

Section I Atlas of Tumescent Local Anesthesia Elbow, Forearm, Wrist, Hand, and Finger Injections

1 Finger Blocks and Atlas of Images of Tumescent Local Anesthetic Diffusion Anatomy

Section II General Principles of Wide Awake Hand Surgery

2 Advantages of WALANT for Patients, Surgeons, and Anesthesiologists

3 Safe Epinephrine in the Finger Means No Tourniquet

4 On Using Tumescent Local Anesthesia

5 How to Inject Local Anesthetic So It Does Not Hurt

6 Dealing with Systemic Adverse Reactions to Lidocaine and Epinephrine

7 Tips on Explaining WALANT to Patients Before Surgery

8 Teaching Patients and Residents During Surgery Decreases Complications

9 Tips on Good Local Anesthesia in Infants and Children

10 Moving Surgery Out of the Main Operating Room with Evidence Based Field Sterility

11 WALANT and Value in Healthcare: Improving Outcomes and Lowering Cost

12 WALANT and “The Why???: Administration, Anesthesiology, Nursing, and Payers

13 Performing Your First Cases With WALANT

14 How to Schedule Fifteen or More Hand Surgery Cases Per Day with One Nurse

15 Integrating Hand Therapists into WALANT

16 Minor Procedure Room Setup

Section III Details of How to Do WALANT and Therapy for the Upper Extremity

Part A Tendon Surgery: Tendon Decompression

17 Trigger Finger

18 De Quervain Release

Part B Tendon Surgery: Lacerated Tendons

19 Flexor Tendon Repair of the Finger

20 Flexor Tendon Repair of the Hand, Wrist, and Forearm

21 Extensor Tendon Repair of the Finger (Zone 1 Mallet to Zone 5 MP Joint)

22 Extensor Tendon Repair of the Hand, Wrist and Forearm (Zones 6 to 8)

Part C Tendon Surgery: Tenolysis

23 Tenolysis

Part D Tendon Surgery: Tendon Transfers

24 Tendon Transfers

Part E Tendon Surgery: Tendon Grafts and Pulley Reconstruction

25 Tendon Grafts and Pulley Reconstruction

Part F Nerve Surgery

26 Carpal Tunnel Decompression of the Median Nerve

27 Cubital Tunnel Decompression of the Ulnar Nerve

28 Lacertus Syndrome: Median Nerve Release at the Elbow

29 Radial and Peroneal Nerve Decompression

30 Simultaneous Release Carpal Tunnel with Cubital Tunnel or Lacertus

31 Lacerated Nerves

Part G Dupuytren, Mass Excision, Flaps, Compartment Syndrome Decompression, and Infection Surgery

32 Dupuytren's Contracture

33 Ganglions and Other Small Soft Tissue Operations

34 Flap Harvest and Transfer in the Hand

35 Infection Surgery, Compartment Syndrome Release, Tibial Hematoma Drainage

Part H Joint and Arthritis Surgery: PIP and MP

36 Finger Joint Arthroplasty, Fusion and Ligament Repair

37 Thumb Metacarpophalangeal Joint Fusion and Ulnar Collateral Ligament Repair

Part I Joint and Arthritis Surgery: Wrist

38 Trapeziectomy With or Without Ligament Reconstruction for Thumb Basal Joint Arthritis

39 Wrist Arthroscopy

40 Wrist Arthritis Surgery

Part J Upper Limb Bones and Fracture Surgery

41 Finger Fractures

42 Metacarpal Fractures

43 Wrist Fracture and Ligament Surgery

44 Distal Radius and Forearm Fractures

45 Surgery about the Elbow

46 Clavicle and Acromion Fractures

Part K Amputation and Replantation

47 Finger and Ray Amputation

48 Replantation

Part L Ultrasound Diagnosis and Treatment in Hand Surgery

49 What You Need to Know about the Basics of Using Ultrasound for WALANT Hand Surgery

50 Ultrasound Assisted (USA) Upper Extremity Procedures

Section IV WALANT Lower Extremity Surgery

51 Patella Fractures

52 Tibia and Fibula Fractures

53 Foot and Ankle Fractures and Surgery

Section V Pencil Test and Relative Motion Splinting to Solve Hand Pain Problems and Improve Range of Motion in Stiff Fingers

54 Pencil Test and Relative Motion Splinting to Solve Hand Pain and Stiffness After Trauma and Surgery