



ISSH

Hastapratī

ISSH NEWSLETTER JANUARY 2025



Messages by EC members 3

Dr. Pankaj Ahire, President ISSH.....	4
Dr Anil K. Bhat, Secretary and Treasurer	5
Dr. Rajendra Nehete, Immediate Past president.....	6
Dr. G. Karthikeyan, President Elect.....	7
Dr. Raj Manas, Outgoing EC member.....	8
Dr Vijay Anandrao Malshikare, Outgoing EC member	9
Dr. Ajeesh Sankaran, Outgoing EC member.....	10
Dr. Sunil Gaba, EC member	11
Dr. Binoy, EC member	12
Dr. Subashini R, EC member.....	13
Dr. Umar Farooq Baba, EC member	14
Dr. Arya Roy, EC member	15
Dr Vigneswaran Varadharajan, EC member	16

Fellowship calls..... 17

ISSH - Prof. B Jagannath Kamath: Ideas & Innovation Award19

National Hand Surgery Day Celebrations23

ISSHCON 2024 Report29

ISSH Basic courses in Hand surgery report 202433

Upcoming events36

Indo US hand surgery conference: 6th to 8th March 2025, Kolkata.....	37
11th Mid-term ISSH CME: 12-13TH April 2025, Rishikesh	38
14TH APFSSH, 10TH APFSST, 10TH APWA, 48TH ISSHCON, 12TH SHTICON: 10TH-13TH September 2025, Mumbai	39
APFSSH 2025 Webinars	40
ISSH academic wing activities	41
ISSH research wing activities	42
Call for papers JHS (AP) special edition.....	43

Messages by EC members



Dr. Pankaj Ahire, President ISSH

Dear Friends & Colleagues,

I am truly humbled to serve as your President for the coming year. Humbled—because so many of you are equally deserving of this role, yet I have been given this honor.

I am fortunate to lead ISSH at a time when it is thriving. Our past Presidents and Executive Committee members have worked tirelessly to put it in high gear. Now, it is our collective responsibility to propel it even higher, faster, and stronger!

Achieving great things often starts with small yet well-directed actions. Let's begin by committing to organizing at least one event in your town to raise awareness among your medical colleagues about our specialty—Hand Surgery. ISSH will provide support to help you conduct these events.

While creating awareness is essential, it is equally important to actively participate in key Hand Surgery events in India and abroad. The power and influence of in-person meetings cannot be overstated. Networking and building strong professional relationships are crucial—not just for our personal and professional growth but also for the advancement of ISSH as a whole.

As we grow individually as professionals, and as ISSH strengthens its role as our representative body, the greatest beneficiaries are our patients. Without them, our existence as Hand Surgeons would be meaningless. We must attach a broader significance to our daily actions and a purpose to our progress.

Let's all strive to Progress with Purpose.

I look forward to meeting you in person at APFSSH 2025 in Mumbai later this year. This will be a landmark event, featuring the Asia Pacific Wrist Association Meeting alongside the combined APFSSH - APFSHT - ISSH Congress.

Yours sincerely,
Pankaj Ahire



Dr Anil K. Bhat, Secretary and Treasurer

Dear esteemed ISSH members,

It is with great pride that I look back at the activities of the Indian Society for Surgery of the Hand and present here the key events and achievements of the past six months.

- **ISSHCON 2024 and culmination of ISSH Golden Jubilee Celebration:** The culmination of our Golden Jubilee (2023-2024) was a highlight of ISSHCON 2024, at Bangalore celebrating 50 years of advancing hand surgery in India. The second TTT program was also conducted post conference.
- **Membership growth:** We have successfully reached 921 members and also implementation of annual membership ensuring smoother renewals and stronger engagement with many value additions.
- **ISSH Blue Book:** The ISSH Blue Book, outlining guidelines for all the ISSH activities, was completed by the Secretary and presented to EC and GBM, ensuring consistency across our initiatives.
- **Indian Normative Data:** The 11 Indian Normative Data projects were published in IJPS and released at ISSHCON 2024, a first of its kind initiative contributing vital insights for clinical practice.
- **“Find a Hand Surgeon” Directory:** We launched the “Find a Hand Surgeon in India” project on our website to help the ISSH members and public access qualified hand surgeons.
- **10th Mid-Term CME:** The 10th Mid-Term ISSH CME in Nagpur was a successful educational event, fostering knowledge exchange and collaboration.
- **ISSH Basic Courses in Hand surgery:** We conducted Basic course in Hand Surgery at Ahmedabad, Kolkata, Bangalore, Tirupathi (the 75th Diamond Jubilee course), Bhopal, Tirunelveli, Vizag, Chennai, and the 80th course in Thiruvalla. impacting hundreds of young surgeons to foster interest in Hand surgery
- **Indo-US Hand Surgery Conference:** The Indo-US Hand Surgery Conference in Vellore facilitated international collaboration and knowledge sharing.
- **National Hand Surgery Day:** On August 23, 2024, we celebrated National Hand Surgery Day with awareness programs and consultations across India.
- **ISSH Fellowships:** Numerous ISSH Fellowships were successfully coordinated, providing opportunities for members to gain advanced training both in India and internationally.

The ISSH Secretariat has been instrumental in coordinating these events, addressing member concerns, and streamlining administrative processes for greater efficiency. The last six months have been marked by significant milestones, from our Golden Jubilee celebrations to major educational initiatives. We remain committed to advancing hand surgery in India and are excited about the future. I thank my entire EC team and support staff and for continued advice by seniors, support and dedication from the whole team.

