

Operative Techniques in Hand and Wrist Surgery: A Comprehensive Guide



Operative Techniques: Hand and Wrist Surgery

by Kevin C. Chung

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Hand and wrist surgery is a complex and specialized field that requires a comprehensive understanding of the anatomy, biomechanics, and surgical techniques involved. Operative techniques in hand and wrist surgery encompass a wide range of surgical approaches and procedures, each designed to address specific conditions and injuries. In this article, we will delve into the principles and applications of various operative techniques used in hand and wrist surgery, providing a detailed overview for healthcare professionals and patients alike.

Surgical Approaches

Surgical approaches in hand and wrist surgery are meticulously planned to minimize tissue damage, optimize visualization, and ensure optimal functional outcomes. Common surgical approaches include:

- **Dorsal approach:** Involves an incision made on the back of the hand or wrist, providing access to structures on the dorsal side.
- **Palmar approach:** An incision made on the palm of the hand, allowing for access to structures on the palmar side.
- **Radial approach:** An incision made on the radial side (thumb side) of the hand or wrist, accessing structures in that region.
- **Ulnar approach:** An incision made on the ulnar side (little finger side) of the hand or wrist, providing access to structures in that area.
- **Combined approach:** A combination of two or more of the above approaches, often used for more complex surgeries requiring access to multiple areas.

Common Surgical Procedures

Operative techniques in hand and wrist surgery encompass a diverse range of procedures, tailored to address specific conditions and injuries. Some of the most common procedures include:

Tendon Surgery

- **Tendon repair:** Suturing of a torn or damaged tendon to restore its function.
- **Tendon transfer:** Transferring a healthy tendon from one location to another to compensate for a damaged tendon.
- **Tendon lengthening:** Surgically lengthening a tendon to relieve tension or improve function.

- **Tendon shortening:** Surgically shortening a tendon to correct contractures or restore proper alignment.

Nerve Surgery

- **Nerve repair:** Suturing of a severed or damaged nerve to restore nerve function.
- **Nerve decompression:** Relieving pressure on a nerve by removing surrounding tissue or enlarging the nerve canal.
- **Nerve grafting:** Bridging a nerve gap with a healthy nerve graft to restore nerve function.

Bone Surgery

- **Fracture repair:** Surgical fixation of a broken bone, using techniques such as plates, screws, or wires.
- **Bone grafting:** Replacing damaged or missing bone with healthy bone from another part of the body or a donor.
- **Osteotomy:** Surgical cutting of a bone to correct deformities or improve alignment.
- **Arthrodesis:** Surgically fusing two or more bones together to eliminate joint motion.

Ligament Surgery

- **Ligament repair:** Suturing of a torn or damaged ligament to restore stability.
- **Ligament reconstruction:** Replacing a torn or damaged ligament with a graft from another part of the body or a donor.

- **Ligament release:** Surgically releasing a tight ligament to improve range of motion.

Other Procedures

- **Ganglion cyst removal:** Surgical excision of a fluid-filled cyst that occurs on the tendons or joints of the hand or wrist.
- **Carpal tunnel release:** Surgical decompression of the carpal tunnel, a narrow passageway in the wrist, to relieve pressure on the median nerve.
- **Dupuytren's contracture release:** Surgical removal of thickened tissue that causes手指 to contract.

Post-Operative Care

Following hand and wrist surgery, proper post-operative care is crucial for optimal healing and functional recovery. This may involve:

- **Immobilization:** Utilizing splints, casts, or braces to protect the surgical site and promote healing.
- **Elevation:** Keeping the hand or wrist elevated above the heart to reduce swelling.
- **Wound care:** Cleaning and dressing the surgical incision as directed by the surgeon.
- **Physical therapy:** Engaging in prescribed exercises to restore range of motion, strength, and function.
- **Pain management:** Taking prescribed medications to relieve discomfort and facilitate rehabilitation.

Operative techniques in hand and wrist surgery encompass a wide range of surgical approaches and procedures, each meticulously designed to address specific conditions and injuries. Understanding the principles and applications of these techniques is essential for healthcare professionals involved in the care of patients with hand and wrist disorders. Through advancements in surgical techniques and post-operative rehabilitation, individuals can achieve optimal functional outcomes and regain quality of life following hand and wrist surgery.



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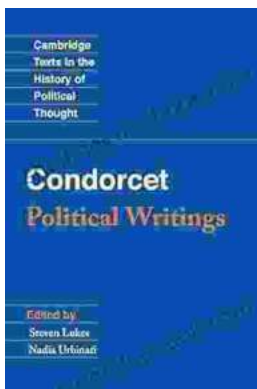
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