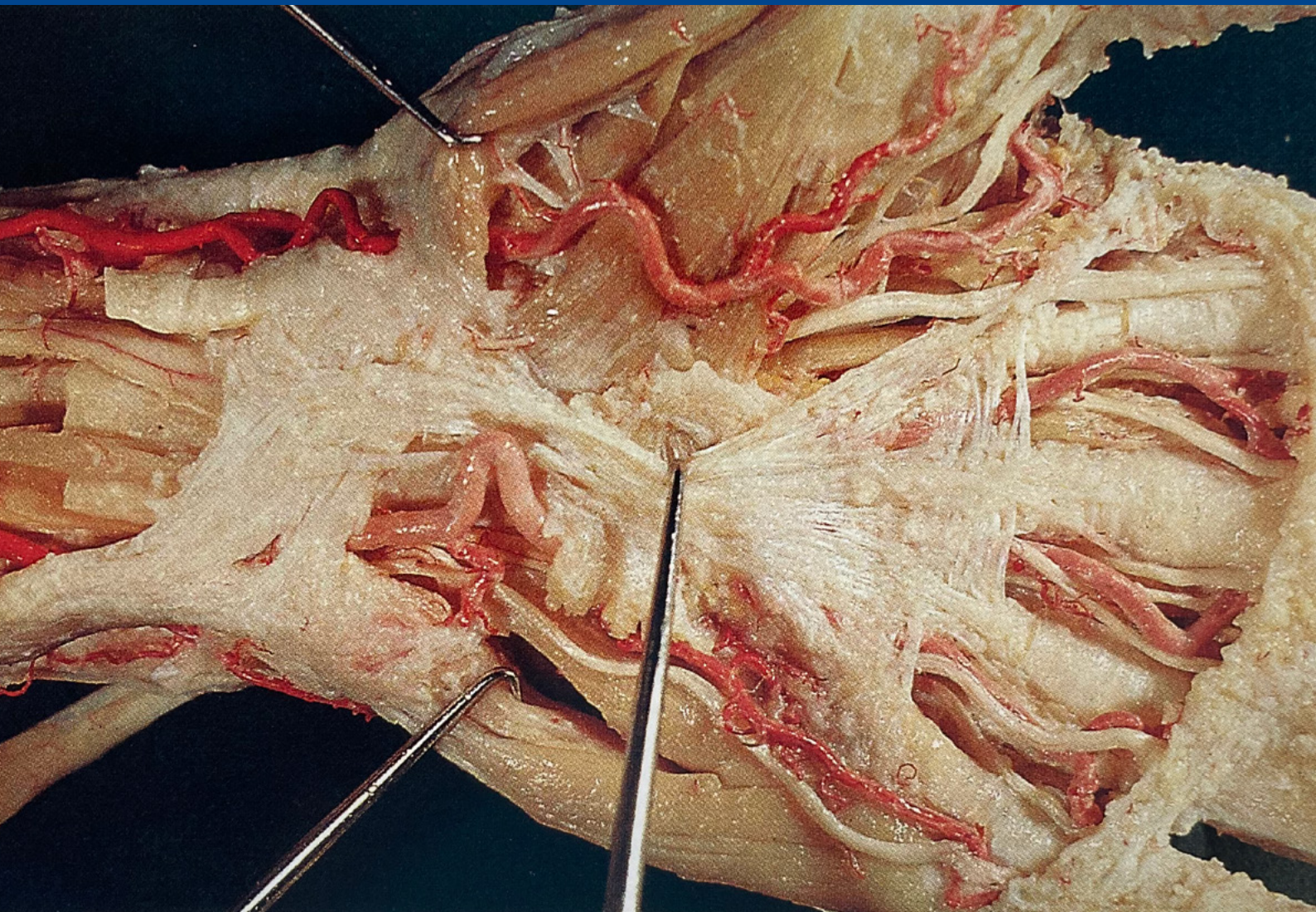


# ezine ifssh

CONNECTING OUR GLOBAL HAND SURGERY FAMILY

SHARE SECTION  
RESEARCH IN HAND SURGERY:  
IS IT FOR EVERYONE?

HAND THERAPY  
THE OPEN HAND THERAPY INITIATIVE



## CTS: Management Guidelines – p.18



PHOTO FROM "ATLAS OF SURGICAL ANATOMY OF THE HAND".  
ZANCOLLI E.A. AND COZZI E.P. P23

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**MARCH 24-28, 2025  
WASHINGTON, DC, USA**

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# The last of a pioneering generation...

It is with sincere sadness and a deep sense of loss that IFSSH Members express their condolences to the Zancolli family for the passing of Eduardo Alfredo Zancolli on 20 May 2024, 3 days before his 100th birthday.

Zancolli was one of the most prolific "second generation" hand surgeons who approached hand surgery from a scientific viewpoint, emphasising the importance to understand and know the detailed functional anatomy and biomechanical basis for reconstructive surgery and meaningful rehabilitation. His ground-breaking 1968 book "Structural and Dynamic Bases of Hand Surgery" is still a must-read for all aspiring hand surgeons. (My personalised, signed copy disappeared from my bookshelf years ago, and sadly the empty space still exists). In collaboration with Dr. Elbio Cozzi, he published the "Atlas of Surgical Anatomy of the Hand", which is the epitome of detailed functional anatomy with exquisite artistic drawings by Zancolli himself (see IFSSH Ezine November 2016, #24: Cover and Pioneer Profile p 14).

In 1984 Eduardo Zancolli was a special guest lecturer at the annual South African Society for Surgery of the Hand Congress. I had the privilege of organising the Congress in Pretoria and hosting Zancolli. He had many other interests apart from orthopaedic and hand surgery. We spent one afternoon trying to find a special spoiler for his beloved Sport Mercedes Benz which was not available in Argentina at the time. Tennis was another of his passions, which he played well into his 80's.

Eduardo Zancolli was indeed one of a kind - an exceptional surgeon, researcher and scientist. As a friend and person he will be remembered for his kindness and wisdom. As a lecturer, his clear and lucid explanations made the biomechanical principles for tendon transfers in patients with paralyses or spasticity seem so logical. His immense contributions to orthopaedic and hand surgery are legendary, and will always be unique principles well worth remembering.

Best regards,  
Ulrich



**ULRICH MENNEN**  
Editor

# Message from the Secretary-General



## 2024 IFSSH Delegates' Council Meeting

We were delighted to be joined by a large group of IFSSH Delegates at our annual council meeting, held in June in Rotterdam (within the FESSH annual Congress).

We are thrilled to welcome the Sri Lankan Society for Surgery of the Hand to the IFSSH membership. We also were pleased to be able to extend invitations to this year's Delegates' Council meeting to the Delegates of the Georgian Society for Surgery of the Hand and Emirates Hand Surgery Society, as both of these groups were admitted to IFSSH membership in 2023.

The IFSSH continues to grow – now with 64 societies from 62 nations and with more membership enquiries to be finalised in the near future.

Our **finances** are fairly healthy- our investments have made some money recently but that can just as easily fall. But IFSSH needs more money.

The **IFSSH Patron of Hand Surgery** programme was announced- developed by Greg Bain, our aim is to raise US\$5 million, the interest from which will fund a greatly expanded educational programme so we can grow our core mission- educating the world about hand surgery.

## Patron of Hand Surgery Donation Program

**Aim:** To gain and maintain adequate funds to support growth of the IFSSH mission

**Target:** US \$5,000,000 - Grants \$150,000 / year

**Why donate:** To provide access to learning opportunities and educational programs, particularly to young hand surgeons and those from low- and middle-income countries, including through:

- Travelling fellowships
- International meeting attendance grants
- Visiting professorships
- Collaborative educational programs
- Outreach programs
- Online resources

**To donate:**

- Single/multiple
- Bequeath - a gift in your will / estate

You may choose to have your name added to donor list



[https://ifssh.info/hand\\_surgery\\_donation\\_program.php](https://ifssh.info/hand_surgery_donation_program.php)

### 2024 IFSSH Delegates' Council Meeting

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That will leave our other revenues- from society dues, congress profits investments and bank interest- to support existing programmes and to expand our Secretariat. You will hear more over the coming months and years.

**Communication** is so important- the website and social media were presented by our Communication Director Jin Bo Tang. Please all look at the website [www.ifssh.info](http://www.ifssh.info) and follow IFSSH on X and Instagram @IFSSHHand, and Ezine.

### Urgent Calls for Nominations and Applications

The IFSSH has issued its Call for Nominations/ Applications at the 2024 IFSSH Delegates' Council Meeting, as well as in previous newsletters and emails

to Delegates. There are five items that will be awarded when we meet in March 2025 in Washington, D.C.:

1. 2025 Pioneers of Hand Surgery - [https://ifssh.info/pioneers\\_hand\\_surgery.php](https://ifssh.info/pioneers_hand_surgery.php)
2. 2025 Elections: Executive Committee and Nominating Committee members - [https://ifssh.info/2025\\_committee\\_elections.php](https://ifssh.info/2025_committee_elections.php)
3. 18th IFSSH Triennial Congress (to be held 2031) - <https://ifssh.info/guidelines.php>
4. 2nd IFSSH Mid-Term Course in Hand Surgery (to be held 2026-2027) - <https://ifssh.info/guidelines-to-host-anIFSSH-mid-term-course.php>
5. 3rd IFSSH Mid-Term Course (to be held 2029-2030) - <https://ifssh.info/guidelines-to-host-anIFSSH-mid-term-course.php>

### Four of these matters require action by 24th September 2024!:

- 2025 Pioneers of Hand Surgery
  - Applications due by 24th September 2024. No late applications will be accepted.
- 18th IFSSH Triennial Congress (to be held 2031)
  - Host societies interested in bidding must register their intent by 24th September 2024
- 2nd IFSSH Mid-Term Course in Hand Surgery (to be held 2026-2027)
  - Host societies interested in bidding must register their intent by 24th September 2024
- 3rd IFSSH Mid-Term Course (to be held 2029-2030)
  - Host societies interested in bidding must register their intent by 24th September 2024

Please refer to the relevant pages on the IFSSH website for full eligibility details, guidelines and application processes.

### Committee for Educational Sponsorship (CES) report

Dr S. Raja Sabapathy provided the Delegates with an update of the IFSSH CES activities:

- The IFSSH has provided \$20,000 support towards the upcoming 2025 IFSSH-AAHS/ASSH Travelling Fellowships. This program received an exceptional number of applications and 24 worthy candidates have been selected to attend hand surgery centres on the US East Coast on their journey to the IFSSH-IFSHT Triennial Congress in Washington, D.C..
- A grant of \$20,000 was provided to the Ecuadorian Society to assist with their organisation of the 1st IFSSH Mid-Term Course in Hand Surgery. This is an ongoing pledge to all future hosts of the IFSSH Mid-Term Course in Hand Surgery, to contribute towards the international guest speakers.
- The CES has provided financial assistance (US\$2,000) to co-sponsor an educational program in China.

This was undertaken in June 2024 and involved hand surgeons from Eastern China travelling to three cities in Western China, providing lectures and workshops to colleagues in those regions.

- The Textbook of Hand Surgery continues to progress. The IFSSH has provided \$18,000 towards the production of this publication that will be released in 2025.
- Ongoing funding will be provided to the Hand Surgery Resource, which is now an educational asset of the IFSSH with oversight by Dr Larry Hurst.

The IFSSH now calls for submissions from Societies wishing to host an **IFSSH Harold Kleinert Visiting Professor**. Dr Steven Moran was the inaugural Professor, travelling to Australia in 2020.

Prof Jin Bo Tang then received this honour and undertook an intensive program of lectures, courses, workshops and teachings in Poland in 2023.

If your Society wishes to be a part of this Visiting Professorship program, please forward an application – the guidelines are available via [https://ifssh.info/educational\\_sponsorship.php](https://ifssh.info/educational_sponsorship.php)

### Future Meetings

A detailed list of national and regional hand surgery meetings is available on the IFSSH website. The triennial IFSSH Congresses are as follows:

#### XVIth IFSSH – XIIIth IFSHT Congress

Washington D.C., USA  
24th - 28th March, 2025



#### XVIIth IFSSH – XIVth IFSHT Congress

Singapore  
23rd – 27th October, 2028



Email: [administration@ifssh.info](mailto:administration@ifssh.info)

Web: [www.ifssh.info](http://www.ifssh.info)

X/Instagram: @IFSSHHand

As ever, please contact me if you have any ideas or questions or concerns – [davidwarwick@handsurgery.co.uk](mailto:davidwarwick@handsurgery.co.uk) or +44 7887 651451

David



**DAVID WARWICK**  
Secretary-General, IFSSH

# President's Message

On behalf of the Executive Committee, I would like to thank the Delegates for their continuing support of the IFSSH and for taking the time from their practices and private lives to participate in the Rotterdam Delegates' Council meeting and the IFSSH.

I also would like to extend my heartfelt gratitude to the members of the Executive Committee and Belinda Smith for all their hard work during the past year. The ExCo has joined the Zoom generation meeting quarterly and sometimes more often. Thank you!

Much has been accomplished since the last Delegates' Council meeting in Toronto. I am very pleased to announce that as of 1 December 2023, the IFSSH officially acquired Professor Larry Hurst's Hand Surgery Resource. Dr. Hurst offered this amazing resource to the IFSSH at no cost. Dr. Hurst felt the IFSSH would be the best organization to house and, more importantly, preserve and maintain the Hand Surgery Resource. I urge you to explore the Hand Surgery Resource at <https://www.handsurgeryresource.net>.

The first Mid-Term Course was held in Quito, Ecuador, from 31 January to 3 February of this year, in spite of a national security alert. I thank Dr. Cayon, Dr. Gabriel Alegria, President of the Ecuadorian Hand Society, and their team for their courage and tenacity and for putting on a spectacular course at the "center of the world."