Warm regards,
Dr Anil K. Bhat

Secretary and Treasurer, Indian Society for Surgery of the Hand



Dr. Rajendra Nehete, Immediate Past president

Dear Colleagues,

As I conclude my term as President of the Indian Society for the Surgery of the Hand (ISSH), I am filled with pride and gratitude for our remarkable journey together. The past year has been a testament to our collective resilience, innovation, and unwavering commitment to advancing the field of hand surgery.

Reflecting on our achievements, I am particularly proud of the successful organisation of ISSHCON 2024 in Bangalore. The conference marked the closing of our golden jubilee year and provided a platform for international collaboration with guest societies from Australia, the UAE, and Singapore. The scientific presentations and social programs were a testament to our society's vibrant and dynamic nature. I thank and congratulate Dr Bharath Kadadi and the whole team for giving us an excellent experience in Bangalore.

Our educational initiatives have continued to thrive, with numerous workshops, webinars, and hands-on training sessions that have empowered our members and bridged knowledge gaps. The 14th biennial congress of the Asian Pacific Federation of Societies of Surgery of the Hand (APFSSH) in Mumbai is on the horizon. I am confident that it will be another milestone event for our society.

I am also pleased to see the growing participation of our younger members. Their fresh perspectives and enthusiasm are vital for ISSH's continued growth and success. Initiatives such as the ISSH research wing, introductory hand courses, and academic activities have fostered a culture of continuous learning and innovation.

As we progress, I encourage you to remain actively engaged in our society's initiatives. Your contributions in research, education, or clinical practice are the backbone of our progress. Let us continue to push the boundaries of what is possible and set new benchmarks in hand surgery.

I extend my heartfelt gratitude to all members of the ISSH family for your dedication, hard work, and commitment. It has been an honour to serve as your President, and I look forward to witnessing our society's continued growth and success.

Ultimately, I wish Dr Pankaj Ahire and the team all the best for their future endeavours and success in leading ISSH to new heights.

Warm regards,
Dr Rajendra Nehete



Dr. G. Karthikeyan, President Elect

Wishing all the members of ISSH a very happy and prosperous New Year!

At the outset let me thank each and every one of you for placing trust in me and honouring me with the position of Vice President of our august Association, the Indian Society for Surgery of the Hand!

Our Association has been growing in leaps and bounds, and it was evident in the magnificently conducted ISSHCON 2024 at Bengaluru, where the growth was visible and even palpable!

All this growth had been given direction by the erstwhile President Dr Rajendra Nehete, supported by the Vice President Dr Pankaj Ahire and of course, our dynamic Secretary Dr Anil Bhat! And the culmination of this growth was at ISSHCON 2024 at Bengaluru, conducted beautifully by Dr Bharat Kadadi and team!

But we still have a long way to go! Developing the Specialty is good, but even more important is developing the awareness about hand surgery to the Public and also our colleagues in the Medical fraternity. This cannot be done by one person, because this means reaching out to the grassroots!

The members of ISSH share a common love for surgery of the hand! They also share a passion for spreading awareness about hand surgery procedures! This will ensure that awareness of hand surgery develops further!

When the eye is involved, the common man will know that he must consult an ophthalmologist! When there is a problem in the heart, even the so-called illiterate man knows that he must consult a cardiologist! But when there is an injury to the hand, people, including doctors, are confused about who will be treating such patients! It becomes more confusing in injuries like Brachial plexus injuries!

Let us all contribute to clearing this confusion!

Let us strengthen the hands of our President Dr Pankaj Ahire!

With warmest regards

Dr G Karthikeyan
Vice President, ISSH



Dr. Raj Manas, Outgoing EC member

Dear ISSH Members,

It was a great honor and experience for me to work with you all as an EC member. The new year 2025 has come, and it is time to pass the baton to new executive members and the team. I had the privilege of working with three dynamic and learned presidents: Dr. Santosh Rath, Dr. Rajendra Nehete, and incoming President Dr. Pankaj Ahire. Apart from the administrative responsibilities assigned and the decision-making of various agendas, I thoroughly enjoyed being part of milestones achieved by ISSH as a celebration of the Golden Jubilee year.

I also learnt a lot from our secretary, Dr. Anil Bhat, who gave us opportunities to work in his team. I tried my best to complete the task assigned. Last but not least, Dr. Bhaskaranand Kumar, Dr. S Raja Sabapathy, Dr. Ravi Mahajan, and Dr. Mukund Thatte sir(s) always guided us as mentors & boards of trustees of the society. From all Exco members, we learnt 'To work as a team and do the best that is good for society.'

We are going to organize APFSSH meeting in Mumbai. I appeal to all ISSH members to register in large numbers and get the benefits of learning from various pioneers in the field of hand surgery. Also, the next mid-term CME at Rishikesh will add new flavours by updating our knowledge of hand surgery.

With gratitude to all ISSH members, I wish you all a very happy new year.

Dr. Raj Manas
Additional Professor(Plastic Surgery)
AIIMS, New Delhi



Dr Vijay Anandrao Malshikare,

Outgoing EC member

Happy new year to all members

Thank you, ISSH, for the opportunity to serve with dedication and accountability. I extend my best wishes to society and the incoming office bearers.

Dr Vijay Anandrao Malshikare



Dr. Ajeesh Sankaran,

Outgoing EC member

2025 – global hand surgery is coming to India for the APFSSH-APFSHT–APWA Congress!

As the world turns to us, immense opportunity unwraps itself for the ISSH. Mumbai 2025 is not only an occasion to showcase the great strides that hand surgery has taken in India, but also to bolster our organisational ability as being second to none. The Organising Committee, under the leadership of our President, has been putting in consummate effort to create a buzz around the meeting. I request every member to register for the conference and participate in all means possible.

