

LITTLE HANDS

GANGA
MEDICAL CENTRE & HOSPITALS PVT LTD

GANGA
LITTLE HANDS

An Initiative of Plastic & Hand Surgery Department

Monthly Bulletin | Issue 20 | March 2026



Healing begins with Giving

**Dedicated to Increasing Awareness, Understanding, and
Early Action in Congenital Hand Conditions**

LITTLE HANDS



GANGA LITTLE HANDS is an educational initiative by the Department of Plastic, Hand and Reconstructive Microsurgery and Burns of Ganga Hospital, Coimbatore, to share knowledge about Paediatric hand conditions. This is a monthly bulletin and was first started in August 2024.

It has a compilation of various hand conditions treated by us. Little Hands is for anyone and everyone. It is not for surgeons only. The technical tips, 'Did you know?', Picture Gallery, Hand vignettes, Real Life Stories and the 'Clinician's corner' might be interesting to all the readers.

Scan Me



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Little Hands**

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Editorial

Making an Impact

Making an impact means living a life that has significance in the lives of others. When one consistently lives a life that matters, a legacy is left behind.

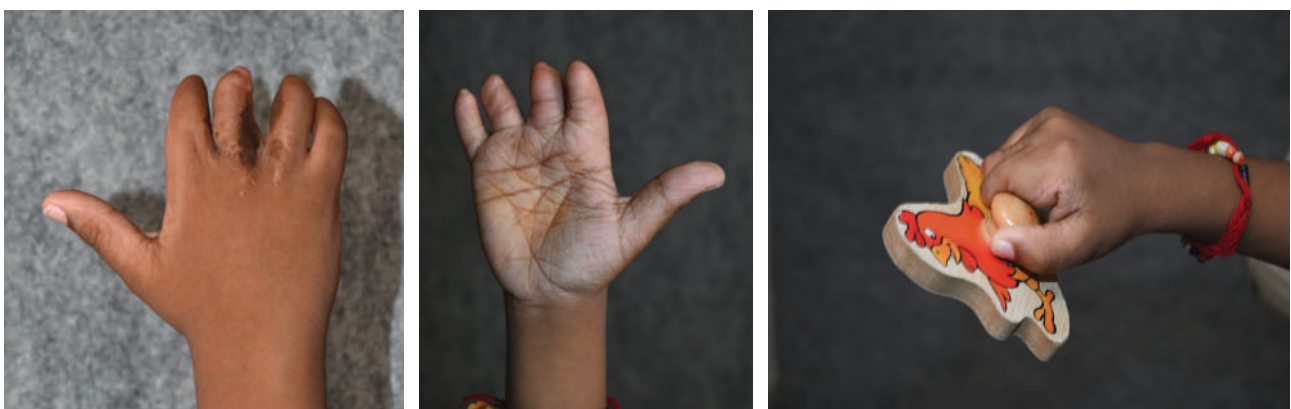
We have been very fortunate to be associated with industrial houses and organizations who have walked the way that matters. To leave an impact in the society the first requirement is being the best in the chosen vocation. When that hoop is crossed, the next level is taking care of the needs in the society. All these organizations chose to look around for issues and asked the question, ‘What can we do?’



*The boy,
Vishnu Priyan had short fused four fingers*

For example, when the parents of Vishnu Priyan, whose father works in a spinning mill understood that the deformed hands of their child could be made better it made them happy. But when they found that they can't afford the surgery it makes the situation poignant. As surgeons managing these little hands it is even harder for us putting a price tag on health. That is where organizations like LMW, Karur Vysya Bank, T Stanes and company, Project Eklavya step in. It works this way. The parents bring in what they can

– there is absolutely no pressure. In fact, all want to bring in what is possible. We chip in with considerable concession and the good-hearted organizations add the rest.



The hand with the separated independent longer looking fingers



The boy over the years

The result –he has a good hand with separated independent fingers and looks at a brighter future. The impact of the actions of these organizations can neither be measured in words nor data. It has to be felt in the smiles of the parents when they see the child’s hand when the dressings come off.

The result - he has a good hand and looks at a brighter future.

At a time when a new financial year is about to begin, we join the families of these children who have benefited from the benevolence of the leaders of these organizations in wishing and praying for them to have a great year.