March found our Secretary General David Warwick and me in Washington, DC, for the Triennial IFSSH-IFSHT Congress site visit, in the company of the IFSHT Officers and the meeting co-hosts: The American Society for Surgery of the Hand (ASSH), the American Association for Hand Surgery (AAHS) and the American Society of Hand Therapists (ASHT). The ASSH has taken on the dual roles of host society and professional congress organizer (PCO). Jim Chang, past President of the ASSH, is doing a superb job chairing the IFSSH Triennial Congress Committee along with Jeff Yao and Jeff Friedrich, the Scientific Committee chairmen. Natalie Hinman, the ASSH Director of meetings, is coordinating the PCO side. David Ruch, President of the AAHS and Nash Naam, AAHS Immediate Past President, spearheaded the amazingly popular Pre-congress Traveling Fellowship. Please put the 23 -28 March 2025, Washington DC IFSSH Triennial Congress on your calendar. <https://www.ifssh-ifsht2025.org/s/>

The ExCo understands the increasing importance of social media in 21st-century communications. Jin Bo Tang, our Communications Director, and his team have been exploring ways to leverage electronic communications to promote the IFSSH mission. Please follow us on X and Instagram: @IFSSHHand.

I believe we are approaching a pivotal moment in the Federation's history. We have come a long way since 1966, when the IFSSH was founded by eight hand surgeons on a cold January day in Chicago during the annual American Society for Surgery of the Hand meeting. Interestingly, while the IFSSH was founded in 1966, its first meeting was not held until 1980 in Rotterdam. Also, it's interesting to note that our logo was designed by the Dutch artist Kees DeVries.

From its inception, the Federation has been dedicated to the dissemination of hand surgery knowledge around the world. Initially, this involved the publication of a textbook on hand surgery nomenclature.

This expanded to include the work product of the IFSSH Scientific Committees, which produced expert opinion monographs covering many areas of hand surgery. Since 1980, the IFSSH Triennial Congresses have constituted a significant Federation activity. However, over time, the philanthropic activities of the IFSSH have increased thanks to the gradual improvement of the Federation's financial health. It is the ExCo's perception that to continue, and to expand such philanthropic endeavors, the IFSSH must identify additional funding sources beyond dues payments. To that end, the ExCo has elected to pursue the creation of an IFSSH fundraising campaign. Greg Bain has proposed a capital campaign roadmap, while I have been investigating the engagement of professional fundraising consulting firms. There will be much more about this in subsequent IFSSH communications.

Thank you again for your support. I look forward to an exciting nine months as we prepare for the 16th Triennial Congress in beautiful Washington, DC. Please put 24 -28 March 2025, on your calendars! I hope to see you there!



**DANIEL NAGLE**  
President IFSSH

eZine  
**ifssh**  
CONNECTING OUR GLOBAL HAND SURGERY FAMILY

## IFSSH DISCLAIMER:

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# 2025 IFSSH/IFSHT Meeting Update

Dear IFSSH/IFSHT Friends and Colleagues,

We are happy to provide four important updates for the upcoming IFSSH/IFSHT Triennial Congress, which will be held 24-28 March 2025.

We are less than one year away!

1. We had an outstanding number of abstract submissions from around the world. The scientific program committee, led by Dr. Jeff Friedrich and Dr. Jeff Yao, is hard at work right now deciding the paper acceptances, which will be with at least 50% international presenters. There will also be many symposia and instructional courses, all with an international faculty. We will see many hand surgery and therapy perspectives from around the world.
2. Meeting registration will be open from 15 July 2024. The early meeting rates will be the same as in London three years earlier, even though inflation has increased! Please register early to take advantage of these special discounted rates.
3. We anticipate that visa approvals into the United States may take time. Therefore, you can NOW obtain a personalized invitation letter from the ASSH for your visa application. Just email [info@ifssh-ifsht2025.org](mailto:info@ifssh-ifsht2025.org) with your full name and current address. Detailed information can be found at: <https://www.ifssh2025.org/s/travel>.



4. The Gala Dinner will be held at the National Portrait Gallery (see pictures below). This will be an incredible event with a cocktail reception at the Great Hall, which will allow us to view all of the presidential portraits. Following this, there will be a dinner and gala party in the rotunda for 900 guests. We anticipate this will sell out quickly, so make sure you get tickets early with your registration!



Presidents potrait gallery open for us

Please check the website [www.ifssh2025.org](http://www.ifssh2025.org) for continually updated information about the program, registration, lodging, and festivities. All of American hand surgery and therapy are looking forward to welcoming you to Washington DC in March 2025!

**JAMES CHANG MD**  
ASSH Congress Chair

**DAVID RUCH MD**  
**NASH NAAM MD**  
AAHS Congress Co-Chairs



Thursday Night Gala - National Portrait Gallery





**SECURE YOUR VISA AND JOIN US IN THE UNITED STATES**

We hope you are planning to join us in Washington, DC for the [2025 IFSSH-IFSHT Triennial Congress](#), March 24-28. Registration opens on July 15, but you can begin the process of obtaining your visa now.



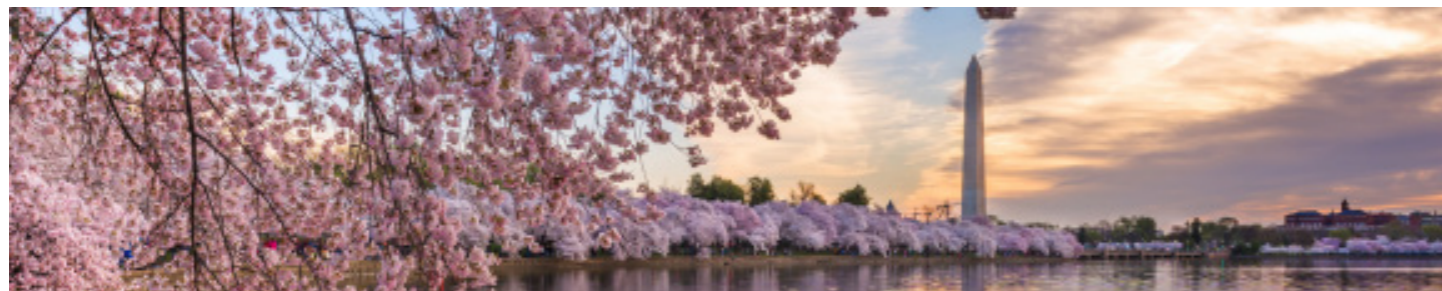
**VISA REQUIREMENTS**

International visitors who need a visa to travel to the U.S. must apply for one at an American embassy or consulate. To request an invitation letter, please reach out to [info@ifssh-ifsht2025.org](mailto:info@ifssh-ifsht2025.org) with your full name and current mailing address.

Check the expiration date on your passport. It must be valid for at least 6 months after your planned departure from the United States (October 2025).

Hand care professionals from across the world will convene in Washington, DC for this prestigious event. Mark your calendar, you don't want to miss it!

**TRAVEL INFORMATION**



**IFSSH-IFSHT 2025 TRIENNIAL CONGRESS**



Art Exhibit  
#21

**"La berceuse" (the lullaby) nr 1672**  
**Subject: Augustine Roulin rocking her new-born baby pulling on attached string. She suffered psoriatic arthritis.**  
**Artist: Vincent van Gogh**  
**Oil on canvas. 1889.**  
**Stedelijk Museum, Amsterdam, Nederland.**

# Eung-Shick Kang (1938)



Eung-Shick Kang was born on 17 December 1938 in Iwon, Hamgyeongnam-do (now North Korea). He completed his medical training in 1963 at the Yonsei University, College of Medicine in Seoul, Korea. In 1968 he graduated from the same University as an

Orthopaedic Surgeon, and then served in the Korean Army for 3 years.

Kang worked in the Yonsei University College of Medicine, Severance Hospital, Department of Orthopaedic Surgery from 1971 until his retirement as Emeritus Professor in 2004, first as an Instructor, then as Assistant Professor and later full Professor. Prof. Kang became Head of the Department and Director in 1998 until 2002. In 1977 Kang did a 6 month Fellowship with Prof. Tsuge at the Hiroshima University in Japan. Back in Korea, he concentrated on hand surgery. His famous quote reflects his dedication to his patients: "We should aim to become doctors who can treat not only the patient's disease, but also help them adapt to the circumstances with an optimistic frame of mind"

Prof Kang was invited as Visiting Professor to the Frankfurt University in Germany (1981) and to the Wayne State University in the USA (1984). He was Medical Consultant for the Korean Airline (1999-2001), Korean Workers Compensation and Welfare Service, the Department of Orthopaedic Surgery in the Sejung Hospital and the Korean Orthopaedic Association.

Kang was a leader of many organisations: Chairman of the Board of the Korean Orthopaedic Association

(1990-1991), President of the Korean Society for Surgery of the Hand (1996-1997), President of the Korean Orthopaedic Society of Foot and Ankle Surgery (1997-1999), President of the Korean Orthopaedic Research Association, President of the Korean Orthopaedic Association (2001-2002), and Member of the Civil Mediation Committee at the Seoul District Court, International Member of the American Society for Surgery of the Hand as well as the Japanese Society for Surgery of the Hand, and Board Member of the Korean Society of Prosthetics and Orthosis. He received prestigious awards from the Korean Fracture Society and the Korean Orthopaedic Association.

His publications include a book on Orthopaedics for Medical students and over 180 articles on various orthopaedic and hand related topics.

Prof. Eung-Shick Kang was honoured as "Pioneer of Hand Surgery" by the IFSSH at the 11th International IFSSH Congress in Seoul, Korea in 2010.

# Seiichi Ishii (1937 - 2021)



Seiichi Ishii was born on 31 March 1937 in Hokkaido, Japan. He attended the Hokkaido University School of Medicine in Sapporo from 1955 to 1961 graduating as a medical doctor. After his Internship at the Tokyo Red Cross Hospital (1961-1962), he

completed his PhD(Medical Science) in 1966, also from the Hokkaido University. Ishii then did an orthopaedic residency in the Hokkaido University School of Medicine Department of Orthopaedics from 1966 to 1968, followed by a Visiting Fellowship at the New York Orthopaedic Hospital in Hand Surgery with Robert E. Carroll (1968-1969).

He returned to his alma mater at the Hokkaido University first as lecturer in Orthopaedics (1969-1972), before becoming Associate Professor from 1972 to 1976, and then Professor in 1976 until 1983. Prof. Ishii was promoted to the Chair and Head of the Department of Orthopaedic Surgery at the Sapporo Medical University in 1983 until 2002, when he became Professor Emeritus. From 2002 to 2005 he was Chief of the Hokkaido Hand Surgery Sports Medicine Institute, and after 2005, Consultant at the Institute and Counsellor for the Hokkaido Sports Association. He trained 188 orthopaedic surgeons and more than 50 hand surgery fellows. His research interest was mainly in tendon physiology, tendon healing and scar formation. He was also a 'tumour' surgeon, focusing on complex limb reconstruction after malignant tumour resection.

Prof. Ishii was President of the following academic societies: Japanese Orthopaedic Society for Sports

Medicine (1989), Eastern Japan Society for Surgery of the Hand (1991), Japan Elbow Society (1991), Japanese Society for Surgery of the Hand (1993), Japanese Society for Medical Science of Footwear (1994), Japanese Society for Clinical Sports Medicine (1998), Japanese Society for Physical Medicine (1998), Japanese Society for Prosthetics and Orthotics (2000), Japanese Orthopaedic Association, and executive member of the Japanese Shoulder Society and the Japanese Society of Paediatric Orthopaedic Surgery.

Seiichi Ishii was awarded amongst many other honours the Hokkaido Medical Society Governor Prize (1986), the Japanese Orthopaedic Association Prize (2002) and "The Order of the Sacred Treasure, Gold Rays with Neck Ribbon" by the Japanese Government (2016). He was awarded the Ministry of Education, Culture, Sports, Science and Technology (MEXT) grant every year from 1984 to 2002 as well as the Ministry of Health, Labour and Welfare (MHLW) grant every year from 1986 to 2002.

Prof. Ishii has published extensively: original papers - 684 in Japanese and 326 in English; and book chapters - 156 in Japanese and 20 in English.

Seiichi Ishii passed away on 26 April 2021 aged 84. He was married to Kieko, who lives in Sapporo. He loved sports particularly karate (black belt), jogging, skiing and baseball. He leaves behind a legacy not only of his scientific achievements, but will also be remembered for being a humble and kind person.

At the 11th IFSSH International Congress in Seoul, Korea, Prof. Seiichi Ishii was honoured with the title "Pioneer of Hand Surgery"



# Eduardo Alfredo Zancolli (1924-2024)



Eduardo Alfredo Zancolli, born in the city of Chivilcoy, Argentina on 23 May 1924, was one of the most outstanding Hand Surgeons during the second half of the last century.

His passing away on 20 May 2024 is a regrettable loss not only for our local, but also for the international community. He leaves an enormous absence and emptiness.

In many ways he was the exemplary role model as a surgeon, professor, researcher, artist and writer. All of these attributes were tinged with his generous personality and his permanent friendship. He was more concerned with "teaching to think" than the simple transmission of a concept, using dialogue and discussion as an instrument of reflection. We are left with his innumerable publications.

Let us remember here the words of Gaius Titus in the Roman Senate: "What is written is written - Words are carried away by the wind". Indeed his written words have been spread throughout the world ratifying the permanence of his many contributions. He leaves a legacy that is the foundation of our specialty and a guiding light for the following generations. He had numerous wise sayings, amongst others: "In surgical procedures with the same results, the simplest is the best", "Never get in love with one's own ideas" and "'Thank you' and 'Sorry' are words that offend arrogance and honour dignity. In short, they identify humbleness"

Prof. Dr. Eduardo Zancolli was one of the most outstanding representatives of the second era in the history of hand surgery, especially in Latin America. The first era, during the first half of the last century and was marked by Pioneers who gained vast experience in managing trauma cases from the wars. This period was characterized by a great interest in the exchange of knowledge between individuals and groups. This led to the creation of Hand Surgery Societies eventually in more than sixty countries, all grouped as the International Federation of Societies for Surgery of the Hand (IFSSH), founded in 1966.

The second era of Hand Surgeons can be characterised as laying a foundation of meticulous scientific principles based on intimate knowledge and understanding of anatomy and biomechanics. Zancolli was indeed one of the outstanding leaders during this period.