With 2024, my tenure in the Executive Committee of the ISSH ends. It was a pleasure and honour to be among such stalwarts from our fraternity, who have displayed immeasurable patience in enduring two years with me. Even when the seas were rough, the sailing was smooth! Along the way, they have all taught human qualities and life skills that will be with me always. As we aspire to reach out farther, I wish every member of the ISSH a Happy New Year 2025. May we all have the fortune to enjoy our moment on the stage.

“Life can only be understood backwards, but must be lived forwards”

Dr Ajeesh Sankaran
Perinthalmanna



Dr. Sunil Gaba,

EC member

Welcome to the latest edition of our Hand Surgery Newsletter.

As specialists in this intricate field, we continue to push the boundaries of innovation, technique, and patient care. Hand surgery remains a unique blend of precision, artistry, and problem-solving, and every breakthrough enhances the lives of those we serve.

Recent innovations in minimally invasive techniques, nerve repair, and joint reconstruction are transforming outcomes, ensuring faster recovery and less post-operative discomfort.

By combining advanced surgical techniques, personalized care, and a commitment to innovation, I aim to empower individuals to regain confidence and return to the activities they love. Together, we build stronger hands for a stronger future.

Prof. Sunil Gaba,
Department of Plastic Surgery,
PGIMER, Chandigarh



Dr. Binoy,

EC member

Dear Members,

As we step into this pivotal year, I am thrilled that we will be hosting the prestigious APFSSH in conjunction with ISSH. This monumental event presents an incredible opportunity for us to exhibit our unwavering dedication to hand surgery and the remarkable strides we have made in scientific advancements. Let us come together to ensure the success of this program, showcasing the collective strength and expertise of our community.

On the teaching front, it is heartening to witness the steady and promising growth in the number of courses conducted across the country. The increasing recognition of hand surgery as a subspecialty among our orthopedic and plastic surgery colleagues is an encouraging sign. This recognition is reflected in the enriching scientific sessions being provided to us during various conferences, further solidifying our standing in the medical fraternity.

I extend my heartfelt wishes to all members for a successful, productive, and fulfilling year ahead. Together, let us continue to elevate the standards of hand surgery and inspire the next generation of professionals in this specialty.

Warm regards,
Dr Binoy P. S.
St James hospital, Chalakudy & Aster Medcity, Cochin.



Dr. Subashini R,

EC member

Dear ISSH members,

“The beginning is the most important part of the work.” — Plato.

I wish you all a very happy and prosperous new year 2025.

I am writing this letter with fond memories of ISSHCON 2024. It was a phenomenal conference with three guest societies. The hands-on workshops organized were very useful. The hospitality of the organizing team was excellent. I am happy that I completed two research projects in Normative data of Hand.

ISSH provides great opportunities to its members in the form of fellowships and online webinars. We all should make use of these. As an EC member, I had the opportunity to get involved in the discussions and witness the process of arriving at decisions. It is a great learning experience for me.

I thank all my mentors and friends for the support they provide for me. Let the new year bring great things into our lives!

With regards,
Dr. Subashini Rajendiran



Dr. Umar Farooq Baba,

EC member

Dear ISSH members,

I wish you all a very happy New Year 2025.

I am looking forward to serving ISSH as EC member. With lots of gratitude, I especially thank my wishers for their guidance and support.

ISSHCON 2024 was well organized and a great academic event. The past year was a great one for me as I contributed significantly to the Normative data project in Hand Surgery. I was also part of many other academic events.

ISSH is always a special organization with many new initiatives. The academic wing, research wing and the APFSSH 2025, APWA 2025 & ISSHCON 2025 organizing team have created exciting online program schedules. I urge all the members to participate in the online programs and get benefitted.

With regards,
Prof. P. Umar Farooq Baba



Dr. Arya Roy,
EC member

Respected Seniors, and Colleagues,

At the onset I would like to express my heartfelt gratitude on being inducted as an Executive Council Member of the Indian Society for Surgery of the Hand. On a personal level it is a big milestone of my career and a huge pat on the back. As a young surgeon on the right side of 50 it reaffirms my decision to choose the career of hand surgery leaving other lucrative fields.

Hand surgery as a separate speciality is gaining popularity day by day.

In tier one cities the expectation to achieve dexterity post-surgery as close to possible as prior to trauma along with cosmesis drives us to hone our skills and constantly update ourselves. Interaction with top notch National and International faculties through the medium of ISSH enriches us with newer Ideas and concepts. But unfortunately, penetration of Hand Surgery is limited in remote areas, and this is likely to be the next challenge to the fraternity.

In my role as an Executive Council Member, I intend to bring in my experience in the field of sports and rehab and bridge the expertise and experience gap by different knowledge sharing activities.

2025 will be extremely important, as the APFSSH Biennial conference combined with 48th ISSHCON and 10th APWA congress is going to be held in Mumbai, followed by 49th ISSHCON in Kolkata in the year 2026 for the first time. This will surely make the subspecialty more infiltrated to inaccessible areas till date. Undoubtedly it will be a big boost to our specialty reaching out to the majority of people and creating awareness among the Medical fraternity as well as the general population.

Regards,
Dr Arya Roy,
Kolkata



Dr Vigneswaran Varadharajan,

EC member

Dear Mentors, Seniors, Colleagues and members of ISSH,

I am thrilled and deeply honoured to have been selected as a new member of the Executive Committee. Although my formal tenure is designated for one year, please know that my dedication to ISSH and its members extends well beyond this period.

My commitment to this role is rooted in a long-term vision for our society, one that champions Progress with Purpose. I am here to not just fulfil the responsibilities of the next year but to lay the groundwork for enduring progress. I am passionate about enhancing our community's impact, advancing our field through education and research, and ensuring that ISSH remains at the forefront of hand surgery globally.

I am eager to collaborate with all of you to drive initiatives that will benefit our members for years to come. Together, we can shape a legacy of excellence, innovation, and community spirit where every step forward is taken with thoughtful intent.