**Sixty five patients benefitted from our donors - KVB, LMW & Project Eklavya.
Among them 12 children underwent surgery for congenital limb differences.**

WE THANK YOU



**Dr S Raja Sabapathy
Dr Monusha Mohan
(Editors)**

Not all healing hands are seen in the operating room

Many children are born with correctable hand differences. But awareness and access to care remain the biggest barriers. Through our supportive donors, we have been able to make a difference in the lives of numerous patients.

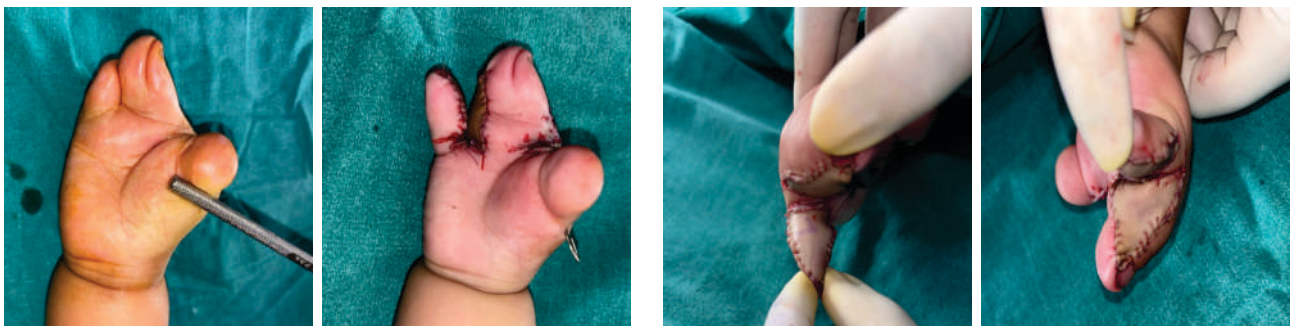
These hands do not operate. They do not correct deformities. Yet - they make all of it possible.

A quiet contribution, a decision to help and a willingness to stand beside a family they may never meet. Somewhere, because of these hands, a child's surgery is scheduled, a parent breathes easier and a future quietly changes course.

This month, we acknowledge the hands that stood behind every healing hand.



The child with Apert Syndrome from West Bengal, with multiple deformities, was supported by LMW trust for her first surgery



She underwent separation of the fused ring/little fingers. The child has a long way to go-three more hand surgeries needed for reconstructing a four-digit hand on both sides.



Another child, a boy with hypoplasia (underdevelopment) of his left upper limb. The fingers are short and fused (Symbrachydactyly). He has an unusual association- a flexed wrist



Corrective surgery was possible with the help of Project Eklavya. Next, he needs surgery to separate the fingers in multiple stages

“At the time of birth of our baby, we were really upset and had no idea what to do with it. Our whole family was really sad. All the family members were in a hurry to find a proper hospital to cure this problem.

The first experience in Ganga Hospital was really good. We are fully satisfied with the surgery. All the family members are really happy after the surgery

As a poor family, these amounts from Ganga Hospital and Rotary E-Club of Metro Dynamix were really so helpful to us. With your help, we could get the surgery done, and our whole family will never forget this amazing gesture in our entire life. The Ganga Hospital and Rotary E-Club gave us a new life and strength to my son for a bright future.”

Clinicians' Corner

Babies with Constriction Ring Syndrome (Amniotic Band Syndrome) may need Multidisciplinary Care

Constriction ring syndrome is often associated with club foot. Scoliosis and club foot are hypothesised to occur due to deformational forces acting on the fetus. These children typically have multi-limb involvement, requiring staged procedures.

At Ganga, we are committed to provide complete care to these children.

Below are the images of a child with both legs/feet and hand involved. When we evaluated the child for the deep rings in the legs and the short fused fingers in the hand, our Paediatric Orthopaedic team took care of the bilateral club feet.



Both the legs had deep circumferential ring that needed release. Both the feet also needed correction. We operated as a team and planned release of the deep circumferential ring in one leg, when the orthopaedic team corrected the contralateral foot deformity. We repeated the same coordinated efforts for the limbs in the next stage. The child underwent separation of the joined short fingers recently.