His great interest in the study of anatomy and surgical anatomy led him to describe multiple surgical techniques, and his deep study of biomechanics led him to publish in 1968 his first book, "Structural and Dynamic Bases of Hand Surgery", translated into several languages. Together with Dr. Elbio Cozzi, they published the "Atlas of Surgical Anatomy of the Hand", a masterpiece both from an anatomical and artistic point of view.

In multiple conferences over 50 years, he transmitted to the community of surgical specialists his enormous experience in the treatment and management of orthopaedic conditions (eg. hip and knee arthroplasty, scoliosis, foot conditions and rheumatoid arthritis), and neurological pathology (eg. brachial plexus, poliomyelitis, quadriplegia and spasticity).

Throughout his professional career he was part of numerous scientific Societies. He was Active Foreign Member of the Group d'Étude de la Main in France, President of the South American Federation of Hand Surgery, President and Founding Member of the Argentine Association of Hand Surgery and Reconstructive Surgery of the Upper Limb, President of the Argentine Association of Orthopaedics and Traumatology, Honorary Member of several Hand Surgery Societies, and member of the International Federation of Societies for Surgery of the Hand (IFSSH). In 1995 Eduardo Zancolli was honoured by the IFSSH as a "Pioneer of Hand Surgery"

We express here our condolences and our feelings of solidarity to his family and especially to his son Eduardo R. and his grandson Pablo, both who are dedicated to the same Hand Surgery discipline, and who are part of the IFSSH.

## **Roberto Meléndez**

Bogotá. Bogotá, Colombia.

## **Dra Aida García G**

Ortopedista & Traumatologa UMNG

Cirujana de mano y miembro superior HMC

# Management of Carpal Tunnel Syndrome:

## Evidence - Based Clinical Practice Guideline

**Adopted by:** The American Academy of Orthopaedic Surgeons (AAOS) Board of Directors

**Endorsed by:** American Association for Hand Surgery

**Please cite this guideline as:** American Academy of Orthopaedic Surgeons. Management of Carpal Tunnel Syndrome Evidence-Based Clinical Practice Guideline. [aaos.org/cts2cpg](https://www.aaos.org/cts2cpg)

**Published 05/18/2024.**

### SUMMARY OF RECOMMENDATIONS

Recommendations are formed when there is sufficient evidence by which to create a directional statement.

This is defined as evidence from two or more high quality studies (i.e., a strong recommendation), two or more moderate quality studies (i.e., a moderate recommendation), or statements resulting in a strong or moderate strength following Evidence to Decision Framework upgrading and/or downgrading.

### DIAGNOSIS: CTS-6, ULTRASONOGRAPHY, NCV/EMG

**Strong evidence suggests that CTS-6 Evaluation Tool (JBJS Am 2008; 90: 2587-2593) can be used to diagnose carpal tunnel syndrome, in lieu of routine use of Ultrasonography or NCV/EMG.**

Quality of Evidence: High Strength of Recommendation: Strong Evidence from two or more "High" quality studies with consistent findings for recommending for or against the intervention. Also requires no reasons to downgrade from the EtD framework.

### DIAGNOSIS: MRI, UPPER LIMB NEURODYNAMIC TESTING

**Moderate evidence suggests that MRI and Upper Limb Neurodynamic Testing should not be used to diagnose carpal tunnel syndrome.**

Quality of Evidence: Moderate Strength of Recommendation: Moderate Evidence from two or more "Moderate" quality studies with consistent findings, or evidence from a single "High" quality study for recommending for or against the intervention. Also requires no or only minor concerns addressed in the EtD framework.

### CORTICOSTEROID INJECTION

**Strong evidence suggests corticosteroid injection does not provide long-term improvement of carpal tunnel syndrome.**

Quality of Evidence: High Strength of Recommendation: Strong 7 Evidence from two or more "High" quality studies with consistent findings for recommending for or against the intervention. Also requires no reasons to downgrade from the EtD framework.

### PLATELET-RICH PLASMA (PRP) INJECTION

**Strong evidence suggests PRP Injection does not provide long-term benefits in non-operative treatment of carpal tunnel syndrome (leukocyte rich or leukocyte poor PRP).**

Quality of Evidence: High Strength of Recommendation: Strong Evidence from two or more "High" quality studies with consistent findings for recommending for or against the intervention.

**Acknowledgement: These Guidelines are "Open Access", and are re-published in summary form with permission. The full Guidelines are available as cited above. We would like to acknowledge and thank the AAOS for this clear document and the practical guidelines.**

Also requires no reasons to downgrade from the EtD framework.

### SURGICAL RELEASE TECHNIQUE

**Strong evidence suggests that there is no difference in patient reported outcomes between a mini-open carpal tunnel release and an endoscopic carpal tunnel release.**  
Quality of Evidence: High Strength of Recommendation: Strong Evidence from two or more "High" quality studies with consistent findings for recommending for or against the intervention. Also requires no reasons to downgrade from the EtD framework.

### MODES OF ANESTHESIA

**Strong evidence suggests local anesthesia alone can be used for carpal tunnel release.**  
Quality of Evidence: High Strength of Recommendation: Strong Evidence from two or more "High" quality studies with consistent findings for recommending for or against the intervention. Also requires no reasons to downgrade from the EtD framework. 8 View background material via the CPG eAppendix 1 View data summaries via the CPG eAppendix 2

### POSTOPERATIVE THERAPY

**Moderate evidence suggests postoperative supervised therapy should not be routinely prescribed after carpal tunnel release.**  
Quality of Evidence: Moderate Strength of Recommendation: Moderate Evidence from two or more "Moderate" quality studies with consistent findings, or evidence from a single "High" quality study for recommending for or against the intervention. Also requires no or only minor concerns addressed in the EtD framework.

### POSTOPERATIVE IMMOBILIZATION

**Moderate evidence suggests immobilization through sling or orthosis (e.g., splint, brace) should not be used after carpal tunnel release.**

Quality of Evidence: Moderate Strength of Recommendation: Moderate Evidence from two or more "Moderate" quality studies with consistent findings, or evidence from a single "High" quality study for recommending for or against the intervention. Also requires no or only minor concerns addressed in the EtD framework.

### POSTOPERATIVE PAIN: NSAID, ACETAMINOPHEN

**Strong evidence suggests that NSAIDs and/or Acetaminophen should be used after carpal tunnel release for postoperative pain management.**

Quality of Evidence: High Strength of Recommendation: Strong Evidence from two or more "High" quality studies with consistent findings for recommending for or against the intervention. Also requires no reasons to downgrade from the EtD framework. 9

### SUMMARY OF OPTIONS

Options are formed when there is little or no evidence on a topic. This is defined as low quality evidence or a single moderate quality study (i.e., a limited strength option), no evidence or only conflicting evidence (i.e., a consensus option), or statements resulting in a limited or consensus strength following Evidence to Decision Framework upgrading and/or downgrading.

### RISK FACTORS: KEYBOARDING, CLERICAL WORK

**In the absence of reliable evidence, it is the opinion of the workgroup that there is no association between high keyboard use and carpal tunnel syndrome.**  
Quality of Evidence: Very Low Strength of Option:

Consensus There is no supporting evidence, or limited level evidence was downgraded due to major concerns addressed in the EtD framework. In the absence of reliable evidence, the guideline work group is making a recommendation based on their clinical opinion.

#### **THERAPEUTIC ULTRASOUND**

**Evidence suggests therapeutic ultrasound does not provide long-term improvement of carpal tunnel syndrome.**

Quality of Evidence: High Strength of Option: Limited (Downgraded) Evidence from two or more “High” quality studies with consistent findings for recommending for or against the intervention. Option was downgraded based on EtD framework.

#### **NON-OPERATIVE TREATMENTS VS. PLACEBO/ CONTROL**

**Evidence suggests that the following non-operative treatments do not demonstrate superiority over control or placebo: acupressure, insulin injection, heat therapy, magnet therapy, nutritional supplementation, oral diuretic, oral NSAID, oral anticonvulsant, phonophoresis.**

Quality of Evidence: High Strength of Option: Limited (Downgraded) Evidence from two or more “High” quality studies with consistent findings for recommending for or against the intervention. Option was downgraded based on EtD framework. 10 View background material via the CPG eAppendix 1 View data summaries via the CPG eAppendix 2

#### **NON-OPERATIVE TREATMENTS: LONG-TERM**

**Evidence suggests the following non-operative treatments do not improve long-term patient reported outcomes for carpal tunnel syndrome: oral corticosteroid, hyaluronic acid injection, hydro dissection, kinesiotaping, laser therapy, peloid therapy, perineural injection therapy, topical treatment, shockwave therapy, exercise, ozone injection, massage therapy, manual therapy, pulsed radiofrequency.**

Quality of Evidence: High Strength of Option: Limited (Downgraded) Evidence from two or more

“High” quality studies with consistent findings for recommending for or against the intervention. Option was downgraded based on EtD framework.

#### **COMPARISON OF NON-OPERATIVE TREATMENTS** **Evidence suggests no significant difference in patient reported outcomes between non operative treatment techniques for carpal tunnel syndrome.**

Quality of Evidence: High Strength of Option: Limited (Downgraded) Evidence from two or more “High” quality studies with consistent findings for recommending for or against the intervention. Option was downgraded based on EtD framework.

#### **SITE OF SERVICE**

**Limited evidence suggests carpal tunnel release may be safely conducted in the office setting.**

Quality of Evidence: Low Strength of Option: Limited Evidence from two or more “Low” quality studies with consistent findings or evidence from a single “Moderate” quality study recommending for or against the intervention. Also, higher strength evidence can be downgraded to limited due to major concerns addressed in the EtD Framework. 11

#### **SURGICAL DRAPING**

**In the absence of reliable evidence, it is the opinion of the workgroup that limited draping is an option for carpal tunnel release.**

Quality of Evidence: Consensus Strength of Option: Consensus There is no supporting evidence, or limited level evidence was downgraded due to major concerns addressed in the EtD framework. In the absence of reliable evidence, the guideline work group is making a recommendation based on their clinical opinion.

#### **ANTICOAGULATION**

**Limited evidence suggests anticoagulation medication may be safely continued for carpal tunnel release.**

Quality of Evidence: Low Strength of Option: Limited Evidence from two or more “Low” quality studies with consistent findings or evidence from a single “Moderate” quality study recommending for or against

the intervention. Also, higher strength evidence can be downgraded to limited due to major concerns addressed in the EtD Framework.

#### **PROPHYLACTIC PERIOPERATIVE ANTIBIOTICS** **Limited evidence suggests perioperative prophylactic antibiotics are not indicated for the prevention of surgical site infection following carpal tunnel release.**

Quality of Evidence: Low Strength of Option: Limited Evidence from two or more “Low” quality studies with consistent findings or evidence from a single “Moderate” quality study recommending for or against the intervention. Also, higher strength evidence can be downgraded to limited due to major concerns addressed in the EtD Framework. 12 View background material via the CPG eAppendix 1 View data summaries via the CPG eAppendix 2

#### **PREOPERATIVE TESTING**

**In the absence of sufficient evidence specific to carpal tunnel, it is the opinion of the workgroup that routine pre-operative testing (e.g., labs, CXR, EKG) is not indicated.**

Quality of Evidence: Very Low Strength of Option: Consensus There is no supporting evidence, or limited level evidence was downgraded due to major concerns addressed in the EtD framework. In the absence of reliable evidence, the guideline work group is making a recommendation based on their clinical opinion.

#### **ADJUNCTIVE TESTING**

**In the absence of reliable evidence, it is the opinion of the workgroup that, when multiple risk factors for amyloidosis are present, pathological analysis of tenosynovium may be performed.**

Quality of Evidence: Consensus Strength of Option: Consensus There is no supporting evidence, or limited level evidence was downgraded due to major concerns addressed in the EtD framework. In the absence of reliable evidence, the guideline work group is making a recommendation based on their clinical opinion.

#### **POSTOPERATIVE PAIN: TRAMADOL**

**In the absence of reliable evidence, it is the opinion of the workgroup that Tramadol may be considered over other opioids for postoperative pain management.**

Quality of Evidence: Very Low Strength of Option: Consensus There is no supporting evidence, or limited level evidence was downgraded due to major concerns addressed in the EtD framework. In the absence of reliable evidence, the guideline work group is making a recommendation based on their clinical opinion.

# Member Society News

## GERMAN SOCIETY FOR SURGERY OF THE HAND

### Deutsche Gesellschaft für Handchirurgie - DGH

The German Society for Surgery of the Hand (DGH) is a continuously growing society. Of the 1412 members, 849 are fully trained hand surgeons. The Society is very popular with young surgeons with 109 members being medical students and 108 doctors in basic surgical training. 209 members are organized within the so called "Young Forum".

The Society represents hand surgery politically within the German health system, it offers an educational program and organizes the scientific annual congress. The Society still works towards hand surgery being an accredited independent surgical specialty within the German health system.

The educational program of the Society consists of 8 consecutive symposia over a time period of 4 years and has this year been extended by an additional online educational symposium twice a year.

The annual congress of our Society includes a three day scientific and educational program in cooperation with the German Association for Hand Therapy (DAHTH), as well as a meeting of the extended executive committee (Fig.1) and the annual member assembly.



The congress dinner and party is an event of great importance for social networking, always overbooked and well appreciated by all attendees (Fig.2). Everybody is looking forward to this event! The international guest Society of last year's congress in Leipzig was the Finnish Society for Surgery of the Hand.

We enjoyed the combined scientific sessions, and meeting and socialising with our Finnish friends. Five hundred and twenty-two surgeons and 273 hand therapists attended the congress and 58 companies presented their products in the industry exhibition (Fig.3). The dinner and party took place in the famous Zoo in Leipzig and started with a little boat trip through the tropical house of the Zoo.



The DGH is well connected to the Societies of other countries. We are honored to be the guest Society of the combined 28th Portuguese Congress of Hand Surgery and the 14th Iberia Latin American Congress of Hand Surgery in Coimbra (Portugal) in October 2024, and the British Society for Surgery of the Hand at the autumn meeting in Belfast in November this year.