Thank you for entrusting me with this role. Here is to a future filled with growth and achievement for ISSH, guided by our collective purpose.

Warmest regards,
Dr Vigneswaran Varadharajan

Fellowship calls



Apply for the 2025 ISSH Fellowships!



Check your eligibility at the ISSH Fellowships page ↑

Fellowship	Benefit	Apply By	Number
DR ROBERT ACLAND - S&T International Travelling Fellowship	Rs 1.5 lakhs towards expenses for travelling to an international centre of repute in hand surgery	MAY 31	ONE
VENKATA BODAVULA Microsurgery Training Fellowship	Course Fees for Microsurgery Course at Ganga Hospital, Coimbatore	MAY 31	FIVE
Dr MUKUND THATTE & FAMILY Endowment International Travelling Fellowship	Rs 1.5 lakhs towards expenses for travelling to an international centre of repute in hand surgery	JUNE 30	ONE
THE ISSH Inland Travelling Fellowship	Rs 50 thousand towards expenses for travelling to a national centre of repute in hand surgery	JUNE 30	TWO

**APPLY
NOW!**

**Send your applications to
issih.fellowships@gmail.com**

ISSH - Prof. B Jagannath Kamath: Ideas & Innovation Award

ISSH-Prof. B Jagannath Kamath : Ideas & Innovation Award

This award was started in the year 2024 in reembrace and to honor the contributions of **Prof. B Jagannath Kamath** to the Indian hand surgery fraternity.

1. Aims and objective

This award aims to recognize and support the individuals or teams who embody the spirit of Prof. Kamath through pushing the boundaries of what is possible in Hand Surgery with a New Idea or Innovation to advance the field of Hand Surgery.

2. Eligibility criteria

ISSH Members can apply for the award. (Author submitting the idea can apply for membership with submission, but unless a member of ISSH, the person will not be considered for the award)

3. We shall keep an option for opening this award for International participants whenever ISSHCON is combined with an international meeting or is Co-hosted by another national society.

4. Guidelines for application

What is an “idea or Innovation” and what can be submitted -

- A new device/instrument which can make a surgical procedure easier
- A new clinical sign to facilitate clinical diagnosis
- A new diagnostic test
- A new surgical technique
- Any initiative to make the patient's outcome better
- A new research idea which could influence the hand surgery practice

*The idea must NOT have been published at the time of submission for the consideration or the 'Ideas & Innovation' Award.

How to submit:

- The authors would submit their 'Idea & Innovation' in a write-up of less than 300 words. Explain the idea and how it would influence the hand surgery practice.
- An author and a co-author will submit only one entry for the award.
- Not more than **TWO** entries can be submitted from one Institute .

5. Application Process

All the submission will be done to the ISSH Secretary with a mail to– secretary@issh.org

6. Timelines for application and processing

Call for Submission:

Call for submission will be sent to all the ISSH members and the last date for submission will be kept as **31st May** each year. This will give sufficient time for the Judges to score the innovations and us to inform the ISSHCON organisers to include the name of the authors in their program for the presentation in the “Jagannath Kamath – Ideas & Innovation” session.

All the entries will be received through the official secretary mail address-(secretray@isssh.org). The entries will be blinded and number coded by the ISSH Secretary / Coordinator of this award (Dr. Praveen). The entries will be blinded and will be sent to the judges without the name of the surgeon and the institute. The Judges will be given a month to score all the Ideas submitted.

During the initial evaluation, if the judges feel that the 'idea' is interesting but are unable to assess it based on the write-up, they may ask for a short video from the authors through the ISSH secretary/award coordinator. The judges would be scoring the entries individually. However, if there is a disparity in the scores of >15%, the median score has to be taken. The final list of the presenters at the ISSHCON session will be ready by **July of that year**.

7. Evaluation method/ criteria / judges' panel

Selection Committee - (Will include the following ISSH officials of that respective year. The names mentioned here are the official in 2025)

ISSH Managing Trustee / trustees

ISSH President

ISSH Vice-President

ISSH Secretary

International Invitee Dr. Sandeep Sebastian

*In case any of these five judges or their institution has submitted an Innovation for consideration for the award, then that judge will not be considered for scoring. If a minimum of three selectors are not available, the ISSH secretary would get in some other assessors with the permission and concurrence of the ISSH president.

The proposed Scoring Guidelines-

S. No.	Criteria	Score (out of 20)
1.	Is the idea novel (Innovative)	
2.	Does it address an existing clinical problem in Hand Surgery	
3.	Is it safe and reliable	
4.	Is the idea reproducible (if clinical) or scalable (for a device)	
5.	Will it reduce the cost of care / will it improve patient care	
	TOTAL SCORE/100

8. Declaration of preliminary results

All the participants would be informed of their scores about 2 months prior to the ISSHCON. The top **SIX** of these would be considered for the presentation at the Award session during ISSHCON each year. Six presentations would correctly fit into a one Hour session- 6 min presentation + 4 minutes discussion

9. Conduct of the award session/judging/winner criteria/ Prize

The top SIX scoring ideas & innovations will be presented at the ISSHCON in a session which would be termed as - "**ISSH-Prof. B Jagannath Kamath Ideas & Innovation Award Session**".

The **3 judges** for this session will be the-

- The Two Orators &
- The scientific Committee chairperson of the respective ISSHCON
(If there is any conflict of interest- ISSH president can decide the Judges)

They would be explained the selection process and provided with the scoring guidelines (As detailed earlier). The judges can ask questions and clarifications from the presenter. Audience can also ask questions to the presenter, but they should be specifically instructed to NOT comment on the innovation but only ask questions and clarifications. All the judges would score individually, and the average score is taken for the final decision. The judges can also discuss among themselves and decide the FINAL WINNER of the award and the runner-up and convey their decision to the ISSH Secretary / ISSH President.

