

INSIGHTS

Full Article in Hand Rehab Magazine

PRESIDENT'S MESSAGE

NSHRR members across the Kathmandu valley are the life of NSHRR and I wish to expand all over the Nepal as well as across the globe. I love to see hand rehabilitation works going on different centre all over Nepal and commend you on your spirit of goodwill and amazing effort as therapist, participants, volunteers, and supporters. NSHRR recognises all your efforts in providing opportunities to the people in their hand rehabilitation program.



Tarannum Siddiqui

SECRETARY MESSAGE

Warm greetings and wishes with pleasure on the release of "Hand Rehab Magazine". I believe that this special issue will highlight the mile-stones in the field of hand and upper extremity injuries and its rehabilitation in Nepal.

NSHRR is going to organize one-day workshop on splinting which is planned to be hands on. Talking about recent updates, we are working to promote hand education by designing a Hand course and it is in the process of implementing module for the course. We hope to accomplish it soon and achieve one more milestone in education on hand rehabilitation program all over Nepal. We hope to receive your continuous support and feedbacks. Wish you all happy and safe festive season.



Bibek Ghimire

IFSSH- IFSHT Triennial Congress 2019

Participation



Mohan Dangol, Advisor NSHRR

International Symposium On Hand Rehabilitation
Organized on 3rd & 4th March 2018



Glimpse of Symposium

Burn Management – Interplast 2018
Participated & Presented



Bibek Ghimire (Secretary NSHRR), Pravin Yadav, Nhashala Manandhar (Ex. Member NSHRR)

Paralytic Hand course 2019

Participated



Tarannum Siddiqui, President NSHRR
With
Dr. Donald Sammut & Wim Brandsma

Hand Trauma Management Workshop 2019

Participated



Bibek Ghimire (Secretary NSHRR)



Pravin Yadav (Ex. Member NSHRR)



Nhashala Manandhar (Ex. Member NSHRR)



Mohan Dangol, Advisor NSHRR

Hand Meeting

Organization Meet 2019



Dr. Indra B. Napit, Medical Director
Anandaban Hospital



Hari Adhikari, Admin Director
Spinal Injury Rehabilitation Centre



Mrs. Karuna Pokharel, Member
Muscular Dystrophy Foundation Nepal



Poonam Pandey, Deputy General Secretary
Nepal Burn Society

Young Surgeon Perspective

Awareness about Hand Surgery and Rehabilitation in Nepal

Dr. Lok raj chaurasia is working as a senior registrar at kirtipur Hospital, Kathmandu. He is specializing in hand surgery. He shared his personal story why he choose medical field and what were the circumstances that turn his life to hand specialty. His views, experiences and opinions about hand surgery and rehabilitation in Nepal. A life story to be admired for his struggle...



Dr. Lok Raj Chaurasia
Senior Registrar
Kirtipur Hospital

Young Therapist Perspective

Student column: Awareness about hand surgery and rehabilitation in Nepal

Rosila Luitel is a student of bachelor of physiotherapy in Kathmandu university of medical sciences and it's her internship period. Few months left for her graduation. She won a dynamometer in lucky draw in International hand rehabilitation symposium held in March 4th, 2018.

Her opinion as a young generation on "Need and development of hand rehabilitation sector in Nepal" is beneficial to develop hand sector in Nepal.

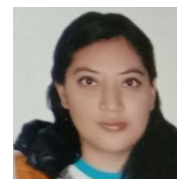


Rosila Luitel
Winner of Prize
"Dynamometer"

Therapist Column

Advances in Flexor Tendon Injury Management

Therapeutic Approach



Amrita Shrestha
Physiotherapist

Neiduski RL et.al, 2019

Flexor tendon rehabilitation in the 21st century: A systematic review

The preferred reporting items for systematic review and meta-analysis (PRISMA-P 2015) checklist was utilized to format the review. Both reviewers collaborated on all aspects of the research, including identifying inclusion/exclusion factors, search terms, reading and scoring articles, and authoring the paper. Articles were independently scored by each reviewer using the Structured Effectiveness Quality Evaluation Scale (SEQES).