The DGH strongly supports the connection to the international "Hand -World" and is looking forward to be part of the FESSH congress in Rotterdam this year and the IFSSH/IFSHT congress in Washington next year.

### PROF. DR. JÖRG VAN SCHOONHOVEN

Secretary General

Deutsche Gesellschaft für Handchirurgie ( DGH)

## ASSOCIATION OF CHINESE-SPEAKING HAND SURGEONS UNITED (ACU)

### The 10th Jixia Forum, the 5th ACU Congress, and IFSSH-sponsored Western China Seminars and Workshop in 2024.

June 2024 was a busy month for the colleagues of the Association of Chinese-speaking Hand Surgeons United (ACU).

The 10th Jixia Forum and the 5th ACU Congress were held on 8 and 9 June in the city of Hangzhou, attended by both on-site and online attendees (Figures 1-4). As a tradition of this Forum, ample time was reserved for discussion after each presentation. The format of the Forum of this year was expanded to include on-site journal clubs, presentations about senior influential hand surgeons (Drs. De Shi and Cheng Qi Wang), who contributed to hand surgery development a few decades ago. The Forum also included reviews and presentations of recent activities of ACU colleagues in international congresses and courses.



Fig.1



Fig.2

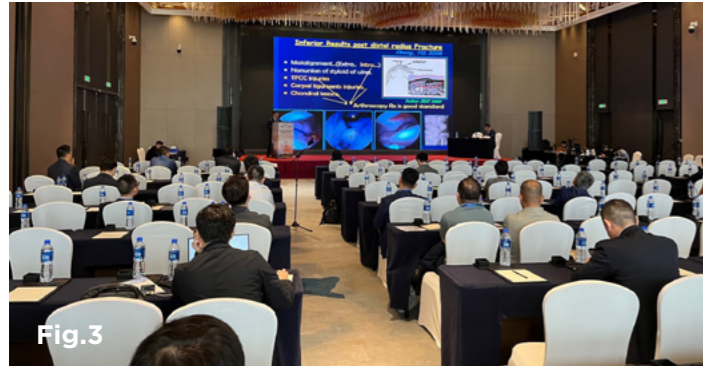


Fig.3



Fig.4

The night session was another highlight of this Forum, being from 7:30 to 10:30 pm, with presentations from 4 active hand surgeons followed by case discussion. Coffee, beer, and snacks were provided at the back of the conference hall to offer a more relaxing and enjoyable atmosphere of this night session. Microsurgical lymphatic surgery was a major topic in the evening session by our host, Dr. You Mao Zhen, an expert and active investigator on lymphatic surgery.

The 5th ACU Congress was held the next day, with peripheral nerve compression, PIP joint fractures, and metacarpal fractures as main symposium topics, and free papers covering all aspects of hand surgery. Two major lectures were given by our Taiwanese colleague (Dr. Ren Tian Shi) of Taipei on wrist surgery and by an expert from Chongqing on pediatric hand surgery (Dr. Xiao Fei Tian).

From 19-23 June, Western China Seminars and Workshop were carried out in two provinces in Western and Middle parts of China, with about 100 attendees (Figures 5-12). Each of these seminars was held inside the host hospital, with relevant questions and answers, live demonstrations and patient consultations.

The hosts of these events regularly treat large numbers of patients at each hand surgery unit with 10-20 attending hand surgeons. They have greatly benefited from such an education format. Workshops were focused on tendon repair techniques, splint making and rehabilitation methods after flexor and extensor tendon repairs.



Fig.5



Fig.6



Fig.7

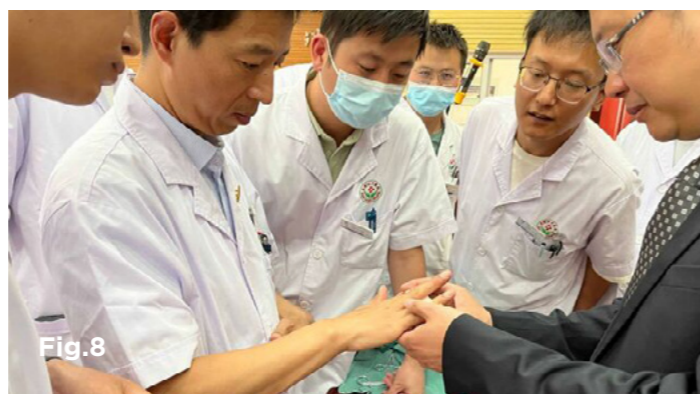


Fig.8



Fig.9



Fig.10



Fig.11



Fig.12

Among the faculties at the Western China Seminars and Workshop were Drs. Jin Bo Tang, Jing Chen, Qing Zhong Chen and Shu Guo Xing from The Affiliated Hospital of Nantong University, Nantong, Jiangsu, and Dr. Xiao Ju Zhen from Xian Fengcheng Hospital of Xian City. The project leaders were Drs. Jing Chen and Qian Qian Yang, and Zhen coordinated the hosts of these hospitals. IFSSH sponsored the transportation to these hospitals for this project. This project will be repeated in the future.

This year ACU members were also actively involved in the First Mid-term Course of IFSSH in Quito in February, the Japanese Hand Surgery Congress in Nara in April, and the meeting of the European Microsurgery Federation in May.

## ARGENTINE ASSOCIATION OF HAND SURGERY (ASOCIACIÓN ARGENTINA DE CIRUGÍA DE LA MANO- AACM)

The Argentine Association of Hand Surgery (AACM) celebrates its 50th anniversary since its foundation.

We are motivated by this significant milestone and are conducting numerous scientific activities and practical courses to enhance the surgical skills of specialists from Argentina and Latin America.



We deeply regret the passing of Acad. Prof. Eduardo A. Zancolli, the first AACM President, a visionary and master of Hand Surgery. Also, we have lost a number of other valued Full Members of the AACM who have significantly contributed to the education of hand surgery.

The new 2023-2024 Executive Committee led by President Dr. Guillermo Belluschi and General Secretary Dr. Gustavo Gómez, established a workgroup with the purpose to organise several activities and educational events for the AACM members as well as for members of other Latin American Societies.

### Continuing medical education and scientific activities:

Since 2021 we have been successfully running practical courses to develop skills in surgical practice for young surgeons during March, April and May. These three fundamental surgical practical courses on animal models included **Z-plasty and local flaps, Flexor Tendon Repair and Peripheral Nerve Repair**.

Two virtual clinical **Athenaeums** were held in March and May (available on YouTube: (<https://www.youtube.com/@asociacionargentinadecirug6154/streams>))

Two **Regional Scientific Conferences**, in Córdoba city in March and in **Santiago del Estero** city in April were held with important participation of doctors and rehabilitators from the whole country.

A new **Cadaveric Hand and Wrist Arthroplasty Course** was held in May in Rosario.

The **First Buenos Aires Meeting between Hand Surgeons and Therapists** occurred at the Teatro Argentino in La Plata also in May.



In June AACM held the **50th Updating Course on Hand and Upper Extremity Surgery** called "**Versus in frequent Upper Limb Pathologies**" in Buenos Aires at the Paseo La Plaza. This course welcomed 300 attendees and is one of the association's traditional and popular annual events.



The AACM Full Members always providing support.

In August a **Regional Scientific Conference** is held in Parana, Entre Rios, discussing problem cases with the participation of doctors and rehabilitators.

A new edition of a two day **Advanced Course in Experimental Microsurgery** is planned for September as well as a new **Simulation workshop on basic arthroscopy and wrist arthroscopy techniques**.



In October a new and exciting 5-day intensive practical course called "**Skills Week and Tour**" is planned.

**50 ANIVERSARIO 1974-2024 AACM**

**Octubre 2024 del 14 al 18**

Presidente | Dr. GUILLERMO BELLUSCHI  
Secretario General | Dr. GUSTAVO GÓMEZ RODRÍGUEZ

**Skills Week & Tour**

**Semana Intensiva de Cursos Prácticos**

Colgajos y Zetaplastias.  
Reparaciones de tendones flexores.  
Microcirugía (vascular y nervios periféricos).  
Artroscopia.  
Práctica en simuladores, modelo animal y modelo vivo

Informes e inscripción [aacm.adm@gmail.com](mailto:aacm.adm@gmail.com)

From 6-8 November we will celebrate the 50th Anniversary of the AACM Foundation at the Sheraton Hotel in Mar del Plata. The **48th Argentinean Congress of Hand and Upper Limb Reconstructive Surgery and the Congress of the Hand Therapy Chapter** will be hosted by President Dr. Diego Garat, Secretary Guillermo Maujo and the Organising Committee.

**Spain** will honour us as the guest nation, contributing its scientific vanguard through distinguished experts and SECMA with its president Pedro Delgado. The **FLACM** (Latin American Federation of Hand Surgery) will be chaired on this occasion by the Honorary President of the congress, Sergio Daroda.

The ASSH (American Society for Surgery of the Hand) will participate with an outstanding delegation, promising first class debates. In addition, **IWAS - LAW**, (International Wrist Arthroscopy Society / Latin America Wrist Association), led by the Argentinian Martín Caloia, will offer innovative symposia and lectures.

This generates the presence of 38 foreign guests representing the Americas, Spain, France and Italy.

The website is: <https://www.aacm.com.ar/cursos/congreso2024/>

See you in Mar del Plata!

**NACIÓN INVITADA ESPAÑA**

INVITADOS ANIVERSARIO

AITA, MARCIO [BRASIL]	KATARINCIC, JULIE [USA]
ALVARENGA, JUAN CARLOS [PARAGUAY]	LEVERSEDGE, FRASER J. [USA]
ATZEI, ANDREA [ITALIA]	MANTOVANI, GUSTAVO [BRASIL]
BONFIL, JUAN RAMON [MEXICO]	MELIBOSKY FRANCISCO [CHILE]
BRAGA SILVA, JEFFERSON [BRASIL]	MERCER, DEANNA [USA]
CARRATALÁ, VICENTE [ESPAÑA]	MURRAY, PETER [USA]
CHAMMAS, MICHEL [FRANCIA]	NAQUIRA, LUIS [COLOMBIA]
CRAVIOTTO, MATIAS [URUGUAY]	ORELLANA, PABLO [CHILE]
CIFRAS, JOSE LUIS [CHILE]	PEREZ, ALFONSO [CHILE]
CONTI MICA, MEGAN [USA]	PEREZ CASTILLO ALBERTO [CHILE]
COSTA, ANTONIO [BRASIL]	RAMES MATTAR JR [BRASIL]
D KAPLAN, THOMAS [USA]	REKANT, MARK [USA]
DEGEORGE, BRENT [USA]	SAUCEDO, JAMES [USA]
DELGADO, PEDRO [ESPAÑA]	SINCLAIR, MICAH [USA]
FAVETTO, MARTIN [USA]	STEPAN, JEFFREY [USA]
FISHMAN, FELICITY [USA]	TERRAZAS, JORGE [BOLIVIA]
GIOSTRI, GIANA [BRASIL]	TINTLE, SCOTT [USA]
GREENBERG, JEFFREY A [USA]	TORRES, CARLOS [COLOMBIA]
HILL, ELSPETH [USA]	VERGARA LEYTON, JORGE [CHILE]
HINZPETER, DANIEL [CHILE]	WAGNER, ERIC [USA]
JORQUERA, RENE [CHILE]	

**AACM**  
Asociación Argentina de Cirugía de la Mano y Reconstrucción del Miembro Superior

**50 ANIVERSARIO 1974 - 2024**

**2024**

**48° CONGRESO ARGENTINO DE CIRUGIA DE LA MANO Y RECONSTRUCTIVA DEL MIEMBRO SUPERIOR**

**6-7-8 NOVIEMBRE**

**MAR DEL PLATA ARGENTINA SHERATON HOTEL**

**2024**

**PRESIDENTE**  
DR. DIEGO GARAT

**PRESIDENTE HONORARIO**  
DR. SERGIO DARODA

**SECRETARIO**  
DR. GUILLERMO MAUJO

**COMITE EJECUTIVO**  
DR. GUSTAVO TERUYA  
DR. GONZALO VIOLLAZ  
DR. LEANDRO SOZZI

**SIMPOSIO FLACM**

**2° SIMPOSIO IWAS-LAWA EN ARGENTINA**

**25° CONGRESO DEL CAPITULO ARGENTINO DE TERAPIA DE LA MANO**

**NACIÓN INVITADA ESPAÑA**

**FECHA LIMITE PARA ENVIO TRABAJOS LIBRES Y POSTERS**  
**15/08**

**aacmyrms.org**

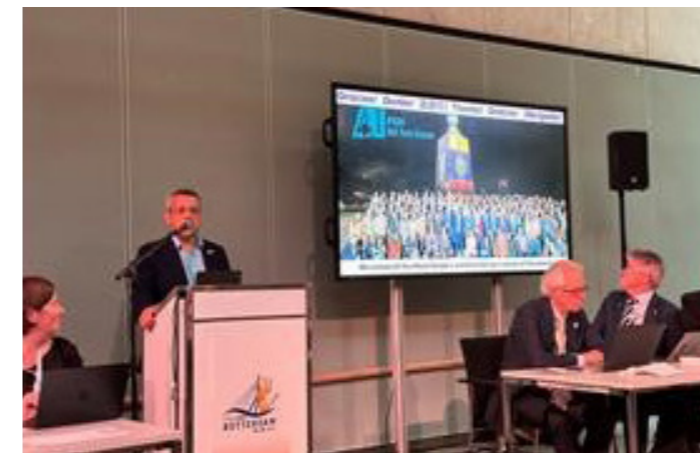
**ECUADORIAN SOCIETY FOR SURGERY OF THE HAND**



**The first IFSSH Mid-Term Course is now in the past**

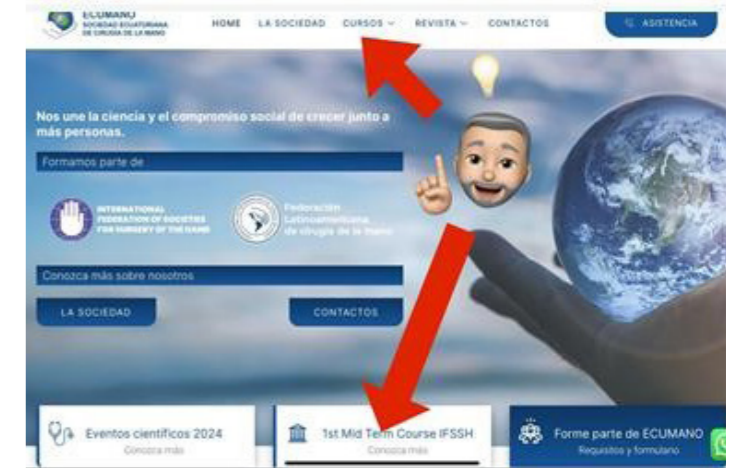
ECUMANO had the privilege to host the First IFSSH Mid-Term Course. We are happy that we had the opportunity and that it was a great success.