The author or authors of the best scoring innovation will get the **“ISSH- Prof. B Jagannath Kamath Ideas & Innovation Award”**. The award carries a cheque of Rs. One Lakh and a Silver Medal. The second place gets a silver medal.

The award will be given during the Valedictory function by the ISSH President, Secretary and the Organizing Chairperson and Secretary of the respective ISSHCON.

National Hand Surgery Day Celebrations

23rd August 2024, National Hand Surgery Day was celebrated grandly by many institutes by creating flyers, awareness videos and organizing camps.



NATIONAL HAND SURGERY DAY

AUGUST 23

Hands that reach for the stars...

AUGUST 23 now also the **National Space Day!**

Celebrating our Hands and the Spirit of Excellence that put the Chandrayaan-2 on the Moon

SUGGESTED THEMES
FOR YOUR HAND SURGERY DAY CELEBRATIONS

- **Newer Innovations in Hand Surgery**
- **Making Hand Surgery Accessible**
- **Latest Techniques for Best Hand Function or something else?**

LET US KNOW!

Send us a report of your Hand Surgery Day activity in 500 words and two pictures!

Email your thoughts, ideas and reports to secretary@isssh.org

Hands that reach for the stars...

The Department of Hand Surgery, Sri Ramachandra Institute of Higher Education and Research, Porur Chennai, conducted one week camp and distributed awareness flyer on ring avulsion injuries. Prof. Srinivasan Rajappa delivered a talk on “Hand to Hand: A touch of compassion, A pinch of precision” in the program organized by the institute’s department of Occupational therapy.



HOW EXPENSIVE A FINGER RING CAN BE ?

- Finger can get injured due to the ring worn when the ring is caught on something and pulled with force.
- This result in a type of injury called as ring avulsion injury- where the entire skin and soft tissue distal to the ring comes out leaving behind the intact bones.
- It can result in small cut to complete amputation of finger.

First Aid

- Cover the wound with clean cloth.
- Keep your hand elevated above heart level.
- In case of amputation- the amputated part has to be brought in a plastic bag kept in another plastic bag containing ice.
- Seek medical attention immediately.

Know the treatment options!

Amputated finger can be replanted
Surgery can be done to save the existing length of the finger without shortening



Services offered by Department of Hand surgery-

- ♦ 24x7 Hand trauma services
- ♦ Hand infections
- ♦ Hand Tumors
- ♦ Congenital Hand
- ♦ Brachial Plexus Injuries
- ♦ Fractures of Hand

An awareness initiative on the Occasion of National Hand Surgery Day 23rd August, 2024

Department of Hand Surgery,
Sri Ramachandra Institute of Higher Education and Research,
Porur, Chennai. Phone no- 044 4592 8541.



Continuing Occupational Therapy Education

ON TOPIC
"HAND TO HAND : A TOUCH OF COMPASSION, A PINCH OF PRECISION"
TO COMMEMORATE HAND SURGERY DAY

Guest Speaker

Dr. Srinivasan Rajappa
Professor & Head
Dept. of Hand Surgery, SRMC & RI

E - Certificate will be provided

FREE REGISTRATION

FRIDAY
23 August, 2024

Start At
10.00am - 12:00pm

SDG #4 #36 #17

The Department of Hand Surgery at Kasturba Medical College, Manipal, observed Hand Surgery Day on August 23, 2024. A collection of informative posters pertaining to various aspects of hand surgery were prominently exhibited within our outpatient department. These posters covered topics such as first aid procedures specific to hand surgery, guidelines outlining recommended practices and precautions, as well as an overview of often encountered challenging disorders in hand surgery, including carpal tunnel syndrome, deQuervain's tenosynovitis, and trigger finger. The primary objective of the event was to enhance knowledge, awareness and preventing injuries and occupational hazards among patients, security workers, and students. The posters additionally presented information regarding catfish injury and bike chain injuries, underscoring the significance of prompt intervention and the pursuit of medical assistance. The program additionally featured interactive demonstrations of part management in finger amputation by Professor and Head of Department, Dr. Anil K. Bhat which was aired on social media platform. Awareness regarding endoscopic carpal tunnel release and arthroscopy for wrist disorders was also highlighted. Furthermore, we responded to inquiries and offered additional instruction into the etiology and risk variables linked to these distressing ailments.



The Department of Orthopedics and Plastic surgery together observed National hand surgery day at Sarji Superspeciality Hospital , Shivamogga ,Karnataka .Public awareness programme elaborating scope of hand surgery and hand safety measures to prevent industrial accidents was conducted by Dr Chethan Kumar G.S . Consultant plastic surgeon. Followed by an interactive session by Dr. Manjunath. S. Head of Orthopaedic department, to demonstrate first aid measures after hand injury and safe transport of amputated part to hospital . Programme was attended by general public and beneficiaries of hand surgery department and was well covered by local and state print media.

In Bangalore Hand Centre, Dr Bharath K Kadadi, Hand surgeon, Mrs. Mala Prabhakar, and Mrs. Archana, Hand therapists, spent the day educating patients on how to take care of their hands for a healthy and productive future. The hand is functionally and economically the most fruitful unit of the body.



The focus was on injury prevention. Trimming nails to avoid injuries and avoiding frequent knuckle breaking were part of the drill. Common symptoms of overuse, such as trigger fingers, compressive neuropathies, and RSI(repetitive stress injury), were discussed, along with their identification and prevention. First aid measures were practically explained in the event of an injury, such as a door crush or accident. Washing the part in running water, preservation and transportation of separated/amputated digit after injury by placing it in a polythene bag, which in turn is placed in an ice box or another polythene bag filled with ice so that there is no direct contact with ice was discussed in detail. Importance of golden hour and access to appropriate treatment was highlighted.

