



# Hand & Wrist Care

Your hands touch every aspect of your life. You can trust that you'll receive only the highest level of care with our hand specialists. We treat all conditions of the hand, wrist, elbow and forearm in patients of all ages. We treat the simplest to the most complex conditions and provide a comprehensive evaluation and treatment plan.

## OUR TEAM

We are the largest and most experienced team of hand and wrist surgeons in the region. Our surgeons are board-certified and highly specialized, with additional training in the areas of:

- Arthritis and joint replacement arthroplasty
- Birth differences of the upper extremity
- Brachial plexus injury
- Nerve entrapment and injury
- Soft tissue loss requiring flap coverage
- Sports injuries

## TREATMENT APPROACH

We strongly believe in treating patients in the most optimal setting. We have the ability to offer comprehensive services through either inpatient (hospital-based) or outpatient care at several locations across the St. Louis area. The majority of surgical procedures for hand and wrist problems are performed on an outpatient basis.

Replantation surgery, total joint replacement of the wrist and hand, flap coverage for soft tissue loss, and surgery to correct children's deformities usually require a short stay in the hospital. Our inpatient and outpatient rehabilitation services focus on pain relief, mobility, and improved function.

## RESEARCH AND CLINICAL TRIALS

We are nationally recognized for orthopedic research and premier clinical care. Our research program is consistently a top-funded orthopaedic program in the United States by the National Institutes of Health.<sup>1</sup> For information on current research and clinical trials available, please visit [ortho.wustl.edu](http://ortho.wustl.edu).

## Extensive Training



Our surgeons are highly specialized, with additional fellowship training and expertise in the surgical treatment of children's hand injuries and deformities, microsurgical reconstruction of the traumatized arm or leg, and reconstruction of major nerve injuries of the arm and leg.

## Experienced

As the largest and most experienced team of hand and wrist surgeons in the region, we see an **average of 18,000 patient visits** per year.

## Team-Based Approach

We treat ALL injuries and diseases of the arm, from the elbow down to the fingertips. Our hand and wrist surgeons have a collaborative approach to care, allowing us to provide the most advanced treatment for our patients.



**COMMONLY TREATED CONDITIONS**

- Arthritis of the thumb, hand, or wrist
- Carpal tunnel syndrome, cubital tunnel syndrome, radial tunnel syndrome
- Congenital pediatric hand deformities
- Dupuytren's contracture
- Fractures and dislocations of wrist, hand, distal radius, and distal ulna
- Hand problems resulting from stroke, cerebral palsy or spinal cord injury
- Ganglion cysts and tumors of the hand and wrist
- Tendon, nerve and blood vessel injuries, including replantation surgery
- Tendonitis of hand, wrist, or elbow
- Soft-tissue coverage of the hand and wrist
- Sports-related injuries of the hand or wrist
- Trigger finger
- Vascular disease or circulatory disturbances in the hand
- Work-related injuries and conditions

**COMMONLY PERFORMED PROCEDURES**

- Arthroscopic surgery of the wrist and hand
- Carpal and cubital tunnel release
- De Quervains and tendonitis surgery
- Dupuytren's contracture release
- Excision of benign hand tumors
- Fracture fixation of the hand and wrist
- Ganglion excision
- Joint arthrodesis and arthroplasty of the wrist and fingers (fusion or replacement)
- Repair of tendon, nerve and vessel injuries
- Tennis elbow surgery
- Thumb arthritis surgery
- Trigger finger

**SPECIALIZED SERVICES****Congenital Differences**

For birth and acquired hand and wrist conditions, our pediatric orthopedic specialists are nationally recognized for cutting-edge techniques and outstanding hand outcomes. They treat a large number of children with birth differences of the entire upper extremity including extra digits, missing digits, and many other anomalies.

**Microsurgical Limb Reconstruction**

Our surgeons have advanced training in microvascular reconstruction of traumatized upper and lower extremities, and specialize in cases where large sections of skin, muscle and bone have been removed to treat musculoskeletal cancers and infections. The microsurgical transfer of skin, muscle and/or bone can be vital for limb salvage, and aids in restoring limb function and activity. Bone flaps such as a free vascularized fibular grafts are also performed in collaboration with our musculoskeletal oncology physicians.

**Multidisciplinary Complex Nerve Clinic**

We uniquely offer a Multidisciplinary Complex Nerve Clinic that is dedicated to the nonoperative and operative treatment of patients with complex nerve injuries, including brachial plexus injuries, lower extremity nerve injuries, thoracic outlet syndrome, and recurrent or persistent symptoms after prior peripheral nerve surgery. The Complex Nerve Clinic allows a patient to be evaluated for a nerve injury, undergo diagnostic testing (including EMG, nerve conduction testing, and ultrasound), and receive treatment from a hand therapist, all during a single visit.

**Sports Injuries**

Upper extremity injuries are common in athletes from a variety of sports, and we regularly care for athletes of all ages and abilities, including professional athletes. Many factors are taken into consideration when evaluating an injury, including the type of sport played, position(s) played, time point in the season, level of participation, expected career or future of the athlete, and exact injury. These will help determine the best course of treatment for the individual athlete, with the goal of returning them to their sport as quickly and as safely as possible.

**Worker's Compensation**

Worker's compensation injuries are treated by our team of hand surgeons. We provide immediate assessment and treatment of traumatic injuries such as fractures and amputations, and specialize in challenging reconstructions of severely injured patients. Early therapy and an early return to work are priorities for our worker's compensation injury team.

Source: \*Blue Ridge Institute for Medical Research  
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**Schedule an appointment:**

 (314) 514-3500

 [ortho.wustl.edu/Hand](http://ortho.wustl.edu/Hand)



Orthopedics