This patient was well supported by Karur Vysya Bank trust. The parents are extremely satisfied with the results.



“There has been a remarkable transformation in the child's condition compared to how he was prior to these surgeries. He now walks well and is able to grasp objects with his hands and play effectively. We express our sincere gratitude to Ganga Hospital and KVB for this outcome.”

Did you know?

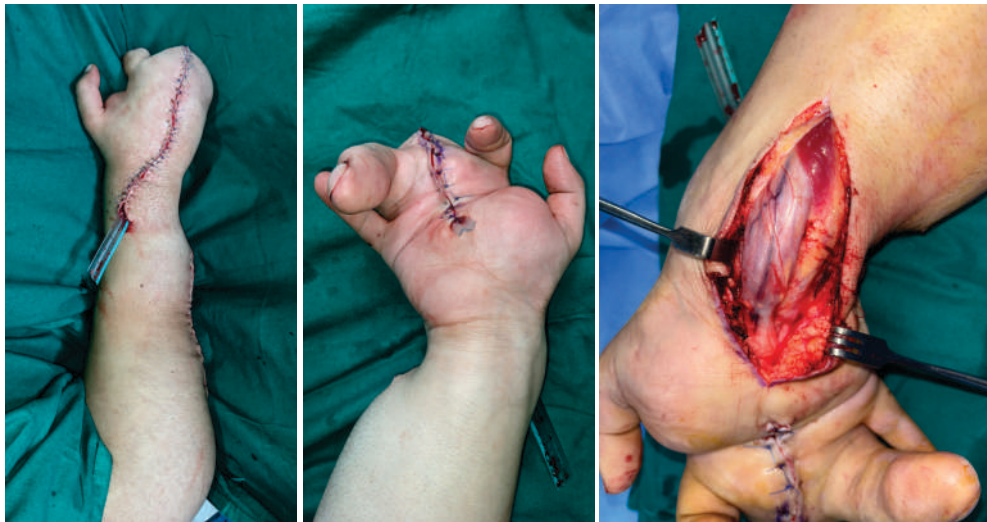
Macroductyly can Affect the Whole Limb

When the whole limb is gigantic it is called Hemihypertrophy (Flatt Type 4). The patient, a 27 years old gentleman, wanted to undergo removal of the enlarged stiff middle finger as it had become non-mobile with age, and was interfering with his daily activities. He has never had any functional impairment in his childhood and he could move his middle finger then. He used to wear custom tailored clothes and did not find that as an inconvenience.

However, recently he noticed that the middle finger was very stiff with no joint motion. He also thought of undergoing surgery for removal of the excess tissue when he heard about our hospital from a college friend.



The gentleman with right hemihypertrophy and an enlarged middle finger with arthritic and stiff joints



After removal of the middle finger and extensive debulking (1.56 kg of tissue removed). Carpal tunnel decompression was done as second stage of surgery. Note the enlarged median nerve.

Our research on the clinical manifestations of macrodactyly in children and adults was published in Journal of Hand Surgery (European Vol.).

Full Length Article



Clinical presentations of macrodactyly in adults vs. children: a descriptive analysis

S Raja Sabapathy  and Monusha Mohan 

Journal of Hand Surgery
 (European Volume)
 1-6
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“Presentation in childhood often results in multiple debulking stages or reconstructive attempts. In adults, surgery is often for improving function and usually single staged. Untreated, long-term progression of joint changes can lead to pain and disability. Recognition of these symptoms can guide treatment in older patients or prevent age-related changes in younger populations.”

Hand Vignettes

Thumbs Up!



Thumbs up is one of the simplest gestures we use, yet one of the most powerful. Its origin has been traced back to Ancient Rome. In gladiator arenas the crowd uses the gesture to say “Spare him”.

Some historians believe that thumbs up became popular after the World War II. On busy airfields, there was constant noise from the roaring engines and wind. Words were often useless. Pilots sat inside cockpits, unable to hear ground crew clearly. In that chaos, a simple gesture became vital.

Before takeoff, a ground crew member would look up, make eye contact, and raise a thumb



It meant: “All checks done. You’re ready.” The pilot would respond with the same gesture, “I understand. Let’s go.”

