

Tendon Surgery of the Hand: A Comprehensive Guide to Diagnosis, Management, and Rehabilitation

Tendon injuries are a common problem in the hand, and can be caused by a variety of factors, including trauma, overuse, and disease. Tendon injuries can be debilitating, and can lead to significant pain, stiffness, and loss of function.



Tendon Surgery of the Hand: Expert Consult - Online and Print

by Jean Claude Guimberteau

★★★★☆ 4.8 out of 5

Language : English

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Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 1540 pages



Tendon Surgery of the Hand is a comprehensive guide to the diagnosis, management, and rehabilitation of tendon injuries of the hand. This book provides a comprehensive overview of the anatomy, biomechanics, and pathophysiology of tendon injuries, as well as detailed descriptions of the surgical techniques used to repair them.

This book is written by a team of experienced hand surgeons, and is based on the latest research and evidence-based practices. It is an essential resource for anyone who treats patients with tendon injuries of the hand.

Anatomy of the Hand

The hand is a complex structure, made up of 27 bones, 29 muscles, and numerous tendons, ligaments, and nerves. The tendons of the hand are responsible for transmitting the force of muscle contraction to the bones, and allow the hand to move.

The tendons of the hand are divided into two groups:

* **Extrinsic tendons** originate from muscles in the forearm, and cross the wrist to insert into the bones of the hand. * **Intrinsic tendons** originate from muscles within the hand, and insert into the bones of the fingers and thumb.

Biomechanics of the Hand

The hand is a highly flexible structure, capable of performing a wide range of movements. The biomechanics of the hand is complex, and involves the interaction of the tendons, muscles, and bones.

The tendons of the hand work together to control the movement of the fingers and thumb. The extrinsic tendons provide the power for movement, while the intrinsic tendons provide the precision and control.

Pathophysiology of Tendon Injuries

Tendon injuries can be caused by a variety of factors, including:

* **Trauma** is the most common cause of tendon injuries. Trauma can occur in a variety of ways, such as: * Cuts and lacerations * Crush injuries * Falls * Sports injuries * **Overuse** can also lead to tendon injuries. Overuse injuries are caused by repetitive motions that put stress on the tendons.

Overuse injuries are common in athletes and musicians. * **Disease** can also cause tendon injuries. Diseases that can damage the tendons include:
* Diabetes * Rheumatoid arthritis * Lupus

Diagnosis of Tendon Injuries

The diagnosis of tendon injuries is based on a physical examination and history. The doctor will ask about your symptoms, and will examine your hand to look for:

* Pain * Swelling * Tenderness * Bruising * Loss of motion * Weakness

The doctor may also use imaging tests, such as an X-ray or MRI, to confirm the diagnosis.

Treatment of Tendon Injuries

The treatment of tendon injuries depends on the severity of the injury. Minor tendon injuries can be treated with:

* Rest * Ice * Compression * Elevation * Physical therapy

More severe tendon injuries may require surgery. Surgery is typically performed to repair the torn tendon and restore function to the hand.

Rehabilitation after Tendon Surgery

After tendon surgery, it is important to follow a rehabilitation program to help the tendon heal and regain function. The rehabilitation program will typically include:

* Exercises to improve range of motion * Exercises to strengthen the tendons * Massage * Electrical stimulation * Heat and cold therapy

The rehabilitation process can take several months, but it is important to be patient and follow the doctor's instructions.

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