Post-operative patients were lined up, and the importance of hand therapy for efficient recovery of the injured /operated hand was also discussed. The brachial plexus injured , operated and recovered patients also participated and were an inspiration to all other patients who had just begun physiotherapy.

For Hand Surgery Day 2024, Dr. Madhusudhan, Consultant Hand Surgeon, Bengaluru, was featured on a podcast interview with “Masthmagaa,” a renowned online news channel. The podcast, conducted in Kannada to cater to a wider audience, focused on the importance of hand surgery in restoring function and improving the lives of patients with various hand conditions.



Dr Madhusudan PODCAST on Importance of Hand Surgery |...

24K views • 4 months ago



Masth Magaa ✓

ನಿಮ್ಮ ಎಲ್ಲ ಪ್ರಶ್ನೆಗಳು ಹಾಗೂ ಗೊಂದಲಗಳಿಗೆ ಇಲ್ಲಿದೆ ಉತ್ತರ. ಪೂರ್ತಿ ಓದಿ.

This platform allowed us to delve into the complexities of hand surgery, making the topic accessible and relevant to the general public. The interview was met with a positive response, successfully raising awareness and fostering a deeper understanding of the specialty within the community.

Dr. Nikhil Panse, apart from speaking about the Hand Surgery day in his you tube Channel, distributed an awareness pamphlet titled ‘Save Hands’ in three languages, namely, English, Hindi and Marathi. The link for the video is <https://youtu.be/4GiFgCfvFSM>

Dr. Ajeet Tiwari spread awareness about compression neuropathy through Facebook.

Prof. G. Karthikeyan, Chennai and Prof. Dinesh Kadam, and Dr. Ranjith Kumar, Udupi also distributed awareness pamphlets.



AVOID CRACKERS , PREVENT DISABILITY and SAVE HANDS !



Garnal is a locally made powerful cracker explosive frequently used in Festivals, Celebrations and to chase away animals. Massive explosion in the hand leads to permanent disability



Indian Society for Surgery of the Hand

August 23: Hand Surgery Day



Toe to hand transfer by a microvascular surgery can provide a useful hand



© Dr Dinesh Kadam, Dept of Plastic Surgery, AJ Institute of Med Sciences Mangalore--575006



A. J. Hospital & Research Centre

HAND EXERCISES FOR TECH USERS: MAINTAINING HEALTH AMIDST DIGITAL DEMANDS



01

Wrist Flexor and Extensor Stretch:

Gently stretch the wrist flexors and extensors by extending one arm, palm facing down, and using the opposite hand to apply gentle pressure on the fingers, promoting flexibility and relieving tension.

02

Finger Tapping

Lightly tap each fingertip against the thumb, sequentially and repetitively. This exercise enhances dexterity and improves blood circulation.

03

Wrist Circles:

Rotate the wrists in circular motions, both clockwise and counterclockwise. This helps to alleviate stiffness and improves joint mobility.

04

Thumb Touch

Touch the tip of each finger to the tip of the thumb, creating an 'O' shape with each finger. This exercise enhances precision and flexibility in the fingers.

05

Finger Squeeze:

Utilize a soft stress ball or a simple DIY hand exercise ball. Squeeze and release, targeting the muscles in the fingers and palm to strengthen and relieve tension.

Incorporating these hand exercises into a daily routine can contribute to maintaining optimal hand health and preventing discomfort associated with prolonged technology use. It's important to listen to your body, take breaks when needed, and consult with a healthcare professional if persistent discomfort or pain arises.

follow : rk_orthopaedics_handsurgery_

ISSHCON 2024 Report

The 47th annual conference of the Indian Society for surgery of the hand and the 11th annual conference of society for Hand therapy was conducted at Clarks Exotica Resort and Convention Centre, Bengaluru, on October 4th, 5th, and 6th, 2024. Dr Bharath K Kadadi was the organizing chairman, Dr Darshan Kumar Jain was the chief organizing secretary, and Dr Satyavamsi Krishna was the Joint organising secretary, supported by Dr Kannan Kumar ,Dr Madhusudhan N C , Dr Kishan Rao and many more in the core organizing committee.

ISSHCON 2024 was unique as there were 3 guest societies , Australia, Singapore and Emirates. The event witnessed more than 400 participants from all over India and abroad with 36 international participants from Australia,Singapore, Emirates,UK,USA ,Japan,France ,Germany ,Finland and Nepal.

It started with 4 workshops on Oct 4th Friday with 3 at the venue and one at Ramaiah advanced learning centre. Workshops at the venue were on 1) Anchors in the hand and wrist, 2) Distal Radius and 3) Tendon Repairs. Workshop at Ramaiah was on capflex pip replacement.

Dr Caroline Leclercq from France was the Emperor Ashoka Awardee. Dr Yasunori Hattori from Japan was the orator for Prof R Venkataswami Oration and Dr Greg Bain from Australia was the orator for Prof BB Joshi Oration.

Scientific sessions were held simultaneously in 4 halls . Inaugural ceremony was in the evening with Dr C N Manjunath, Cardiologist and Member of Lok Sabha as the chief guest. Day 1 concluded with art performances and welcome dinner. Oct 5th and 6th witnessed excellent scientific deliberations ,didactic talks, case discussions ,paper presentations from International and National faculty and delegates with sessions running simultaneously in all 4 halls. Gala Banquet was on Oct 5th evening , with star performances by Mantra events followed by DJ.

The research project on the Indian Normative data in Hand Surgery was started in the year 2022 by then president Prof. Mukund Thatte as his Presidential theme. Dr Anil Bhat was the chief co-ordinator of the project and along with the ISSH research wing guidance the projects were completed and presented in a separate session. The 11 projects were published in a special issue of the Indian Journal of Plastic Surgery, August issue of 2024. This was released in the conference and all the delegates were given a copy of the issue.