As we have reported back to the IFSSH Delegates Meeting in Rotterdam, we learned some things which may be of help for future Mid-Term Courses.



We feel that the amount of knowledge may be too much to take it all in during 3 days, and that the attendees should be able to re-visit the presentations on-line. We are in the process of placing the presentations on the ECUMANO website ([www.ecumano.org](http://www.ecumano.org)), also for the benefit of those who could not attend in person. We call it the First Virtual Mid-Term Course. Once on the website, click Courses and select Mid-Term.

In this way we contribute to the dissemination of hand surgery knowledge world-wide!



ECUMANO is presently working on new courses for especially young surgeons. The first Ecuadorian basic microsurgery course will be followed by a more advanced one.

Also, we are in the process to organise a WALANT course, titled "How to take the technique to the highest level". This follows the example of many countries which use this method.



For the more senior surgeons we are organising two courses: a cadaveric arthroscopy course with the support of LAWA and IWAS, as well as experienced arthroscopy professors. The available space will be limited to ensure a personalised teaching experience.

The second one is the wraps and flaps course. This will also be a cadaver course for the orthopaedic and plastic surgeons who have completed the basic microsurgery course and who deal with difficult lesions in their practice. Again places will be limited.

ECUMANO is proud of its achievements in the world of hand surgery, and invite all the IFSSH members to visit our website: [www.ecumano.org](http://www.ecumano.org) for more information about our activities.

And please remember "We want to unite the Hand Surgery world from the very center of the globe"!

#### FIDEL CAYON

International delegate  
ECUMANO

## AUSTRIAN SOCIETY FOR SURGERY OF THE HAND (ÖGH)



We are delighted to share the latest updates and activities of the Austrian Society for Surgery of the Hand (ÖGH) for the year 2024.

#### Annual Retreat of the ÖGH in Linz

The annual retreat took place from 15 – 16 March in Linz. This event saw the election of the new board members for the upcoming term, consisting of the following members:

- **President:** Univ.-Doz. Dr. Werner Girsch
- **Vice President:** Univ.-Prof. Dr. Rohit Arora
- **Past President:** Primaria Dr. Walpurga Lick-Schiffer
- **General Secretary:** OA Dr. Armin Zadra
- **Treasurer:** Prim. Assoc. Prof. Dr. Gottfried Wechselberger
- **Board Members:**
  - **Traumatology:** Priv.-Doz. Dr. Gernot Schmidle and OA Dr. Stefan Quadlbauer
  - **Orthopedics:** OÄ Dr. Gerlind Thalhammer and OA Dr. Christian Krasny
  - **Plastic Surgery:** Prim. Univ.-Doz. Dr. Manfred Schmidt
  - **Private Practice:** Priv.-Doz. Dr. Stefan Froschauer
  - **Pediatric Surgery:** OÄ Dr. Lisa Mailänder
  - **Young Forum:** Dr. Simone Bode

#### 63rd DAH Symposium in Salzburg

From 2 to 4 May, the 63rd DAH-Symposium (German-speaking Association for Hand Surgery) was held in Salzburg under the scientific guidance of Priv.-Doz. Dr. Christian Windhofer. The symposium was focused on two key topics:

- Bone and Cartilage Reconstruction of the Carpus: Vascularized vs. Non-Vascularized – When Are Free Grafts Necessary?
- Acute Ligament Injuries and Chronic Instabilities of the Wrist and Hand: New Approaches and Proven Techniques.

During this event, Univ.-Prof. Dr. Rohit Arora gave a laudatory speech for Priv.-Doz. Dr. Markus Gabl, who went into his retirement this year.

#### Honoring Excellence in Hand Surgery

We are proud to announce that Primar Dr. Wolfgang Hintringer was honoured as a Giant of Hand Surgery. He received this prestigious award at the FESSH Congress held from 26 to 27 June in Rotterdam.



Univ.-Prof. Dr. Herbert Krimmer/ Primar Dr. Wolfgang Hintringer

#### Young Forum Highlights

We would like to take the opportunity to introduce you to the Young Forum for Hand Surgery of the Austrian Society for Hand Surgery:

The Young Forum for Hand Surgery is an association of young assistant physicians/specialists in traumatology and orthopedics, trauma surgery, orthopedics, plastic and reconstructive surgery, general surgery, and pediatric surgery who are already working in hand surgery or have an interest in it. It was founded to achieve networking within the hand surgery society and to provide young colleagues with a platform for further education and knowledge exchange. The aim is to establish national and international networking of young hand surgeons, organize their own training sessions, courses, and internships, and build a collection of their own scientific work.

The Young Forum sees itself as an independent group not subject to clinical structures. The only requirement for participation in training programs and events is active membership in the Austrian Society for Hand Surgery (ÖGH) and the Young Forum. In addition to the annual meetings held as part of the annual retreat, regular training sessions and meetings are offered.

The promotion of scientific activity is reflected in a self-designed scientific session held during the annual retreat. In recent years, through cooperation with various industry partners, a series of surgical courses have been successfully offered.

There are cooperation agreements and discounted participation fees with course organizers such as the microsurgical training center in Linz. Since 2023, an observership scholarship has been offered, supporting and financing study trips throughout Austria to designated clinics.

At the annual retreat in Linz this year, Dr. Simone Bode was elected as Board Member of the Young Forum.



We are also thrilled to announce the winners of this year's LEO Award of the Young Forum. This year's winner (he also holds the LEO figurine in his hand) was Dr. Udo Maierhofer, Department of Plastic, Aesthetic and Reconstructive Surgery at the Medical University of Vienna for his work "Axonal mapping of motor and sensory components within the ulnar nerve and its branches". The 2nd prize went to Dr. Stefan Benedikt, University Clinic for Orthopaedics, Traumatology at the Medical University of Innsbruck (pictured left) and 3rd prize went to Dr. Matthias Holzbauer, Department of Orthopaedics and Traumatology at the Kepler University Hospital Linz (pictured right) Far right: Priv.-Doz. Dr. Stefan Froschauer, former head of the Young Forum.



Overview of the Courses held in Austria 2024:

#### WRIST Symposium

Date: 15 – 16 April 2024

Location: Innsbruck



#### Vienna Hand Courses

Accredited by FESSH

#### Microsurgery Courses

#### Nerve Compression Syndromes in the Upper Extremity:

Theory and Practice

Date: 16 -17 September 2024

Location: Innsbruck

#### HANDS ON HANDS Vienna 2024 – "SNAC & SLAC WRIST"

Date: 19 September 2024

Location: Orthopedic Hospital Speising, Vienna

#### 60. ÖGU & ÖGOuT Jahrestagung 2024 – Acute cases in Orthopaedics and Traumatology

Date: 3 – 5 October 2024

Location: Salzburg

#### Basic Course on the Upper Extremity with Workshop on Cast Wedges

Date: 15 – 16 November 2024

Location: Innsbruck

#### 74th Microsurgical Course

Date: 2 – 6 December 2024

Location: AUVA Trauma Center, Meidling, Vienna

#### Preparation Course for Flap Plasties

Date: 5 – 7 December 2024

Location: Vienna

For further details, please visit the ÖGH website: News & Kongresse ([handchirurgen.at](http://handchirurgen.at)).

## CANADIAN SOCIETY FOR SURGERY OF THE HAND (CSSH)

The Canadian Society for Surgery of the Hand (CSSH) hosted another successful scientific meeting on 18 June 2024 in the historic maritime city of Halifax, Nova Scotia. Hand surgeons from both plastic surgery and orthopaedic training backgrounds came together to further advance the field on a national level.

The scientific program featured two hands-on pre courses designed to develop skills in wrist arthroscopy and point of care ultrasound. The introduction of these pre- courses over the past couple of years has been extremely popular, allowing registrants to acquire new skills to incorporate into their practice. These courses were followed by a scientific agenda featuring national experts in the management of scapholunate ligament injuries, paediatric wrist pain, upper extremity spasticity, basal thumb joint arthritis and hand injuries in athletes.

The meeting was highlighted by a keynote presentation from Dr. Mark Baratz on planetary health in hand surgery. The meeting was once again offered in a hybrid format with most registrants making the trip to the east coast to attend in person, but many also being able to attend from the comfort of their own homes across the country.



Wrist arthroscopy pre-course in the Dalhousie Surgical Skills Lab.

The CSSH extends its congratulations to two graduating residents for their scholarship wins. Dr. Ann-Sophie Lafrenière from the University of Calgary was the recipient of the CSSH Hand Surgery scholarship. She will be pursuing a hand and wrist fellowship at the University of Colorado before returning to Calgary to establish her practice. Dr. Trina Stephens from the University of British Columbia was the recipient of the inaugural Dr. Brutus Hand Surgery scholarship. She will be doing the Mayo Clinic hand and wrist fellowship in Rochester before migrating back to the west coast of Canada to start her practice. The future of hand surgery in Canada is bright with young talent like this!

The CSSH would also like to recognize the immense contributions of outgoing president Dr. Heather Baltzer. Her efforts at the helm over her two-year term were nothing short of remarkable and have positioned the Society extremely well. Dr. Baltzer was aided by the hard work of its capable executive committee and CSSH board that helped to put on an outstanding conference. Dr. David Tang has assumed the role of CSSH president now and will endeavour to continue advancing the mission of the Society.

Lastly, the CSSH welcomes hand surgeons from around the world to attend our meeting next year in Toronto, Ontario.



One station with registrants for the Point of Care Ultrasound (PoCUS) pre-course.

This meeting is scheduled for 3 June 2025 and registration information will be available on our website in the new year: [https:// www.cssh-sccm.com](https://www.cssh-sccm.com)



Dr. Ann-Sophie Lafrenière (centre) receiving the CSSH Hand Surgery scholarship from president-elect Dr. Dominique Tremblay (left).



New CSSH president Dr. David Tang pictured with outgoing president Dr. Heather Baltzer.

## CHILEAN SOCIETY OF HAND SURGERY AND MICROSURGERY

Since our last report, many things have happened. Our Society has grown in numbers and maturity with the addition of young, talented, and well-trained hand surgeons. The coverage and management of highly complex surgery has improved, allowing decentralised healthcare to reach the most remote regions of our country thanks to years of significant scientific output and academic participation.

Both Chile and Latin America had significant representation at the IFSSH Congress in London, an attendance we aim to surpass in Washington 2025. At the end of July 2022, the Vth Congress of the Chilean Society of Hand Surgery and Microsurgery took place with a high attendance and the participation of two giants in our field, Amy Moore and Mireia Esplugas.



Chileans in London!



Vth Chilean Society Congress 2022



Congress SCHOT 2022

In October of the same year, during the Congress of the Chilean Society of Orthopedics and Traumatology (SCHOT), our guest was the great master and friend Jin Bo Tang.

In 2023, we held the SCHOT Congress again, this time with the participation of our beloved Jefferson Braga Silva and Ryan Calfee, and later in November, the Congress of the Latin American Federation of Hand Surgery (FLACM) in Guadalajara, Mexico, where our members had significant involvement.



XIXth Latino-american Congress, Guadalajara, Mexico 2023



SCHOT Congress, Puerto Varas, Chile, 2023.

This year started off exceptionally well with an engaging and high-level Mid-Term Course in Quito, Ecuador. Just a week ago, we concluded the Vith Congress of our Society in Santiago, with guests and friends from Spain, Argentina, and Brazil: Pedro Delgado, Joaquín Casañas, Guillermo Maujo, Leonardo Lázaro, and Raimundo Araujo.

And there are still interesting events to come, such as the sixth annual Santiago Wrist Course, active participation in the 79th annual meeting of ASSH in

Minneapolis, and all of this leading up to the grand event, the triennial 2025 IFSSH and IFSHT Congress in Washington, D.C.

We are growing into a mature and professional society, and increasingly being recognized internationally. This enables us to offer high-quality hand and microsurgery to our Chilean patients.

Our growth as a Society is the result of being part of the international community of colleagues focused on teaching, research, and professional development. See you soon!

**DR. FRANCISCO MELIBOSKY,**  
PRESIDENT

**DR. PAMELA VERGARA,**  
VICE PRESIDENT

**DR. MAURICIO PRADO,**  
SECRETARY

**DR. SEBASTIÁN VON UNGER,**  
IFSSH DELEGATE

**CHILEAN SOCIETY OF HAND SURGERY AND  
MICROSURGERY**



**Some of the female hand Surgeons during SCHOT Congress, Puerto Varas, 2023**



**Chilean representatives during ASSH, Toronto 2023**



**IFSSH Mid-Term Course, Quito, Ecuador 2024**



**IFSSH Mid-Term Course, Quito, Ecuador 2024**



**Chileans at FESSH, Rotterdam, June 2024**



**International guest speakers, VIth Chilean Society Meeting, June 2024**

# History of Member Societies

## THE BRITISH SOCIETY FOR SURGERY OF THE HAND (BSSH)

# BSSH

### History

In 1952, the "Hand Club" was formed, as a dining club, at the Atheneum in London, at the instigation of Patrick Clarkson. Members of both Orthopaedic & Plastic surgical specialties would meet for dinner on a Friday evening, followed by a clinical meeting on the Saturday morning to discuss Hand Surgery cases. Membership was closed and restricted, so in 1956, younger surgeons formed the Second Hand Club at a meeting in Derby as a result of "the enthusiasm of Mr Graham Stack" (quoted from Council minutes, 14.12.68).

