

Strickland
& Rettig



Hand
Injuries
in Athletes

CONTENTS

CHAPTER 1

A Philosophy for the Management of Athletic Injuries of the Hand and Wrist 1

James W. Strickland, M.D.

CHAPTER 2

Healing of Hard and Soft Tissues in the Hand 7

Jeffrey P. Groner, M.D.

Paul M. Weeks, M.D.

CHAPTER 3

Epidemiology of Hand Injuries in Sports 37

Arthur C. Rettig, M.D.

Ramon O. Ryan, M.S., M.D.

Jennifer A. Stone, A.T.C.

CHAPTER 4

Common Athletic Digital Joint Injuries of the Hand 49

Frank C. McCue, III, M.D.

Jorge M. Cabrera, M.D.

CHAPTER 5

Collateral Ligament Injuries of the Thumb Metacarpophalangeal Joint 95

Robert J. Neviaser, M.D.

CHAPTER 6

Soft Tissue Injuries of the Wrist 107

Julio Taleisnik, M.D.

CHAPTER 7

Management of Extra-articular Fractures of the Phalanges and Metacarpals 129

Hill Hastings, II, M.D.

CHAPTER 8

Carpal Fractures 155

Norman P. Zemel, M.D.

Contents

CHAPTER 9	
Tendon Injuries	175
<i>Joseph P. Leddy, M.D.</i>	
<i>Thomas R. Dennis, M.D.</i>	
CHAPTER 10	
Compressive Neuropathies	209
<i>James H. Whitaker, M.D.</i>	
<i>George A. Richardson, M.D.</i>	
CHAPTER 11	
Vascular Injuries to the Athletic Hand	229
<i>E. F. Shaw Wilgis, M.D.</i>	
CHAPTER 12	
Rehabilitation and Splinting of the Injured Hand	235
<i>Jill A. Sadler, O.T.R.</i>	
<i>Jan M. Koepfer, O.T.R.</i>	
Index	277