

B.A.H.T. LEVEL 1 HAND COURSE

Standardised reading list

A thorough knowledge of anatomy is essential when treating hand injuries. We expect the course participants to have studied the anatomy of the hand in some detail prior to the course, as brief revision of more important structures will only be covered in the course.

Essential reading

Basic anatomy of the hand and forearm, including:

- Tendon
- Muscle
- Ligaments
- Bones
- Surface markings

Suggestions for finding this information:

- Palastanga N, Field D, Soames R. Anatomy and human movement 5th ed. Oxford, Butterworth and Heinemann, 2002
 - Chapter 3: The upper limb
 - pp 57-60 bones/ligaments
 - pp 86-108 muscles
 - pp 177-200 joints
 - pp 206-210 nerves
- Lumely S.P. Surface anatomy 3rd ed. The anatomical basis of clinical examination ; Philadelphia, Elsevier, 2002

Additional resource:

- American society for surgery of the hand. The hand: examination and diagnosis 3rd ed. Edinburgh, Churchill Livingstone, 1990
- Boscheinen-Morrin J, Davey V, Connolly W.B. The hand: Fundamentals of therapy 3rd ed. Oxford, Butterworth-Heinemann, 2002
- Warwick D, Dunn R, Melikyan E, Vadher J. Handbooks in Surgery: Hand Surgery; Oxford, Oxford University Press, 2009
- Simpson C. Hand assessment: A clinical guide for therapists 2nd ed. Salisbury, APS Publishing, 2005
- The Interactive Hand (via Athens account)