The Second Hand Club held regular informal meetings to present difficult hand surgery cases. In the late 1960s, they expanded their title to "British Club for Surgery of the Hand" and in 1968 became the British Society for Surgery of the Hand (BSSH), with a formal constitution. The first President was Guy Pulvertaft, the sole member of the original Hand Club to take part in the formation of the new Society. Other former Hand Club members were invited to join, including Rainsford Mowlem, JIP James, and John Barron, who played an important part in promoting the harmony between orthopaedic and plastic surgeons that has been the hallmark of the Society.

Since then, the BSSH has grown to over 1000 members, comprising of overseas, honorary, associate, affiliate and companion members, now known as fellows. It holds two annual scientific meetings in the Spring & Autumn and a triennial combined meeting with the British Association of Hand Therapists (BAHT). It was given charitable status in 1975.

Education was important from the start with the first hand surgery instructional course being held in 1958. The Education & Training Committee was set up in 1970 and in 1999 a regular course with a series of instructional course hand lectures began with Mr Simon Kay as the first chairperson. This course has evolved and now comprises lectures and tutorials on a three yearly cycle to cover the hand surgery curriculum. This is attended by surgeons from all over Europe, has post course online recordings available and has been supplied to low income countries in online format. It is preceded once a year by a popular cadaveric course.

Graham Stack published reports of meetings during the early Second Hand Club days, formalizing these as "The Hand" in 1969. This expanded and metamorphosed into the Journal of Hand Surgery (British and European volume) in 1984. The journal became the Journal of Hand Surgery (European volume) in 2007 has a truly international stature, with the current Chief Editor, Wee Lam, being based in Singapore.

The BSSH pioneered the concept of an "Interface Specialty" in 1991, setting up a committee in cooperation with the Speciality Advisory Committees

(SAC) in Orthopaedic and Plastic Surgery known initially as the Standing Liaison Group in Hand Surgery and later as the Training Interface Group Committee, with the purpose of establishing advanced training posts in hand surgery for trainees in either specialty.

The posts were specifically designed to provide some complementary training in orthopaedics for plastic surgeons and vice versa. A minimum of ten advanced training posts per year, within thirteen recognized units, are nationally funded and are awarded to trainees at the end of their training. The interface training programme in hand surgery has become the gold standard for interface training in other surgical areas. More than 200 trainees have received advanced hand surgery training through this scheme with many now active within the BSSH Council & Committees.



**BSSH Council members supporting the first interim IFFSH in Ecuador, executed superbly by ECUMANO**

The BSSH has always maintained a very high profile internationally. In the European Federation (FESSH), members are currently Chief Examiner for EBHS, and Chairs of the Education and Communication Committees as well as active in teaching in FESSH Academy. In the International Society for Surgery of the Hand (IFSSH) BSSH has already provided three Presidents of that organization and has a previous BSSH president, David Warwick, as current Secretary-General and a member at large on IFSSH Executive.

A number of BSSH members have been recognized as IFSSH pioneers. It held the triennial IFSSH meeting in London in 2022 as the first major hand meeting after the COVID19 pandemic. Members supported the first interim IFSSH meeting in Ecuador in 2024. BSSH is keen to work with other member societies and has run joint meetings with the Singapore, Indian, Irish and Australian Hand societies and been guest society with the German and American societies, among others.

Since 2007 the Society has run a Diploma in Hand Surgery, developed with the University of Manchester. This is aimed at senior trainees and young consultants to ensure maintenance of high standards of hand surgery in the UK. The Diploma is based on a comprehensive syllabus, practical experience, tutorial-based teaching and a final examination. Its success has meant that there is now an Alumni society for those who have passed and an MSc course in hand surgery has been developed.

The first Chair of Hand Surgery in the UK was set up in Manchester in the mid-1990s, having been underwritten by funds from BSSH, and Professor John Stanley was the first appointee. Other personal Chairs have also been created. The BSSH has been active in producing national guidelines for care, encouraging education of all hand surgeons in research and providing a research fellowship to develop clinical academics who have the abilities to be awarded national research grants.

For many years overseas partnership work in low and middle income countries has been supported but there is currently additionally a five year project to run and develop a specialist hand unit in Malawi, with BSSH members working with local surgeons to improve education and care of the hand.

Specialist interest groups within BSSH are active for those with an interest in congenital hand surgery and peripheral nerve injuries.

The BSSH has shown how inter- specialty cooperation pays dividends in promoting clinical and academic development, training and education, and it is committed to continuing and developing those roles.

A detailed and amusing account of the first 30 years of BSSH is to be found in the Journal of Hand Surgery (British and European volume), 1998, vol 23B, pages 711-723, written by Nicholas Barton.

**GILL SMITH**

BSSH Delegate to FESSH & IFSSH 2020 - 2024  
Submitted 2024

**AUSTRALIAN HAND SURGERY SOCIETY**



**The Australian Hand Surgery Society**

In November, 1979, just seven years after its formation, the Australian Hand Club hosted an International Hand Surgery Congress in Melbourne, the first such congress in Australia. The detailed planning by the hard working organising committee, under the chairmanship of Bernard O'Brien, is meticulously recorded in the archives.

The congress was a great success, with over three hundred surgeons from twenty- one countries in attendance, nearly half of whom were accompanied by their partners.

There were four invited Travelling Professors – Harold Kleinert from Louisville, Kentucky, Ivan Matev from Sofia, Bulgaria, C B Wynn Parry from London, U.K. and Eduardo Zancolli from Buenos Aires, who came again to the AHSS meeting in Alice Springs in 1994. These eminent people contributed to the programme in Melbourne and also at the post-conference meetings held in Sydney, Brisbane, Adelaide and Perth.

The Congress was opened by the Governor-General, His Excellency, Sir Zelman Cowan, who gave a very thoughtful presentation on his own hand, injured shortly before the congress, and on the hand in art, in music and the law.

The scientific programme was over three days, with another half day of clinical presentations at the Royal Children's Hospital, Royal Melbourne Hospital and at St Vincent's Hospital, each with a different focus. There were sessions on congenital anomalies, rheumatoid arthritis, Dupuytren's, arthroplasty, nerve and tendon repair and reconstruction, including microsurgery,

but very little on fracture management. Among the free papers was one by P.B. Chacha on "Experimental Sensory Reinnervation of the Median Nerve through Nerve Transfers in Monkeys," These days it is no longer experimental in humans.

Equally important was the Social Programme. Registrants and associates were urged to arrive early to help with travel fatigue. They had the opportunity to attend, as guests of the Victorian Racing Club, the Final Day of the Melbourne Spring Horse Racing Carnival. On the Sunday before the meeting a barbeque luncheon was held at Chateau Tahbilk with travel to and from the venue by steam train.

During the conference there was a Black Tie Banquet at the National Gallery of Victoria, an official reception at Parliament House and a Dinner Dance at the Hilton Hotel, the venue for the congress. Associates had the opportunity to visit Mornington Peninsula and Healesville, tour National Trust buildings in Melbourne, including Como and Rippon Lea, and be guided around the art galleries, etc.

The archives also contain many letters of appreciation sent by delegates from all over the world.

Seven months later, Bernie O'Brien was President of the International Federation of Societies for Surgery of the Hand at its First Triennial Congress in Rotterdam, The Netherlands.



**ROLAND HICKS**



# Educational Sponsorship Report

## INTERNATIONAL FEDERATION OF SOCIETIES FOR HAND THERAPY, 2022



### IFSSH Evelyn Mackin Congress Grant and IFSSH/IFSHT Triennial Congress Grant

The International Federation of Societies for Hand Therapy successfully applied to the IFSSH CES to fund therapists to attend the IFSSH, IFSHT & FESSH Combined Congress in London in 2022.

The funding supported travel and registrations on a global scale. This allowed greater participation among therapists from the low-middle income countries, and a return of knowledge to a broad area.

The IFSSH, IFSHT and FESSH Congress was attended by 523 therapists from 41 different countries. The therapy program consisted of 20 invited speaker sessions, 10 free paper sessions, and 10 workshops with eight combined surgeon/therapist educational sessions. From the abstracts submitted, there were 121 oral presentations accepted as well as 40 e-posters.

The IFSHT provides two Congress related grants every triennium—The Evelyn Mackin Congress Grant and the IFSSH/IFSHT Triennial Congress Grant.

The Evelyn Mackin Congress Grant was established in 2010 to honour Evelyn Mackin, the first president of IFSHT and a leader in the development of hand therapy worldwide. This grant supports emergent hand therapists from countries without a formal hand therapy society. The recipients are therapists who are potential leaders of hand therapy in their country, who may otherwise not have the resources to attend an IFSHT Congress. The recipients of this grant are fully funded to attend the IFSHT Triennial Congress; providing an opportunity to further expand their knowledge and networking in hand therapy. The four Evelyn Mackin Grant recipients in 2022 were from Fiji, Bhutan, Bulgaria and Kuwait.



The IFSSH/IFSHT Triennial Congress Grant provides partial financial support for therapists to attend the IFSHT Triennial Congress. Therapists from countries with limited resources and those who are presenting at the congress are given priority. The ten IFSSH/IFSHT Triennial Congress Grant recipients were from Ethiopia, Argentina, Italy, Mexico, South Africa, India, USA, New Zealand and Bangladesh.

The IFSSH awarded US\$9661.17 to the IFSHT for the 2022 Evelyn Mackin Grant and US\$2561.66 for the IFSSH/IFSHT Triennial Congress Travel Grant, for a total of US\$12,322.83 to support therapists to attend the 2022 Triennial Congress in London.

### Grant Recipient Testimonials

“ I attended the congress virtually and it was very interesting and beautiful experience. It was a place to contact other colleagues. Congress attendance was a way to improve my career and I was very excited to have this important experience to help me in my daily work.

This grant opened a world of different ways to work. It was very useful to bring me the latest news to communicate in my country, and it was a step to begin a new relationship with the most important hand therapists.

When the congress finished, I tried to share all that I learned with our society. Thank you very much for giving me this opportunity. ”

**Marcela Juarez, Argentina**  
IFSSH/IFSHT Congress Grant Recipient

“ I attended the IFSSH/IFSHT 2022 Triennial Congress as a guest speaker on a panel, speaking about practise as a member of multidisciplinary team managing multiple complex conditions of hands and burns. Members of the panel shared information about their work in their own country.

These therapists have been regularly arranging educational programs to share knowledge and updated information about how to practice in hand therapy with other therapists who are interested in hand therapy. We are working to find out to the gap regarding hand therapy in our local practices and we have established goals to achieve by training, practice, meeting and continued research. ”

**Sumanta Ray, Bangladesh**  
IFSSH/IFSHT Congress Grant Recipient

“ In the congress, I had the opportunity to meet other therapists and surgeons from different countries. This gave me insight about the treatment approaches other therapists follow and that was very interesting. It helped me also while educating my patients about their conditions and comparing the treatment options that we follow here in Kuwait with other countries. I was also working on accreditation as a hand therapist from the British Association of Hand Therapists (BAHT) and I had the chance to meet them and discuss my progression. I got my accreditation one year later and meeting the BAHT therapists at the Congress helped me a lot. Overall, the Congress was a wonderful learning journey and the topics were very good. I am very grateful for the opportunity that was given to me to attend the Congress. ”

**Fatma Alshatti, Kuwait**  
Evelyn Mackin Congress Grant Recipient

“ As co-chair of the scientific program, the opportunity to participate in person provided first-hand experience of co-hosting a high-calibre scientific program delivered through a hybrid model, which was a pioneering milestone for both myself and the IFSSH/IFSHT.

The exposure to this novel format has enhanced my skills in organising and executing large-scale academic events, a proficiency that will undoubtedly benefit my future research initiatives and academic pursuits. It has also added to my academic credentials, as chairing a prestigious event of this nature is a significant achievement in the field.

The responsibilities associated with this role allowed me to engage with leaders in hand therapy research and practice, offering me unique insights into current trends and future directions in the field. Additionally, the congress provided an exceptional platform to network with colleagues from diverse cultural and professional backgrounds, opening doors for collaborations and partnerships, which will be invaluable for my future research projects. ”

**Helen Buchanan, South Africa**  
IFSSH/IFSHT Triennial Congress  
Grant Recipient

“ The IFSSH/IFSHT 2022 Triennial Congress was a relevant event for my professional growth as a hand therapist because of all the knowledge and professional connections I could acquire there. All the sessions I attended were prime level and the most important hand surgeons and therapists attended too, so the networking was also very insightful.

I took the test to certify as a hand therapist in the United States a few months after the congress and I can tell that all the clinical information I received at the Congress helped me a lot to complete it successfully.

Also, sharing with so many therapists from different countries as a delegate gave me a better understanding of the hand therapy needs in other countries and motivated me to go back to my own country to start working and developing hand therapy here and to travel to Africa to use my skills as hand therapist helping patients in Sierra Leone.

In summary, this Congress was a great opportunity for me and I'm grateful for the efforts that the IFSHT always make to support hand therapists from underdeveloped countries to take part in their events. ”

**Rosella Vargas, Mexico**  
IFSSH/IFSHT Triennial Congress  
Grant Recipient

“ I have gained new knowledge, skills and approaches towards hand therapy from the presentations and discussions at the IFSSH/IFSHT 2022 Triennial Congress. This enhanced my ability to provide better services with leadership skills and built confidence in my career. For example, at a national level we did not have a hand therapy guideline, but after the congress I gained motivation and the knowledge to prepare a national level treatment guideline which is in the institutional process to implement.

I used to reach out to some of the research presenters for case discussions and planned to make collaboration. There was a networking opportunity with Orfit industry. They helped me get short term lessons and certified in splinting. I also tried to find an importer for their products but so far this has not worked out. From the knowledge, skills and motivation I have gained we are working in the development of hand therapy in the country by gathering the interested individuals in the field. Overall, the IFSSH/IFSHT 2022 Triennial Congress helped me to see gaps in research and to have exposure to emerging trends and technologies to improve the quality of care at a national level. ”

**Sintayehu Damtew, Ethiopia**  
IFSSH/IFSHT Triennial Congress  
Grant Recipient

“ The Congress was like a big ticking of the clock for me. I had the opportunity to see and hear from some of the best specialists in the field of surgery and hand therapy.

