

# VINCENT P. NOVAK, M.D.

Location: Summit Care Center

Specializing in Hand, Elbow, and Shoulder Surgery



The following links provide information on common hand, wrist, elbow, and shoulder problems:

## SHOULDER

### **Arthritis of the Shoulder**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00222>

### **Biceps Tendon Tear at the Shoulder**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00031>

### **Biceps Tendinitis of the Shoulder**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00026>

### **Broken Collarbone**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00072>

### **Chronic Shoulder Instability**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00529>

### **Common Shoulder Injuries**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00327>

### **Fracture of the Shoulder Blade (Scapula)**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00359>

### **Frozen Shoulder**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00071>

### **Rotator Cuff Tears**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00064>

### **Rotator Cuff Tears and Treatment Options**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00406>

### **Rotator Cuff Tears: Frequently Asked Questions**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00378>

### **Shoulder Dislocation**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00035>

### **Shoulder Impingement**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00032>

### **Shoulder Joint Replacement**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00094>

### **Shoulder Joint Tear (Glenoid Labrum Tear)**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00426>

### **Shoulder Pain**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00065>

### **Shoulder Separation (Acromioclavicular Joint)**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00033>

### **Shoulder Surgery**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00066>

### **Shoulder Trauma**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00394>

## ELBOW

### **Biceps Tendon Tear at the Elbow**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00376>

### **Cubital Tunnel Syndrome**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/Cubital.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/Cubital.PDF)

### **Dislocations of the Elbow**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00029>

### **Elbow (Olecranon) Bursitis**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00028>

### **Elbow (Olecranon) Fractures**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00503>

### **Fractures of the Elbow**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/Series%20III/ElbowFractures.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/Series%20III/ElbowFractures.PDF)

### **Fractures of the Elbow in Children**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00037>

### **Osteoarthritis of the Elbow**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00421>

### **Radial Head Fractures**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00073>

### **“Tennis Elbow” (Lateral Epicondylitis)**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00068>

### **Throwing Injuries in the Elbow**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00328>

### **Ulnar Nerve Entrapment**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00069>

## WRIST

### **Arthroscopy of the Wrist**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/wrist\\_arthroscopy.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/wrist_arthroscopy.PDF)

### **Fractures of the Wrist**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/wrist\\_fracture.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/wrist_fracture.PDF)

### **Ganglion Cysts**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/ganglion.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/ganglion.PDF)

### **Golfing Injuries**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/Series%20III/Golfing.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/Series%20III/Golfing.PDF)

### **Joint Replacement**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/Series%20III/JointReplace.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/Series%20III/JointReplace.PDF)

### **Kienbock’s Disease**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/Kienbock.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/Kienbock.PDF)

### **Scaphoid Fracture**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/scaphoid\\_fracture.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/scaphoid_fracture.PDF)

### **Scaphoid Fracture- Nonunion**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/Scaphoid.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/Scaphoid.PDF)

### **Sprains of the Wrist**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/Wristsprains.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/Wristsprains.PDF)

# HAND

## **Amputations**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/Amputation.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/Amputation.PDF)

## **Arthritis of the Hand**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/Arthritis\\_of\\_the\\_Hand.pdf](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/Arthritis_of_the_Hand.pdf)

## **Arthritis of the Thumb**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/thumb\\_arthritis.pdf](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/thumb_arthritis.pdf)

## **Bite Wounds**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/AnimalBite.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/AnimalBite.PDF)

## **Carpal Tunnel Syndrome**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/carpal\\_tunnel.pdf](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/carpal_tunnel.pdf)

## **Congenital Hand Differences**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/CongenitalHand.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/CongenitalHand.PDF)

## **De Quervain's Tendonitis**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/DeQervain\\_tendonitis.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/DeQervain_tendonitis.PDF)

## **Dupuytren's Disease**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/Dupuytren's.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/Dupuytren's.PDF)

## **Extensor Tendon Injuries**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/extensor\\_injuries.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/extensor_injuries.PDF)

## **Fingertip Injuries**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/Series%20III/Fingertip\\_Inj.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/Series%20III/Fingertip_Inj.PDF)

## **Flexor Tendon Injuries**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/flexor\\_injuries.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/flexor_injuries.PDF)

## **Fractures of the Hand**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/hand\\_fracture.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/hand_fracture.PDF)

## **Ganglion Cysts**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/ganglion.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/ganglion.PDF)

## **Hand Surgery: Anesthesia**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/HandSurgeryAnesthesia.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/HandSurgeryAnesthesia.PDF)

## **Hand Therapy**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/Series%20III/HandTherapy.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/Series%20III/HandTherapy.PDF)

## **Hands in Systemic Diseases**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/Series%20III/SystemicDiseases.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/Series%20III/SystemicDiseases.PDF)

## **Infections of the Hand**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/Infection.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/Infection.PDF)

## **Joint Replacement**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/Series%20III/JointReplace.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/Series%20III/JointReplace.PDF)

## **Metacarpophalangeal (MCP) Joint Arthritis**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/MetaJointArthritis.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/MetaJointArthritis.PDF)

## **Nail Bed Injuries**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/Nailbed.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/Nailbed.PDF)

## **Nerve Injuries**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/NerveInjury.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/NerveInjury.PDF)

## **Numbness & Tingling**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/Series%20III/Numbness.pdf](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/Series%20III/Numbness.pdf)

## HAND, continued...

### **Osteoarthritis of the Hand**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/osteo\\_arthritis.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/osteo_arthritis.PDF)

### **Power Saw Injuries**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/Series%20III/PowerSaw.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/Series%20III/PowerSaw.PDF)

### **Reflex Sympathetic Dystrophy**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/RSD.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/RSD.PDF)

### **Rheumatoid Arthritis of the Hand**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/rheumatoid\\_arthritisV2.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/rheumatoid_arthritisV2.PDF)

### **Stiffness of the Hand**

<http://www.assh.org/Public/HandConditions/Pages/StiffnessintheHand.aspx>

### **Thumb Sprains**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/thumb\\_sprains.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/thumb_sprains.PDF)

### **Trigger Finger**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/trigger\\_finger.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/trigger_finger.PDF)

### **Tumors of the Hand: “Lumps & Bumps”**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/Series%20III/HandTumors.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/Series%20III/HandTumors.PDF)

### **Why visit a hand surgeon ?**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/WhyHSurgeon.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/WhyHSurgeon.PDF)

## MISCELLANEOUS

### **Brachial Plexus Injury**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/BrachPlex.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/BrachPlex.PDF)

### **Broken Arm**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00078>

### **Burners and Stingers**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00027>

### **Erb’s Palsy (Brachial Plexus Birth Injury)**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00077>

### **Forearm Fractures in Children**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00039>

### **Gout and Pseudogout**

<http://www.assh.org/Public/HandConditions/Documents/Gout.pdf>

### **Tendon Transfer Surgery**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/tendontransfer.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/tendontransfer.PDF)

### **Thoracic Outlet Syndrome**

<http://orthoinfo.aaos.org/topic.cfm?topic=A00336>

### **Vascular Disorders of the Upper Extremity**

[http://www.handcare.org/Public/HandConditions/Documents/Web\\_Version\\_PDF/VascularDis.PDF](http://www.handcare.org/Public/HandConditions/Documents/Web_Version_PDF/VascularDis.PDF)