

EDITORIAL

HAND SURGERY HISTORY AND SIGNIFICANCE

Muhammad Shafiq Khan¹, Tahseen Ahmad Cheema², Khalid Masood³

¹Department of Orthopedics, Gomal Medical College D.I.Khan, ²National Orthopedic Hospital Bahawalpur, ³HULS CMH Lahore, Pakistan

Hand surgery is one of the major superspecialities in Medical fields, which have its starting roots since Second World War.¹ It involves skills of multiple aspects like orthopedics, plastic, vascular, neuro-surgery, along with physiotherapy and orthotics expertes. Hand surgery domain is not only limited to hand and wrist but extends to shoulder and neck. It deals with surgical as well as medical diseases like infections and other inflammatory conditions. The majority of hand surgery emergency include soft tissue repair, reconstruction and fracture fixations, but 60% of hand surgery practice include elective procedures.²

The need of hand surgery was felt in Second World War, when large numbers of army and civilian patients were encountered with complex hand injuries, which needed a sophisticated approach. The credit goes to various renowned names like A.Kanavel, S.Bunnell, H.Kleinert, B. Gramcko etc. for their profound work and foundation of basic principles and milestones in the field of hand surgery. In Asia Singapore is the first one to have designated hand surgeons since 1952.³ In India the hand surgeons club was founded in 1967⁴, while in Pakistan, the Hand surgeons' society incepted in 1993 by Dr. TA Cheema in Bahawalpur.

Hand is the most exposed part of the body and is prone to various injuries in domestic, industrial and agricultural fields. In our country, TOKA injuries of the hand are very common due to so many reasons like carelessness on the part of people and lack of regulations from government side. Similarly people working in printing workshops are more prone to hand injuries. Also road traffic accidents, self-inflicted

injuries and frost-bite cases are commonly seen in daily practice in various hospitals of the country. Diabetics hand infections are less common as compared to foot due to more vascularity and early detection. Diabetes ratio in our country is among the highest, so more cases of hand infections are feared to be seen in future. Hand is an unfortunate and neglected part of the body and its injuries are mostly assigned to the junior ones in majority of surgical theaters. Therefore simple things lead to complex hand injuries at the end, and that becomes difficult to handle with even by an experienced hand surgeons. Any-way, micro-surgery skills has revolutionized various fields along with hand surgery and now replantations and free flaps have made limb salvage and functional hand possible.⁵ Better techniques of nerve repair, grafting and transfer have major role in hand's functional status recovery.^{6,7}

There are three basic principles in hand surgery, 1- early closure of the wound, 2- early reduction of edema and 3- early start of range of motions. In clean hand injuries, the wound should be closed at first visit but in dirty cases, every effort should be taken to achieve the target in two to three debridements. If the wound is left open for long time, there will be more granulation tissue, that will lead to more scarring and the end result is more contracture and deformity. Deformity then causes loss of hand functions. Edema of the hand is reduced by elevation and finger movements, and some mechanical compressors are also available for that purpose. Finger movements should be properly displayed to every patient to get early and maximum hand function. There are standard six packs of hand exercises, 1- arrow head, 2- table top,

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Corresponding Author:

Dr. Muhammad Shafiq Khan
Associate Professor, Department of Orthopedics,
Gomal Medical College, D.I.Khan, Pakistan
E-mail: drshafiqorthosurg@gmail.com

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3- hook position, 4- fist making, 5- finger adduction and abduction, and 6- finger counting. Physiotherapy has major role in hand functional recovery after trauma and surgery and advancements in this field has made many difficult tasks easy.^{8,9}

Hand is the third eye in human, and is an important organ of the body. It has complex anatomical configuration and therefore need expert attention

for dealing all hand diseases to get full and early recovery. As research and advancements are grooming in every field, similarly hand's hidden secrets explorations are in progress fastly. Complex issues of the hand are now-a-days dealt with new and advanced knowledge by expertes, and results in better outcomes. Hand surgery superspeciality, although started late in our country, yet it is achieving its goals fastly by tremendous efforts on the part of founders. Still there is large space of improvements in this field, which need attention of the policy makers on priority bases. Robotics for hand surgery have been developed which could be of great helpful and in future it could become a great technical resource.^{10,11} Some recommendations in this regard are starting FCPS Hand surgery by College of Physicians and Surgeons of Pakistan and establishing Hand surgery Units in all Teaching Hospitals across the country.

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CONFLICT OF INTEREST
Authors declare no conflict of interest.
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All the authors agree to be accountable for all aspects of the work in ensuring that questions related to the accuracy or integrity of any part of the work are appropriately investigated and resolved.



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