With some of them I was able to discuss purely practical professional matters, and this gave me good information, ideas and guidance. I saw that the collaboration between surgeons and therapists leads to the best results.

I strive to maintain and develop this not only in my practice but also in the work for the Bulgarian Hand Therapy Association. Indeed, already, as members of IFSHT we have contacts to follow in our development and we have connections to therapists to turn to help.

I made a lot of contacts that will lead to great opportunities in the future. ”

**Georgi Petrow, Bulgaria**  
Evelyn Mackin Congress Grant  
Recipient

“ I believe that attending to an IFSSH/IFSHT Congress is a wonderful opportunity for those who wish to grow in hand therapy. It contributes to technical learning, but and allows opportunities to link with professionals from different cultures, build networks, know what had therapy is like in other parts of the world, meet leaders in the area and establish contacts that can lead to infinite possibilities.

Being selected to receive the IFSSH/IFSHT Triennial Congress Grant was such an opportunity for which I will be eternally grateful. It allowed me access to a possibility that would otherwise have been difficult.

Attending to the IFSSH/IFSHT 2022 Triennial Congress allowed me to rethink my practice and confirm the importance of keeping up to date, to establish new goals with my team, to reconfirm the impact and scope of team working between physicians and therapists, to create networks from which research projects emerged, and the list could go on.

Above all, it contributed to my professional growth, indirectly to the growth of the team with whom I work with and last, but not least, to identify how much we have to do and develop in the field of hand therapy in Argentina. ”

**Paula Simaro, Argentina**  
Evelyn Mackin Congress Grant  
Recipient

“ The grant allowed me to travel to London and present several papers. This opportunity also allowed me to network with several researchers in the field, who I am currently collaborating with. Overall, it has been a great opportunity to grow as a Clinician-Researcher. ”

**Nico Magni, Italy**  
IFSSH/IFSHT Triennial Congress  
Grant Recipient

# The Open Hand Therapy Initiative

## Open access education to strengthen hand therapy in low- to middle-income countries

### THE SITUATION

Low- to middle-income countries (LMICs), like South Africa, have a high burden of hand injuries, but insufficient therapists equipped to provide quality hand rehabilitation. The impact that hand injuries have on people's lives is magnified in settings where basic services such as water and electricity are unavailable, and where manual labour and informal employment are common (Fig.1). Any loss of hand function can have devastating effects on a person's ability to carry out daily tasks and earn a living (Elzinga and Chung, 2019; Riggs and Chung, 2019).

The majority of hand-injured patients do not have access to specialist hand therapy services. They rely on services provided by generalist occupational and physiotherapists, who see a wide variety of conditions and thus do not have the resources,



Fig.1: A typical rural setting in South Africa

time or opportunity to pursue formal hand therapy education. They may not have access to relevant literature, and often lack mentorship and support (Elzinga and Chung, 2019; van Stormbroek and Buchanan, 2017).

These generalist therapists also face significant challenges in the settings where they work. Hand therapy literature typically comes from high-income countries, and seldom takes resource challenges into account. Standard treatment guidelines, for example, provide little guidance when referrals are received well after the recommended time frame for initiation of therapy (O'Brien and Hardman, 2014). Patients may not be able to follow-up at the recommended time intervals due to poor access to healthcare (Naude and de Klerk, 2019).



Fig.2: Therapists work with limited resources

Bed shortages and a lack of theatre time lead to significant delays in surgical management, resulting in joint stiffness, oedema and soft tissue adhesions which prevent standard management (Mottay et al, 2020).

Due to resource limitations and procurement problems, materials and equipment described in the literature may not be available (Naidoo et al, 2021) (Fig.2). It thus becomes necessary to integrate information from various sources and adapt standard protocols to adjust for contextual challenges, placing quality hand-injury care further out of reach for generalist therapists (van Stormbroek and Buchanan, 2017).

### THE NEED

To reduce the devastating impact of hand injuries, it is essential that generalist therapists are equipped with knowledge and skills that are responsive to the challenges they face. This need was highlighted in a Consensus Development Conference (CDC) held in South Africa last year, organised by the second author and shared in a previous Ezine issue (van Stormbroek, 2023).

The conference established guidelines for the support and development of generalist therapists delivering hand-injury care in South Africa. Education and training was one of the top priorities identified by stakeholders during the CDC.

Education needs to be evidence based but also practical in nature, with content that has already been integrated and adapted to be relevant to LMICs. Therapists should be able to understand, assess and treat the conditions commonly seen in their settings, and develop proficiency in relevant treatment techniques.

The inclusion of case studies is important to facilitate the development of clinical reasoning and to facilitate application of concepts to individual

patients based on their contexts and occupations (Elzinga and Chung, 2019; van Stormbroek and Buchanan, 2018). Therapists should also be supported to improve the situations in which they find themselves by influencing treatment provided by other team members and improving accessibility of services (O'Brien and Hardman, 2014).

Access to continuous professional education is an important issue in LMICs, with travel distances and transport costs cited as barriers to attending hand therapy courses (van Stormbroek and Buchanan, 2017).

Online education has thus been suggested as a particularly effective option, especially considering the popularity of smartphones and the increasing availability of internet connectivity even in outlying areas. Removing paywalls is also an important component of accessibility in these settings, and is a more realistic option for education that is offered online (Ma and Vervoort, 2020).

### THE PLAN: OPEN HAND THERAPY INITIATIVE

The Open Hand Therapy Initiative (Fig.3) was founded to respond to this need. We aim to provide open access (free) hand therapy webinars and other resources to help generalist therapists with varying levels of expertise develop more confidence in treating patients with hand injuries in challenging settings.



Fig.3: The Open Hand Therapy Initiative



We are currently piloting a series of monthly webinars taking place on the first Tuesday of the month from July to December 2024. Each webinar is structured to be a stand-alone event and covers a single topic with 2 presenters speaking for 20 minutes each, followed by a time for questions and discussion.

There is no cost to attend. Attendees from South Africa can earn a free continuing education unit for their attendance, while attendees from other countries can request an attendance certificate. The presenters of the webinars are health care professionals with hand therapy/surgery expertise who are familiar with practice challenges typical to LMICs, and have volunteered their time to collaborate with us by sharing their knowledge and experiences.

A research study will evaluate the effectiveness and feasibility of the open-access webinars for strengthening the capacity of generalist therapists to provide hand-injury care. The results will be used to inform future efforts as we look at continuing the webinar series in 2025. We also hope to expand the Open Hand Therapy Initiative to include further

opportunities for generalist therapists to obtain the support and mentorship that they need to effectively manage patients with hand injuries. We believe that together we can work towards the vision of universal hand therapy coverage in LMICs (Fig.4).

#### HOW TO GET INVOLVED

If you would like more information about the Open Hand Therapy Initiative, or want to view our webinar programme, you can visit our website, [www.openhandtherapy.org](http://www.openhandtherapy.org). We also invite you to join one of our webinars.

Although the webinars are aimed at generalist therapists with basic or intermediate hand therapy knowledge and skill, anyone involved in hand-injury care is welcome to attend, including students.

Please also pass the information on to any generalist therapists you know who could benefit from this initiative. If you have experience working in a LMIC and would like to volunteer as a presenter, please contact us using the details provided, or fill out the contact form on our website.

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Fig.4: Values of the Open Hand Therapy Initiative



**IFSHT NEWSLETTER - REACH**

Issue 1 of volume 4 of the IFSHT newsletter is available on the IFSHT website. Issue 2 will be available at the end of August 2024. To see all previous issues, please check out the REACH archives: <https://ifsht.org/publications/>

The publication aims to collate Research, Education, Achievement and Clinicians in Hand and upper limb therapy around the world. We call on hand and upper limb therapy clinicians and researchers to submit any contributions for consideration to: [informationofficer@ifsht.org](mailto:informationofficer@ifsht.org) consideration to: [informationofficer@ifsht.org](mailto:informationofficer@ifsht.org)



**UPCOMING EVENTS**

The 11th Annual National Conference of Society for Hand Therapy, India will hold a Joint Conference with the 47th Annual National Conference of Indian Society for Surgery of Hand on Friday 4th & Saturday 5th October 2024.

The venue will be the Galaxy Convention Centre, Clarks Exotica Bengaluru in India. Abstracts are to be submitted by 10th September.



Please email for more information:  
Email: [shticon2024@gmail.com](mailto:shticon2024@gmail.com)

On the same dates, The British Association of Hand Therapists will hold their 40th Annual Conference from 4th to the 5th of October 2024 in Sheffield, England.  
[https://www.hand-therapy.co.uk/annual\\_conference/default.aspx](https://www.hand-therapy.co.uk/annual_conference/default.aspx)

The 60th Congress of the French Society of Hand Surgery will be held from the 19th to the 21st December 2024 at the Palais des Congrès Porte Maillot in Paris:  
Website: <https://gemcongres.com/>



Finally, the next IFSSH and IFSHT Triennial Congress is fast approaching! Hosted by the American Society for Surgery of the Hand, American Society of Hand Therapists, and American Association for Hand Surgery.

The event will be held in Washington, USA in 2025 from March 24-28. Submission of abstracts is now closed.  
<https://www.ifssh2025.org/s/>



# Share Section

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Editorial

**JHS(E)**

## Research in hand surgery: is it for everyone?

Journal of Hand Surgery  
(European Volume)  
2023, Vol. 48(9) 835-837  
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**S Sage**

It is hard to pinpoint exactly when the term 'evidence-based medicine' was first mentioned, but the philosophical origins probably date back to the mid-19th century (Sackett et al., 1996). Sackett, a Canadian epidemiologist, pioneered our modern approach to evidence-based medicine, defining it as 'the conscientious, explicit and judicious use of current best evidence in making decisions about the care of individual patients'. In short, a hand surgeon practicing evidence-based surgery would be one that combines individual judgment and clinical expertise with the knowledge that comes from the latest evidence. So far, this makes perfect sense. More difficult is what constitutes 'latest evidence'. As we apply it in hand surgery, surely this must mean reading up about the latest publications and applying it in clinical practice. However, in reality this is far from simple.

One of the challenges in clinical translation is the way we read and interpret the literature, the very source that is supposed to inform us of this latest evidence. Even the most well-designed study with robust methodology will have limitations. One can presumably aim for the highest level of evidence, however, study can provide fool-proof evidence. The only thing a statistically significant result can tell us is the *probability*, and this will never reach 100% certainty. A good result from 'the largest series' at the end of the 'longest follow-up' may still evolve if we add more patients, extended follow-up or adjust for other confounders and co-variables. We simply do not have the resources to follow-up every single disease or surgical outcome and even if we did, the outcome measures may still vary, and pathology change over time due to ageing.

All these are not meant to be excuses; the practicing hand surgeon has a sober responsibility to keep up to date with a rigorous study and critical analysis of the published literature. It is not sufficient, however, simply to read an article. The ability to understand its scientific rigor and limitations are necessary in order to apply the information cautiously, if at all. For those who are designing studies for the purpose publication, there is the responsibility to

ensure that the methodology is sound, and the study ethically robust.

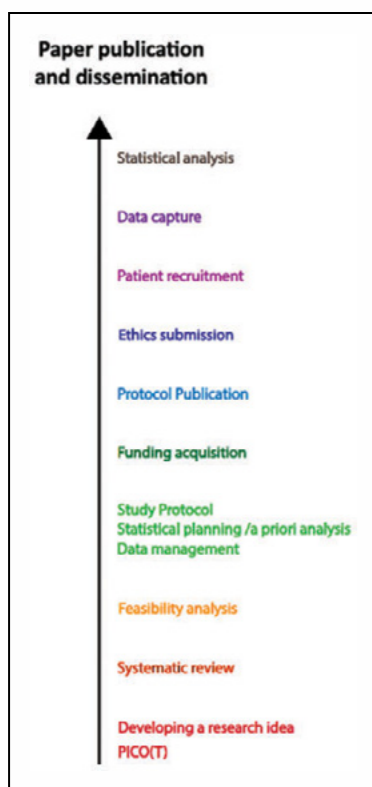
It is for this reason we have decided to introduce a series of initiatives at the *Journal of Hand Surgery (European Volume)* to help both hand surgeons who are reading the literature as well those who are contributing to it.

We start with a collection of research articles in hand surgery. This is not a new initiative; several previous Editors have written or invited authors to contribute such articles. We have now consolidated these articles under the 'Collection' tab on the Journal's official website (<https://journals.sagepub.com/collection-index/jhs>). Click on this and you will see the tab 'Research Methodologies', which opens a collection of articles organized under sub-headings that broadly follow the steps of a study in hand surgery (Figure 1). Under each sub-heading, we have collected recently published articles, such as Broekstra et al., (2022) on the mis(use) of the *p*-value, Rosales and Atroshi (2023) about the effects of confounders, Teunis et al., (2023) about the use of Bayesian statistics and others.

We have also invited new articles from a recently formed 'Research Working Group'. This consists of clinical and academic surgeons, epidemiologists statisticians and outcome specialists with the aim of helping to raise the standard of research methodologies among hand surgeons. While several articles already exist on research methodologies, this present initiative aims to produce ones especially relevant to hand surgery. Each new article is carefully written to be understandable by most, with examples drawn from published hand surgery articles that the reader can refer to. In this issue, we have included the first of these articles, 'Research in hand surgery – types of study design' (Peck et al., 2023). This will be followed soon with a two-part article on statistics for the hand surgeon, a subject many struggle with.

We hope you will enjoy reading these articles and find them useful.

