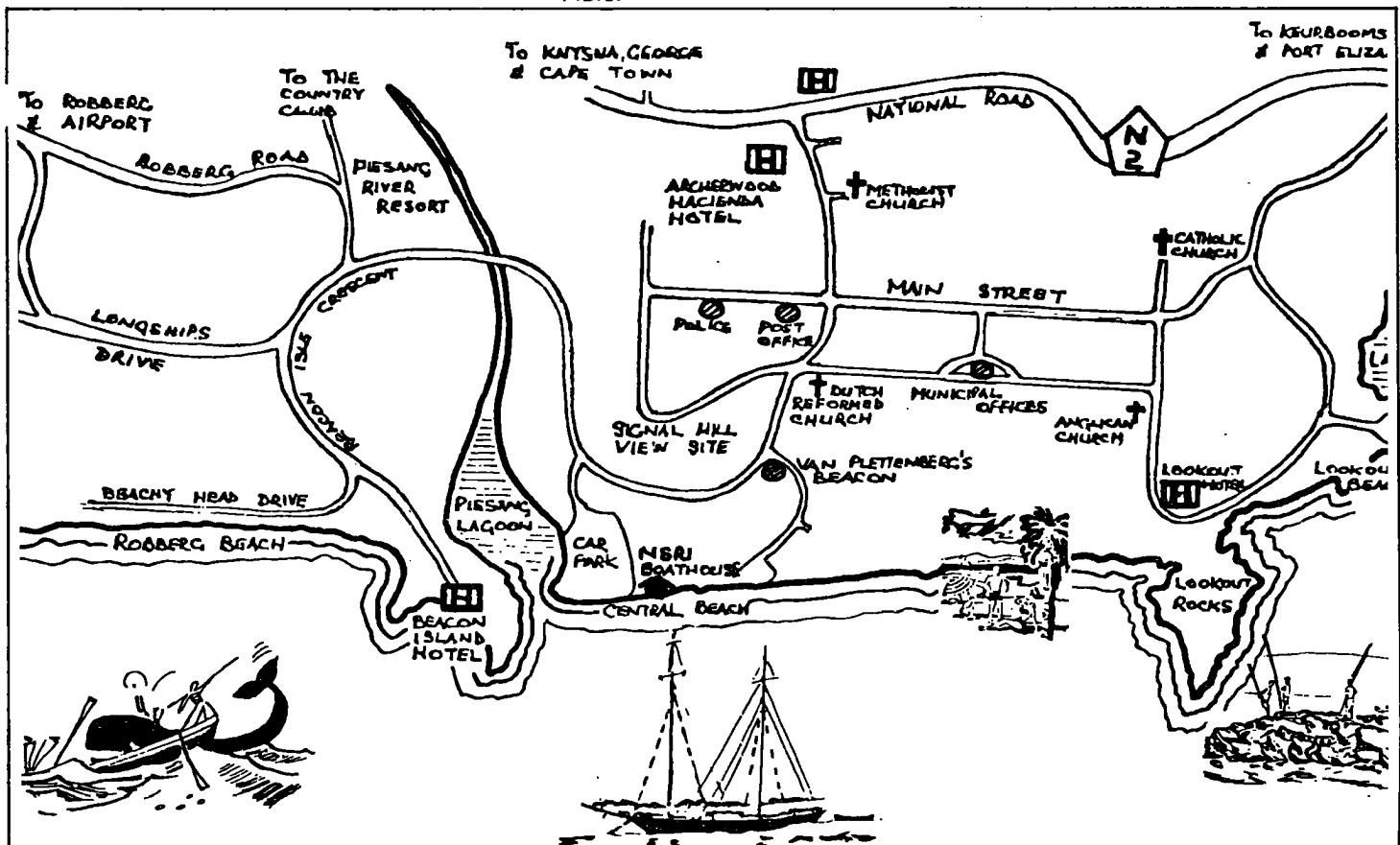
The Christmas poinsettia  
Etched on the other side,  
Reminds us of His birthday,  
Our happy Christmastide.

Now break the centre open  
and here you will release  
The five white doves awaiting  
To spread goodwill and peace.

This simple little symbol  
Christ has left for you and me  
To help us spread His gospel  
through all eternity.



## PLETTENBERG BAY



# *S.A. Society for Surgery of the Hand* *Membership List*

## **Honorary Members**

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| <b>Swanson, Alfred B.</b>   | Blodgett Professional Building, Suite 290, 1900 Wealthy Street, SE Grand Rapids, Michigan 49506 USA         |
| <b>Tsuge Kenya</b>          | Hiroshima University School of Medicine Dept. of Orthopaedic surgery, Hiroshima, Japan                      |

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Monday 5 April 1982

08h00 — 09h00

REGISTRATION

09h00 — 10h00

ANNUAL GENERAL MEETING (members only)

### AGENDA

1. Welcome address by the President
2. Apologies
3. Proxies
4. Minutes of the previous Annual General Meeting
5. Matters arising from the minutes
6. President's report
7. Financial report
8. Acceptance of new members
9. Proposed increase in subscription fee
10. Next Annual General Meeting.
11. General

Monday — 5th April 1982

Annual General Meeting 9h00 — 10h00  
(members only)

## PROGRAM

### CHAIRMAN : DR. S. BIDDULPH

- 10h00 — 10h15 The Origin of the Thumb — an outline of anatomical opinion —  
Professor D.H. Walker
- 10h15 — 10h20 DISCUSSION
- 10h20 — 10h30 Salvage of the Thumb — Dr. S. Joannides
- 10h30 — 10h35 DISCUSSION
- 10h35 — 10h50 Surgery of the Thumb — some notable experiences —  
Professor D.H. Walker
- 10h50 — 11h00 DISCUSSION
- 11h00 — 11h20 TFA

