As our population becomes more active in sports and exercise, primary care practitioners will see more patients with acute or repetitive strain injuries. Commonly-affected regions are the hand and wrist. Learn about common hand and wrist sports injuries in primary care, as well as simple rehabilitation exercises and the use of splints. Where injections are warranted, learn from hand surgeons the finer points of such procedures.

Key Highlights:

- **Acute Sports Injuries of the Hand and Wrist**
  Dr David Tan, Senior Consultant, Hand Surgeon

- **Repetitive Strain Injuries of the Hand and Wrist**
  Dr Wang Mingchang, Associate Consultant, Sports Physician

- **Rehabilitation Exercises and Splints**
  Ms Pang Liying, Senior Occupational Therapist

- **Hand and Wrist Injection Demonstration**
  Dr Sandeep Sebastin, Senior Consultant, Hand Surgeon

Register your attendance at:
Email: gp@nuhs.edu.sg

Department of Orthopaedic Surgery
National University Hospital
www.nuh.com.sg/uohc