Gradually, the thumbs-up moved from airfields into everyday life—becoming a universal sign for “good,” “okay,” and “well done.” Today, whether in a classroom, hospital, or a child’s small victory, the gesture lives on.

Legends in Congenital Hand Surgery

ADRIAN E FLATT

USA / 1921-2017



Landmark Contributions

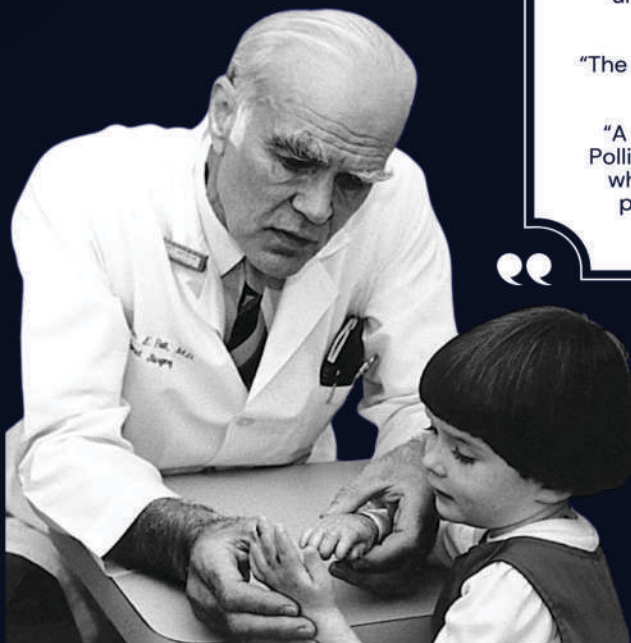
- First immigrant to be elected as the ASSH President
- JHS was founded in 1976 under his leadership
- Authored 200 publications and three books
- Authored 'The Care of Congenital Hand Anomalies'
- A great teacher - Receptient of the 'The Outstanding Teacher of the Year' Award 10 times at UT Southwestern Med School, Dallas
- The famous Hand Collection at Dallas

Quotes

"There is no such thing as a standard malformation, and one must always anticipate unexpected anomalies to influence the plan of care"

"The cleft hand is a functional triumph and a social disaster"

"A finger can never become a true thumb, and Pollicization is no miracle 'cure'. It is an operation which if properly done will provide significant prehension and greatly improved cosmetic appearance"



Help us heal Little Hands | Make a donation

It is difficult to imagine what the parents experience when they find out in the labour room that their newborn baby has a congenital limb defect. The family often feels devastated as their hopes fade. Most of the limb anomalies have a surgical solution that is aimed at making the hand to function in a better way.

Globally, congenital anomalies or birth defects affect 2-3% of births. In India, 1-3 out of 100 babies born are with birth defects. Though musculoskeletal anomalies are the most common defects seen, rarely we find major initiatives aimed at managing these defects. A lot of regional and international proposals are directed at treating and supporting children with congenital heart diseases and orofacial defects like cleft lip/palate. Though isolated congenital limb defects are not life threatening like the cardiac and craniofacial anomalies, they are disabling and lower the quality of life.

You can make a tax-deductible donation today and transform the lives of these kids by giving back their childhood.

To make a donation, please write to rajahand@gmail.com

At Ganga, we have a specialized team of doctors to provide comprehensive care to these children. One of the basic surgical principles of congenital hand surgery is to correct the deformities before the child attains school going age. Often these defects are bilateral and involve multiple fingers, necessitating staged surgical procedures. We have highly experienced Paediatric anesthesia staff to support the surgical team. The associated anomalies are taken care of by our Pediatric orthopedic, spine, maxillofacial and cardiac teams. Ancillary services like physiotherapy, nutrition and speech therapy are also available.



Stay Connected



To get updates about our services for children with hand disorders, to grab the future issues of the monthly bulletin and to know what the department of Plastic, Hand and Reconstructive Microsurgery and Burns offers scan the code.

To make Donations

Account Number : 1120115000010920
Account Name : Ganga Plastic Reconstructive & Microsurgery Trust
Bank Address : 577, Oppanakara Street, Coimbatore-641001
IFSC Code : KVBL0001120
Swift Code : KVBLINBBIND



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