



**Orthopaedic and
Hand Surgery Partners**
We Care

WHY VISIT A HAND SURGEON

Patient Information Brochure

Why Visit a Hand Surgeon?

The hand is a unique area of the human body that is made up of bone, joints, ligaments, tendons, muscles, nerves, skin, and blood vessels. These elements must all be in good working order for the hand to function well.



The relationship between all these structures is delicate and refined. An injury or disease can affect any or all of these structures and impair the use of the hand.



A qualified hand surgeon is trained to diagnose and treat all problems related to these different structures in the hand, wrist, and forearm. Hand surgery in Singapore is a separate postgraduate specialty with its own training program. Becoming a Hand Surgeon in Singapore requires six years of training after medical school and includes training in General Surgery, Orthopaedic and/or Plastic Surgery in addition to Hand Surgery. After this period of training, the candidates must also pass a rigorous certifying examination.



Many hand surgeons also have expertise with problems of the elbow, arm, and shoulder. Some hand surgeons treat only children, some treat only adults, and some treat both. Common problems treated include carpal tunnel syndrome, tennis elbow, wrist pain, sports injuries of the hand and wrist, fractures of the hand, wrist, and

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forearm, and trigger fingers. Other problems treated by hand surgeons include arthritis, nerve and tendon injuries, and congenital limb differences (birth defects).



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Not all problems treated by a hand surgeon need surgery. Hand surgeons often recommend nonsurgical treatments, such as medication, splints, therapy, and injections. Hand surgeons are specialists devoted to hand care. If you have pain in your fingers, hand, wrist or arm, or have other upper-extremity related concerns, you may want to consult a hand surgeon.

The above material has been modified from content available at the American Society for Surgery of the Hand (ASSH) website. It is copyrighted by ASSH and its use is permitted for members.



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