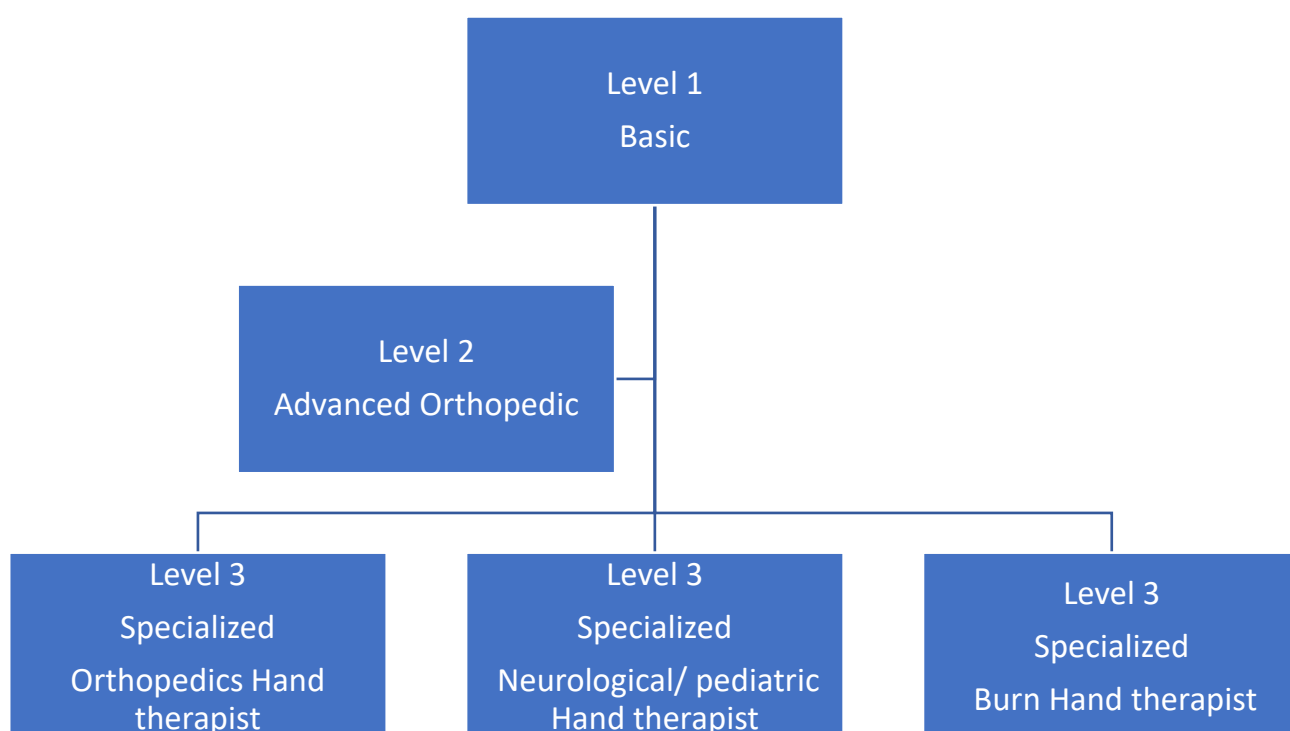
This review provides moderate to strong evidence that place and hold exercises provide better outcomes than passive flexion protocols for patients with two to six-strand repairs. The studies included in this review suffered from methodological limitations including short timeframes for follow-up, unequal group distribution, and limited attention to repair site strength.

Based on a lack of superior benefits following true active motion regimens, there is not sufficient evidence to support true active motion as an effective or preferable choice for flexor tendon rehabilitation at this time.

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Visit Nepal 2020

Nepal Hand Rehabilitation Modular Course



CALL FOR VOLUNTEER SPEAKER

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Conference * Workshop

Surgeon

- National
- International

Therapist

- National
- International

Organization

- National
- International

HAND REHAB

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Insights

President Message

Secretary Message

Past Activities

Young Surgeon and

Therapist Perspective

*Awareness about hand
Surgery and rehabilitation in*

Nepal

Therapist Column

Flexor Tendon Injury Management

Therapeutic Approach

Call for Volunteer Speaker

VISIT NEPAL 2020