

Common Injuries to the Hand and Wrist

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- I. Anatomy Overview**
 - a. Osseous structures
 - b. Ligamentous and tendinous anatomy
 - c. Vascular anatomy
 - d. Neurologic anatomy
- II. Physical Examination Overview / Demonstration**
- III. Epidemiology of hockey related hand injuries**
- IV. Fractures**
 - a. Phalanges
 - b. Metacarpals
 - c. Scaphoid
 - d. Radius/ulna
- V. Ligamentous / Tendinous Injuries: history/exam/treatment**
 - a. Thumb UCL
 - b. Volar plate injuries
 - c. Scapholunate ligament injuries
 - d. Mallet finger and Boutonniere
 - e. Flexor tendon tears