

Methods for clinical and functional evaluation of the post-traumatic and/or post-surgical hand

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Abstract

The hand can be affected by different diseases (rheumatismal, systemic, tumoral, congenital etc.), but its main function regarding the relationship with the environment and the modern technologised society show that the most frequent pathology of the hand is of traumatical causes. The correct evaluation of the post-traumatic hand is essential for choosing the best therapeutical (medical or surgical strategy) and the proper physical and ergotherapeutical program, which help the patient to regain the ADLs performing and socio-professional life.

There is no universal accepted evaluation testing chart, but every Hand Therapy Center creates and uses its own evaluation system of their patients. In this article, the authors propose a complex evaluation of the post-traumatic pathology (operated or not) of the hand, based on the long interdisciplinary team-work between the Plastic Surgery Clinique, Floreasca Emergency Hospital Bucharest and the National Institute of Rehabilitation and Physical Medicine, Bucharest.

Keywords: post-traumatic/post-surgical hand; evaluation testing chart and protocol; quantitative sensory testing (QST); functional rehabilitation, virtual reality.