In the words of ISSH President Dr Rajendra Nehete, “The inauguration function went on very well with good choice of the chief guest who happens to be one of the senior faculty members who spoke well. The felicitation of the dignitaries was very appropriate according to the local rituals. Academics forms the backbone of the conference and you people did a splendid job on that front. The sessions were on time. Till the last point on agenda of the valedictory function it was very well planned and executed by the organising team. Overall, we will have very fond memories of this conference as one of the best conferences we have had by society. Thank you all again for your efforts and dedication for the Indian Society for the Surgery of the Hand “

The conference concluded with Valedictory function on Oct 6th.

Post conference, the second “Training the Trainer program” was conducted on 6th and 7th October and 14 of ISSH members were trained.







ISSH Basic courses in Hand surgery report 2024

The Indian Society for Surgery of the Hand (ISSH) Basic Course in Hand Surgery has successfully achieved its Diamond Jubilee status, marking a significant milestone with over 75 courses conducted to date. This educational initiative has had a profound impact on the development of hand surgery in India and beyond, benefiting hundreds of aspiring surgeons from diverse specialties including orthopedics, plastic surgery, and general surgery.

Under the visionary leadership of Dr. Bhaskarananda Kumar, the President of ISSH, and coordinated by Course Director Dr. Anil K. Bhat, the ISSH Basic Course has continued to thrive over the past two decades. The courses aim to provide high-quality, hands-on training to enhance the skills and knowledge of young surgeons, fostering expertise in the field of hand surgery.

In 2024, the course was conducted in several locations across India, including Ahmedabad, Kolkata, Bangalore, Tirupathi (which marked the 75th course and Diamond Jubilee celebration), Bhopal, Tirunelveli, Vizag, Chennai, and Thiruvalla, where the 80th course was held. These courses have become an essential component of professional development for surgeons across the country, contributing immensely to the education of both general orthopedic and specialized hand surgeons.

The success and popularity of the ISSH Basic Course in Hand Surgery continue to underscore the importance of collaborative learning and training in improving surgical practices, patient care, and advancing the field of hand surgery. With its ongoing commitment to excellence, the course remains a cornerstone of medical education for aspiring surgeons, supporting the growth and development of hand surgery both domestically and internationally.

As the course progresses into its next phase, ISSH remains dedicated to promoting the highest standards of hand surgery education, ensuring that young surgeons are equipped with the tools and expertise needed to excel in their careers.

The ISSH Basic Course in Hand Surgery stands as a testament to the enduring commitment of its leaders and contributors to the growth of the surgical community, and its impact will continue to shape the future of hand surgery for generations to come.





Upcoming events

Indo US hand surgery conference:

6th to 8th March 2025, Kolkata

Kudav-Mudgal Foundation (along with ISSH & WBOA) presents

7th Annual Indo-US Hand Surgery Conference

7th & 8th March 2025

Venue: AltAir Boutique Hotel

Sector 5, Salt Lake, Kolkata, WB



Registration Details:

Conference Registration

ISSH/IOA/WBOA/APSI/WBAPS Members: Rs.5000+900=5900

Non-members: Rs.6000+1080=7080

Post Graduate Trainees: Rs.3000+540=3540

Cadaver Workshop

(Post lunch half-day on 06.03.2025 at JNM Medical College, Kalyani)

PGT: Rs.2000+360=2360

All others : Rs.3000+540=3540

N.B. PG students should get a supporting letter from their H.O.D.

Please pay online / Bank Transfer:

"WBOA CME WORKSHOP CONFERENCE"

Bank Name: State Bank Of India

A/c No: 35715775728, Br: PBB, Salt Lake,

IFSC: SBIN0004204, SWIFT: SBININBB334



After online payment, pls share the transaction ID in the attached Google form

11th Mid-term ISSH CME:

12-13TH April 2025, Rishikesh



INDIAN SOCIETY FOR SURGERY OF THE HAND

ISSH 11th Mid-term CME



All India Institute of Medical Sciences (AIIMS)

RISHIKESH

12th – 13th April 2025

THEME:- “Hand Surgery: Practice Essentials”

Co-Organized by:

Departments of Orthopaedics & Plastic Surgery
AIIMS, Rishikesh

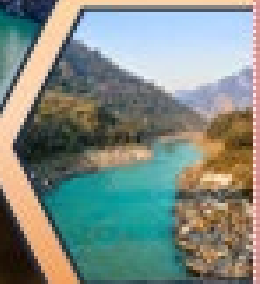
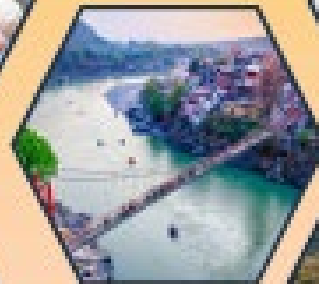
Last date for Abstract
Submission

28th February ,2025

[Click here](#)

CME Registration

Link here



Venue:

AIIMS, Rishikesh

**14TH APFSSH, 10TH APFSST, 10TH APWA, 48TH
ISSHCON, 12TH SHTICON:**
10TH-13TH September 2025, Mumbai

2025 Congress of APFSSH - APFSHT - APWA

10th - 13th September 2025

Hotel Westin Powai Lake, Mumbai



**PROGRESS
WITH PURPOSE**

Register at:
www.apfssh2025.com
admin@apfssh2025.com



↑ 48th Annual ISSHCON ↑ 12th Annual SHTICON ↑ 14th Biennial APFSSH ↑ 10th Biennial APFSHT ↑ 10th Annual APWA Congress



ASIA PACIFIC
WRIST ASSOCIATION

APFSSH 2025 Webinars

Organised by



PRE CONGRESS WEBINAR SERIES

EXPERIENCE AN ENRICHING
8-MONTH JOURNEY OF
LEARNING THROUGH OUR
WEBINAR SERIES.