Another new initiative is a quarterly update of randomized controlled trials (RCTs). We have included in this issue a summary of the current RCTs being



**Figure 1.** Journey of a research article, from study inception to publication.

conducted around the world. The data has been collected by kind courtesy of two surgeons who are passionate about research, Matthew Gardiner and Justin Wormald. The aim is to inform hand surgeons of what others are doing to answer the most pressing questions in hand surgery, to inform how the trials have been designed and how to get involved. We welcome submission of information about any RCT that is currently being conducted. The preferred eligibility criteria for inclusion are multicentre, RCTs, evidence of patient and public involvement, peer-reviewed funding, ethical approved and ideally those that had been registered with the International Standard Randomised Controlled Trial Number (ISRCTN) or clinicaltrials.gov. It is hoped that these quarterly updates will serve as a source of information about RCTs to the wider hand community.

Together with the Research Committee of the Federation of Societies of Surgery of the Hand (FESSH), the Journal is planning an interactive 'Research Methodology and Review Workshop' later on in the year. This will primarily be a 1-day online course aimed at those who wish to learn more about research in hand surgery and how to review an article. There will be a different theme each year, such as trapeziometacarpal joint arthritis, flexor tendon repair or carpal tunnel syndrome. Experts who



**Figure 2.** Some of the speakers from the 'Journal sessions' at the Federation of Societies of Surgery of the Hand (FESSH) Congress, Rimini, Italy.



**Figure 3.** The 'live Journal club' at the Federation of Societies of Surgery of the Hand (FESSH) Congress, Rimini, Italy.

have published in these areas would be invited to share their experience, together with a faculty that will focus on research methodologies, study designs, statistics, data collection, outcome measures and the actual writing of a manuscript. We hope this course would attract many, especially those who have little previous experience in research or publishing and who would like to know more.

For those who attended the FESSH Congress in Rimini last May, you would also have seen an increased emphasis on the Journal. There were several Journal-related sessions including 'What is a good article' from an editor and reviewer's perspective, the traditional best article session and separate sessions on reviewing, statistics, research methodologies and outcome measures (Figure 2). We also had our inaugural 'live' journal club, hosted by Zaf Naqui and Letizia Marengi, a format we hope to continue in future congresses (Figure 3). On that note, it is worth reminding that the online Journal clubs are continuing on a bimonthly or quarterly basis. These 1-hour discussions of recent articles,

presented by hand fellows, followed by discussions from invited experts and editors, offer an excellent academic platform for updates in hand surgery, as well as learning more about research and publishing ([www.bssh.ac.uk/professionals/journal\\_club\\_archive.aspx](http://www.bssh.ac.uk/professionals/journal_club_archive.aspx)).

Ultimately, the aim of these initiatives is to raise research standards across Europe and the world. The Journal recognizes its responsibility in this area. Our robust peer-review process continues to ensure only the highest quality articles are considered for publication. Our group of Editors and Statistical Advisors work tirelessly to ensure each manuscript is ready for acceptance and dissemination. We regretfully have to reject many articles that fall short of these standards and for this reason, we want to contribute to research education so more high-quality articles are submitted.

However, it is not just about publishing more good articles but also ensuring that hand surgeons are better equipped to read these critically. Research, in terms of data collection and publishing, may not be for everyone, but ultimately it is every hand surgeon's responsibility to practice true 'evidence-based medicine' and use the available information correctly for the care of the patient.

**Acknowledgements** On behalf of the Research Working Group: Dieuwke Broekstra, Conrad Harrison, Leila Harhaus, Alexia Karantana, Jennifer Lane, Marks Miriam, Jeremy Rodrigues, Ryckie Wade, Justin Wormald.

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**Wee Lam, Dieuwke Broekstra and Miriam Marks**  
 On behalf of the Research Working Group  
 \*Corresponding author: lamweeleon@googlemail.com

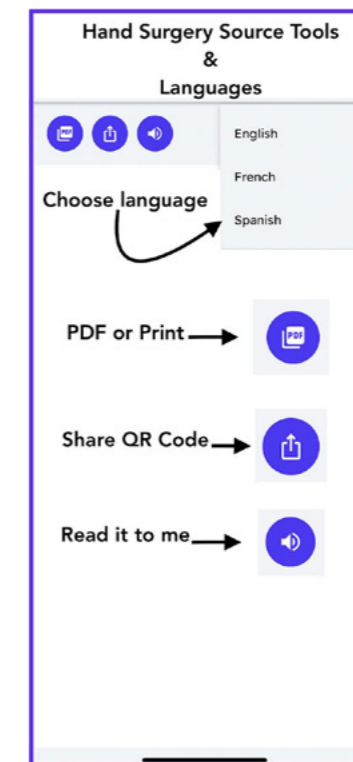
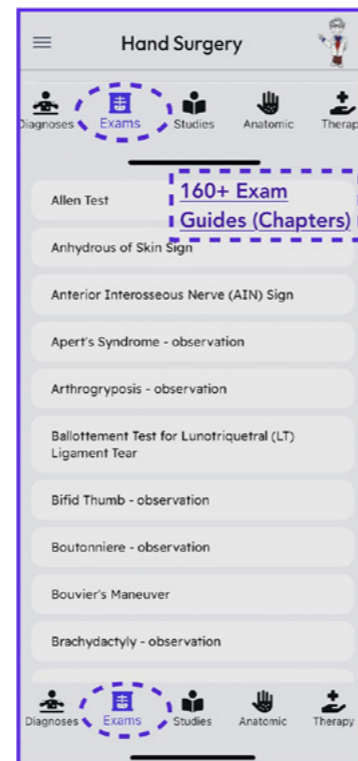
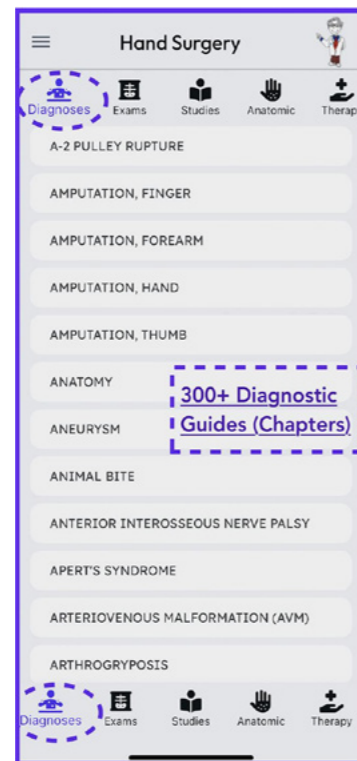
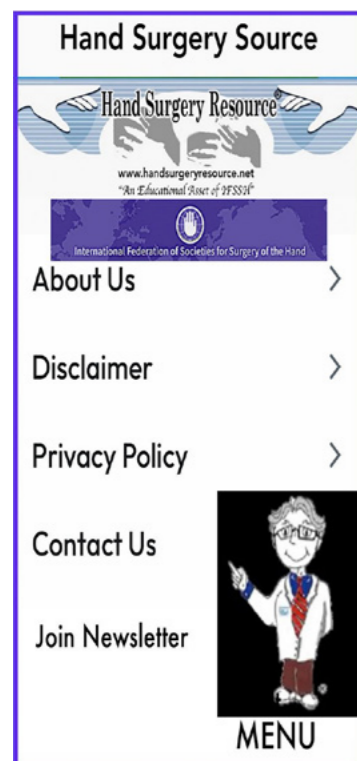
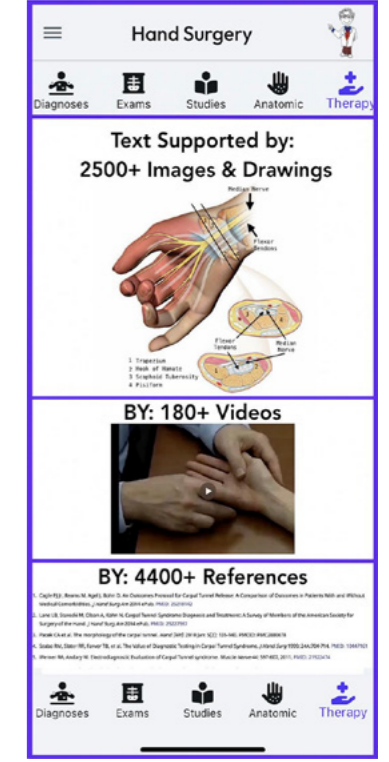
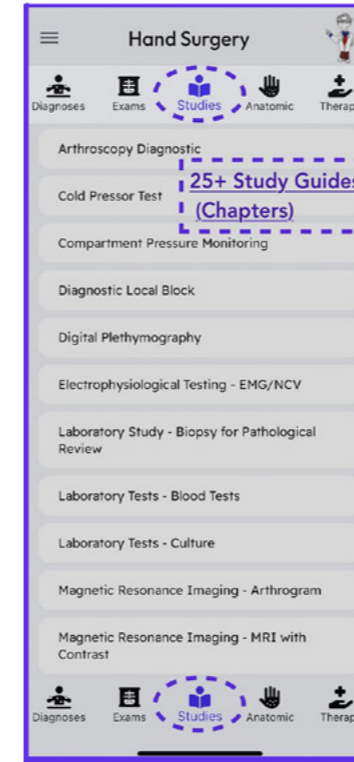


### UPDATE

#### HAND SURGERY SOURCE WEB BOOKMARK AND APP

[Handurgeryresource.org](http://Handurgeryresource.org) is now [handsurgeryresource.net](http://handsurgeryresource.net), and the latest Hand Surgery Source app version 8.0.1 is available for download! Make sure to update your bookmark on your browser and your app to the latest versions!

Both the new website and the app are FREE and OPEN ACCESS - no registration is required! The new App is completely refreshed with an intuitive interface that makes using the Hand Surgery Source App easier than ever! Bug fixes and performance enhancements provide a smoother user experience. Users can quickly view hundreds of diagnostic guides, exams, study explanations, and therapy chapters.



53rd Annual Congress of the South African Society for Surgery of the Hand



53rd Annual SASSH Congress  
23-25 August 2024  
Lagoon Beach Hotel, Cape Town

Dear Members, Colleagues, Friends in Hand Surgery,

[Online registration](#) is now open for the 2024 Congress of The South African Society for Surgery of the Hand.

For more information please visit our website [www.sassh.co.za](http://www.sassh.co.za) where you will find the

- [Congress Information](#)
- [Academic programme](#)

Should you have any questions, please do not hesitate to contact me directly via email at [sahandsociety@gmail.com](mailto:sahandsociety@gmail.com) or telephonically at 084 055 1152.

Looking forward to welcoming you to the Mother City!  
Kind regards,  
Andi Askew  
SASSH Administrator | Cell: +27 840 55 1152

Mão  
2024



44<sup>o</sup> CONGRESSO BRASILEIRO  
DE CIRURGIA DA MÃO

17<sup>o</sup> Congresso Brasileiro de Reabilitação da Mão  
8 A 10 DE AGOSTO 2024  
CENTRO DE CONVENÇÕES DE FLORIANÓPOLIS - SC

40<sup>o</sup>  
CONGRESO NACIONAL  
ASOCIMANO  
Agosto 28 al 31 de 2024  
Cali, Colombia / Hotel Intercontinental

... Que sea bella  
como la creación del poeta  
y go la amada  
... sin el amor que il imaginal.  
Marta, Jorge Basso



**50**  
ANIVERSARIO  
1974 - 2024

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**25° CONGRESO DEL CAPITULO ARGENTINO DE TERAPIA DE LA MANO**

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28. KONGRESS DER DEUTSCHEN ARBEITSGEMEINSCHAFT FÜR HANDTHERAPIE

SPORT-MEDIZIN

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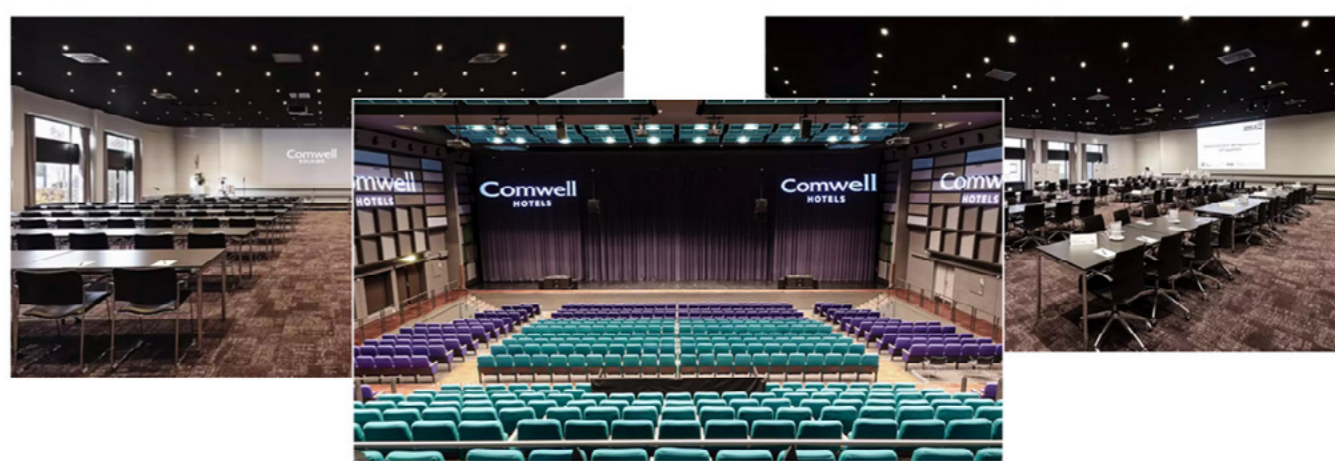
**DOS KONGRESSEN 2024**

13.-15. november 2024  
Comwell Kolding

Abstract submission: 1. marts 2024 – 15. april 2024

**NZ SOCIETY FOR SURGERY OF THE HAND 2024**

14th – 16th August 2024  
Shangri-La Yanuca Island, Fiji



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Secretario FLACM: Dr Fernando **Menvielle**

Presidente : Dr Bruno **Pietrapiana**



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**17/18**  
**OCTUBRE**  
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**2024**  
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**ANNUAL CONGRESS**

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**La chirurgia della mano:**  
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**2024**  
**21/22**  
**NOVIEMBRE**  
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**XXXII. FESSH CONGRESS**

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Ales Fibir, Radek Kebrle

**XXXIII. FESSH CONGRESS**

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