



*Fingerprints*

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**HAND THERAPY NEW ZEALAND**  
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## Table of Contents

[Editors' Note](#)

[IFSSH and IFSHT Triennial Congress 2025](#)

[Educational opportunities](#)

[Consent for clients' information and images](#)

# Editors' Note

Kia ora colleagues,

This is the first edition for 2025. Apologies for the delay in releasing it. In this issue I have reported notes that I took during the IFSSH and IFSHT conference in Washington DC (March 24-28, 2025). If you have any material that you would like to share on Fingerprints, please send us an email at [fingerprints@handtherapy.org.nz](mailto:fingerprints@handtherapy.org.nz)

Nico

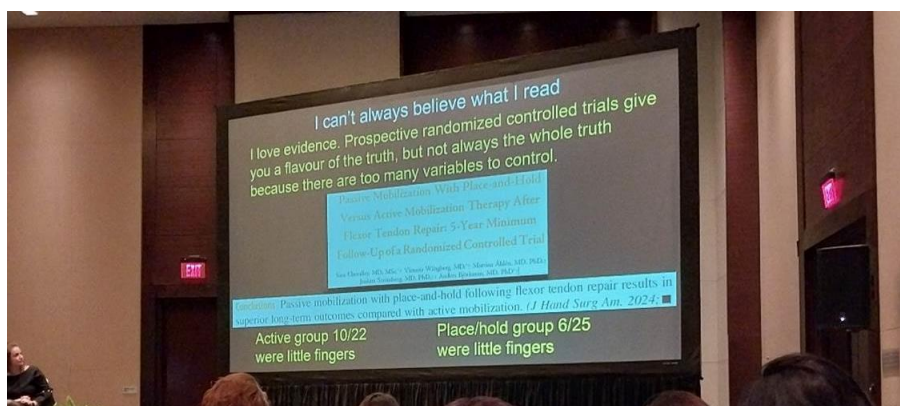
# IFSSH and IFSHT Triennial Congress 2025

Notes from Nico

These are some raw notes from my favourite presentations - Fascinating stuff - I apologise for the lack of text, I always try to link to the full text. I am trying to review some of these papers for HandyEvidence:

## Wide Awake Tendon surgery – Donal Lalonde

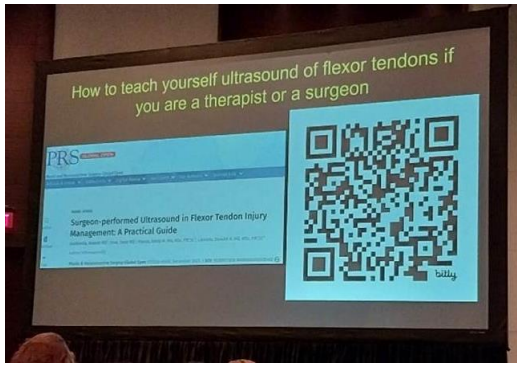
Active vs place and hold - <https://doi.org/10.1016/j.jhsa.2021.11.031>



Swelling in tendon - <https://doi.org/10.2214/ajr.11.6891>

A2 venting pulley - <https://doi.org/10.1177/1753193416646521>

US for therapists (Beautiful paper on US imaging for hand therapists)



<https://doi.org/10.1097/GOX.00000000000005467>

Video for flexors - <https://doi.org/10.1097/GOX.00000000000006573>

## **Patient related risk factors for flexor tendon rupture and therapy implications – Jonas Svingen**

Some of these papers I loved and reviewed them on HandyEvidence already, hence the links to the website.

Risk factors for flexor re-rupture - <https://doi.org/10.1177/17531934221101563> -

<https://www.handyevidence.com/post/what-are-the-risk-factors-for-re-rupture-of-flexor-tendon-repair>

Mental health – re-rupture - <https://doi.org/10.1177/17589983231222832> -

<https://www.handyevidence.com/post/does-adhd-increase-the-risk-of-rupture-following-flexor-tendon-repair>

## **The patient experience and adherence to therapy – Danielle Grace Sparks**

Experience following flexor tendon - <https://doi.org/10.1080/09638288.2022.2051081>

Do patients remove splints after flexors repair - <https://doi.org/10.1197/j.jht.2007.07.004>

Fear of movement elbow fractures - <https://doi.org/10.1016/j.jse.2019.04.045>

BOOK Tiny changes, remarkable results - <https://jamesclear.com/atomic-habits>

Patient education - <https://doi.org/10.1016/j.pec.2015.02.003>

### **Lateral Elbow Pain: To Treat or Not to Treat**

ECRB tendinopathy incidental finding - <https://doi.org/10.1016/j.jse.2016.01.033>

Surgery vs sham surgery for tennis elbow - <https://doi.org/10.1177/0363546517753385>

Radial tunnel syndrome - <https://doi.org/10.5435/jaaos-d-23-00314>

Lateral epicondylitis WOLF - <https://doi.org/10.1056/NEJMcp2216734>

GREAT TIMES!



# Educational opportunities

Below are a series of resources for educational purposes that the HTNZ Education committee and us have identified in the last period. You can also keep an eye out for updates on the [HTNZ blog page](#).

## Online Journals

Hand Therapy New Zealand offers access to several fantastic journals. If you haven't already done so, head over the [Journal page](#) and try accessing any of the resources available (e.g. Journal of Hand Therapy). If you do not have a log in, contact [admin@handtherapy.org.nz](mailto:admin@handtherapy.org.nz) to receive a unique login code. The benefit of having access to these journals is that if you find an article on [HandyEvidence](#) that you like or you just want to search for information in the journals, you can often access the full text.

## HandyEvidence

Nico's website reviews and assesses three clinically relevant scientific articles on Hand Therapy every week. In addition, it contains a database of over 730 previous synopses searchable by topic and level of evidence. It has been sponsored by HTNZ for 2025 for all New Zealand Hand Therapists.



# Consent for clients' information and images



## Consent form – use of clinical case information and images

I, (*patient's name:* \_\_\_\_\_) consent to the use of information and images including photographs or videos from my hand therapy assessment and treatment to be used for (*mark agreement by clicking on box or print and tick*)

- Educating clinicians relevant to hand therapy
- Educating clinical students
- Service audit
- Publication in professional or scientific journal

I understand that the information and images will not have my name attached to them and will not obviously identify me in any way.

### Patient Details:

Name: \_\_\_\_\_ Tel: \_\_\_\_\_

Email: \_\_\_\_\_

Signed: \_\_\_\_\_ Date: Click or tap to enter a date.

### Clinician Details:

Name: \_\_\_\_\_ Tel: \_\_\_\_\_

Email: \_\_\_\_\_

Organisation: \_\_\_\_\_

Hand Therapy New Zealand membership  Full  Associate Membership No. \_\_\_\_\_

Signed: \_\_\_\_\_ Date: Click or tap to enter a date.

You can download the original document on [HTNZ webpage](#).