

# 2023 NEHS Annual Meeting Abstract Submission

COMPLETE

NEHS Vice President, Daniel Mastella, M.D., is currently accepting abstract submissions for presentation at our Annual Meeting on December 1, 2023.

This meeting will be held at the Sturbridge Host Hotel in Sturbridge, MA.

Therapists, NPs, and PAs are also encouraged to submit.

THE DEADLINE FOR SUBMISSION IS OCTOBER 15, 2023

RESIDENTS AND FELLOWS ONLY. Please indicate if you want your paper to be considered for the prestigious H.Kirk Watson, M.D. Founder's Award. The abstracts for award consideration will be presented in the morning and the award will be presented in the afternoon.

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## CREATED



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## IP ADDRESS



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## \* ABSTRACT TITLE

Functional Outcomes after Buddy Tape Immobilization in a Healthy Population

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## \* Contact Person Name

Jonathan Cui

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## \* Contact Person Phone Number

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**\* Name of who will present abstract at NEHS meeting on December 1, 2023 Please note that the same person cannot present more than one abstract at the meeting.**

Jonathan Cui

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## \* Please indicate if the presenter is:

Fellow

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**\* List full names of abstract authors Please note - one of the lead authors must be present at the meeting to answer questions about the paper.**

Jonathan Cui  
Max Modrak  
Neil Pathak  
Giscard Adeclat  
Rey Ramirez

**\* ABSTRACT - should include background information and a description of methods, programs, or practices.**

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Background:

Buddy taping is a simple, cheap, and common method of non-operative management for minimally displaced, extra-articular, and properly aligned fractures of the phalanges and even metacarpals. Unlike static splinting, buddy taping allows for a maintained range of motion during the period of fracture stabilization to minimize the risk of iatrogenic finger stiffness. This study aims to investigate the functional outcomes buddy tape immobilization has on activities of daily living.

Methods:

Healthy volunteers will complete a baseline typing assessment and Patient Reported Outcome Measurement Information System Upper Extremity (PROMIS-UE) functional assessment. The participants will then repeat the typing assessment and PROMIS-UE assessment while two of their fingers are buddy taped in all possible permutations (index to middle, middle to ring, ring to small) in both the dominant and non-dominant hand.

Statistics:

At least 30 healthy volunteers will be recruited to obtain a normally distributed dataset. Volunteers will act as their own control group. Differences in overall average typing speeds and PROMIS-UE scores will be evaluated via one-way ANOVA and differences between the control and individual taping configurations will be evaluated individually by two sample T-tests.

**Please attach files with diagrams and/or photos to support your abstract (10 MB limit)**

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**\* Please attach the abstract presenter's CV**

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