### CHAIRMAN : DR. J. FLEMING

- 11h20 — 11h40 Injuries to the Scaphoid — Acute and Chronic —  
Guest Speaker — Dr. Francis M. Howard
- 11h40 — 11h50 DISCUSSION
- 11h50 — 12h05 A Volar Radio-Carpal Dislocation of the Wrist — Dr. L.M. Potgieter
- 12h05 — 12h10 DISCUSSION
- 12h10 — 12h30 Carpal Instability and its Management — Guest Speaker — Dr. Francis M. Howard
- 12h30 — 12h40 DISCUSSION
- 12h40 — 12h55 Boxing Injuries to the Hand — Dr. Clive Noble
- 12h55 — 13h00 DISCUSSION
- 13h00 — 14h00 LUNCHEON

### CHAIRMAN : DR. C. BLOCH

- 14h00 — 14h20 Video programme on Double toe to hand transplant —  
Dr. John H. Fleming, Dr. L. Chait
- 14h20 — 14h30 DISCUSSION
- 14h30 — 14h45 A study of Dupuytren's Tissue with the Scanning Electron Microscope —  
Dr. John W.H. Legge
- 14h45 — 14h55 DISCUSSION
- 14h55 — 15h10 Osteo-Arthritis — A Ubiquitous Disease — Dr. Sydney Biddulph
- 15h10 — 15h20 DISCUSSION
- 15h20 — 15h40 TEA

### CHAIRMAN : DR. W. MORRIS

- 15h40 — 16h00 Arthrogryposis Multiplex — a plea for early treatment — Dr. Ulrich Mennen
- 16h00 — 16h10 DISCUSSION
- 16h10 — 16h30 Musculocutaneous Flaps — an extra arm in the treatment of brachial plexus palsy —  
Dr. John H. Fleming
- 16h30 — 16h40 DISCUSSION

NB Std:  
pals Ro

A Ro hand in supinat  
2. fist = compression  
via ECRB pulling  
cap. between  
scaph + lun.  
\*ab (D) - > 3mm s-l gap

Bone R s-l dis.  
→ pin s to l  
in vol. flex  
then: dt to  
red. s on c. and  
pin s to c.

The Origin of the Thumb — an outline of anatomical opinion

**PROFESSOR D.H. WALKER**

Many theories have arisen as to how evolutionary changes have produced the present thumb in its proportion and position, and the anatomists are not unanimous in accepting the so-called thumb metacarpal as a modified proximal phalanx.

Notable points in discussion are the triphalangeal thumb and a hand of five digits without a completely recognisable thumb.

Salvage of the Thumb

**DR. S. JOANNIDES**

Different methods used in the salvage of the thumb are discussed.

Surgery of the Thumb — some notable experiences

**PROFESSOR D.H. WALKER**

Surgery of the congenitally abnormal thumb has many principles in common with the surgery of repair and reconstruction. The ability of a child to compensate for reduced function in the hand is well illustrated in surgical problems of the thumb.

The two major landmarks in the recent history of thumb surgery are probably pollicisation and toe to thumb transfer using micro-vascular techniques.

The range of modern thumb surgery available to the young surgeon, willing to master the techniques is outlined.

Injuries to the Scaphoid — acute and chronic

**DR. FRANCIS M. HOWARD — Guest Speaker from America**

The fractured scaphoid is a very vexed problem but judicious management can significantly improve the results in both recent and old fractures.

A Volar Radio-Carpal Dislocation of the Wrist

**DR. L.M. POTGIETER**

A case is reported of a volar radio-carpal dislocation of the wrist which is the first reported case of this type of dislocation at Natalspuit Hospital.

The clinical picture, the mechanism of the injury, the treatment and possible sequelae are discussed.

A comparison is made with the more usual dorsal radio-carpal dislocation of the wrist.

Carpal Instability and its Management

**DR. FRANCIS HOWARD**

Carpal instability is a much overlooked disorder. It can be greatly helped by correct assessment of the problem.

## Boxing Injuries to the Hand

### DR. CLIVE NOBLE

Boxers incur specific injuries to their hands as a result of their sport.

Many of these injuries are preventable by the use of a new design of glove which protects them from themselves.

## A Study of Dupuytren's Tissue with the scanning Electron Microscope

### DR. JOHN W. H. LEGGE

This study was designed to determine if structural changes in the palmar fascia in Dupuytren's disease, as viewed by the scanning electron microscope, might provide some information about the pathogenesis of this disease.

The palmar fascia from seven uninvolved hands and from 21 patients with Dupuytren's disease was examined and distinct differences between normal and diseased collagen were evident. The diseased tissue showed collagen that was more tightly bound and had a shorter wave pattern. The most striking differences were noted in the nodule. The observations suggest a mechanism of contraction

## Osteo-Arthritis — A Ubiquitous disease

### DR. SYDNEY BIDDULPH

Generalised or primary osteo-arthritis may present with anyone with a combination of the "osteo-arthritic Quintette" which consists of the following:

1. Heberden's Nodes
2. Muroid Cysts
3. OA ist C-MC jut
4. Trigger finger
5. Carpal Tunnel Syndrome

## Arthrogryposis Multiplex — a plea for early treatment

### DR. ULRICH MENNEN

The early active intervention resulted in definite long term improvement

## Musculocutaneous Flaps — an extra arm in the treatment of brachial plexus palsy

### DR. JOHN H. FLEMING

Brachial plexus palsy has many causes and many facets.

The proximal lesion can be considerably helped by musculo-cutaneous transfers using latissimus dorsi or pectoralis major.

1. Cune.
2. Uolar path - dors. recanals
3. Lines drawn thru rad/lun/cap/uc

lun. disloc. &  
penilun. disloc.  
rotatory sublux.

Notes.