**STARTS FROM
4TH JAN, 2025**

**REGISTRATION IS FREE
FOR WEBINAR SERIES**



Click here to register for
Pre Congress Webinar series



**APFSSH-APFSHT-APWA
CONGRESS 2025**



Date: 10th- 13th Sept, 2025



Venue: The Westin Mumbai Powai
Lake, Mumbai, Maharashtra, India



apfssh2025.com/

Host Societies



Happy New Year- 2025

ISSH Academics Plan for 2025



“Sunday Reads”

50- Landmark articles
in Hand Surgery



“Case of the Week”

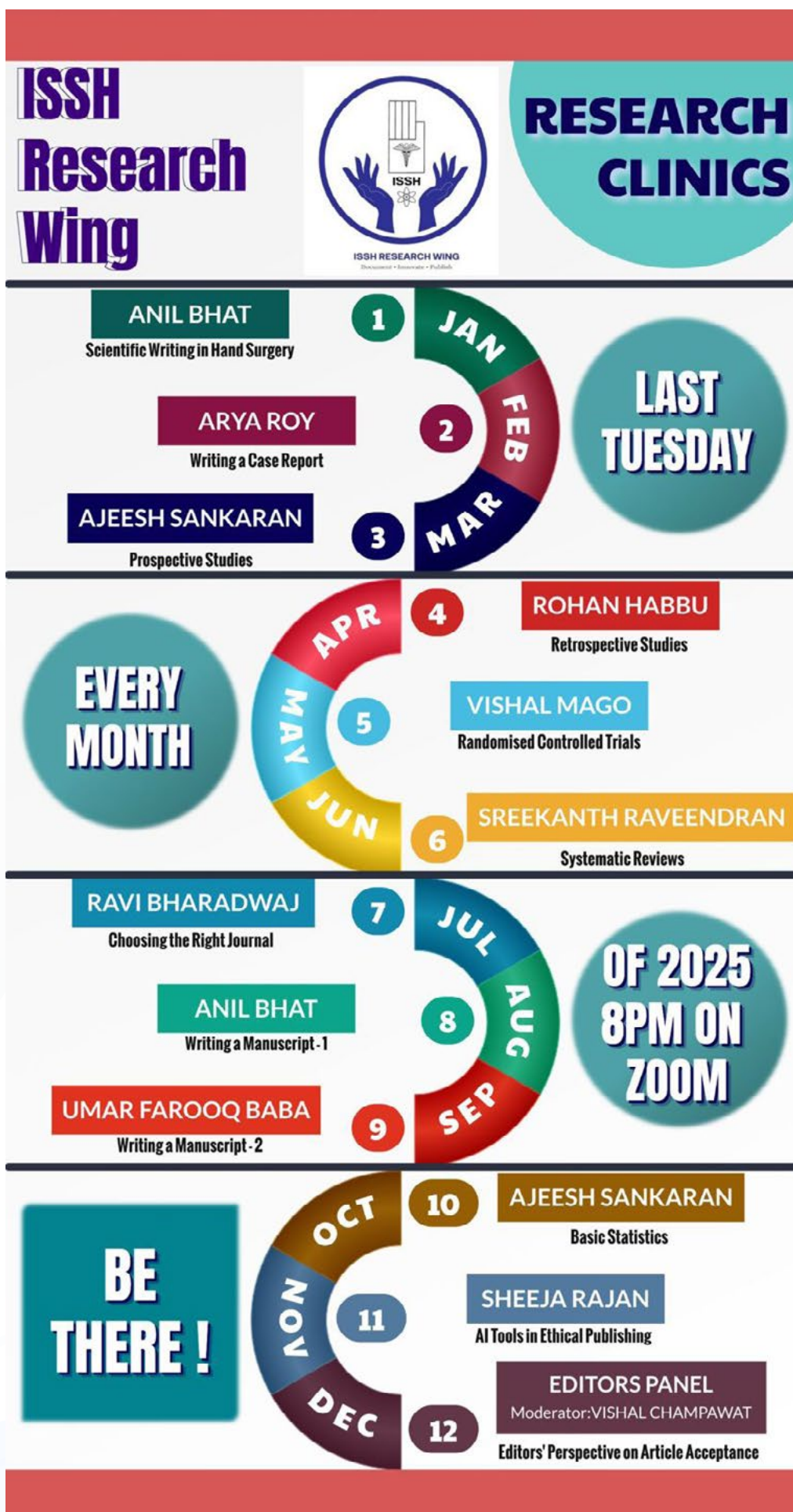
An interesting case with
a ‘Learning Point’



“Educational Friday”

An Interactive Online
Session on last Friday of
Each Month

ISSH research wing activities



Call for papers JHS (AP) special edition

THE JOURNAL OF

HAND SURGERY

ASIAN-PACIFIC VOLUME



ISSH



SPECIAL ISSUE

THE JOURNAL OF HAND SURGERY

(ASIA - PACIFIC VOLUME)

A great opportunity to showcase your scientific work....

TO BE RELEASED DURING THE COMBINED ISSH-APFSSH 2025 MEETING
AT CHENNAI, INDIA

EDITORIAL TEAM



Dr. Sandeep Sebastin
Singapore



Dr. Praveen Bhardwaj
Coimbatore



Dr. Madhusudhan NC
Bengaluru

For More details : drpb23@gmail.com / ncmadhu88@gmail.com

Contact us

Dr Anil K. Bhat

Secretary and Treasurer

ISSH

Email: secretary@isssh.org