1. Distal Radius
1. No deterioration in radiological outcomes in patients treated with thermoplastic splints.

2. Buckle fractures of the distal radius can be safely and effectively treated in soft cast.

3. A shift in surgical treatment from external fixation to open reduction and plating.

2. Scaphoid Fractures
4. Predictors of Scaphoid Fracture - Male gender, sports injury, anatomical snuff box pain on ulnar deviation of the wrist within 72 hours of injury, and scaphoid tubercle tenderness at two weeks – risk of fracture if all present was 91%

5. Predictors of Scaphoid Nonunion - Fracture translation, comminution, and humpback were related to a higher risk of scaphoid nonunion. Sclerosis, comminution, translation, and location in the proximal pole were associated with longer times to union.

3. Skier’s Thumb

4. Prophylactic Antibiotics
7. Infection rate in patients receiving antibiotic prophylaxis (n=212) was 0.47% compared to 0.77% in those who did not receive prophylaxis (n=388). Not statistically significant.

5. Antiplatelet/Legal/Injections
8, 9

6. Asymptomatic Elite Athlete
10. Bilateral radiographic scapholunate dissociation is much more common than previously assumed, is often asymptomatic, and does not inevitably lead to degenerative arthritis.

11. High prevalence of incidental TFCC findings on MRI in asymptomatic subjects, particularly in patients over 50.

7. Bent/Jammed Finger
12. Most common finger injuries were at the level of the proximal interphalangeal joint, particularly the ulnar 2 digits. These injuries were most common in wide receivers and defensive secondary players and mostly occurred during tackling (28%).

13. Opinions regarding the management of hand and wrist injuries in elite athletes
8. Hook of the Hamate
The August 2012 issue of Hand Clinics has many hand-related articles in sport populations. None of them have abstracts and I could not locate on the shelf in the conference room.


Surgical excision is safe and effective to restore function and for faster return to play in high-level amateur athletes.

Basketball and hockey – no abstract – Aug 2012 Hand Clinics issue

Baseball – no abstract – Aug 2012 Hand Clinics issue

9. Piso-Triquetral Arthritis
Not finding any recent updates

10. TFCC Tears
Professional football – no abstract – Aug 2012 Hand Clinics issue

Professional football – no abstract – Aug 2012 Hand Clinics issue

11. Ulnar Nerve Compression Guyon’s Canal
Hand pressures and loading patterns in steady-state cycling are of sufficient magnitude to induce ulnar nerve damage if maintained for long periods. Padded gloves and changing hand position can reduce the magnitude and duration of loading patterns to mitigate risk for Cyclist's Palsy during extended rides.

Reference List


