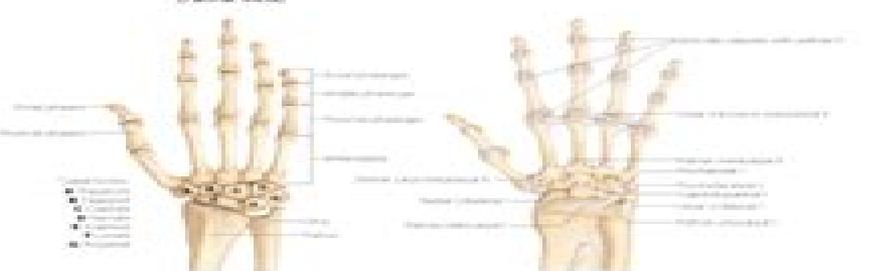
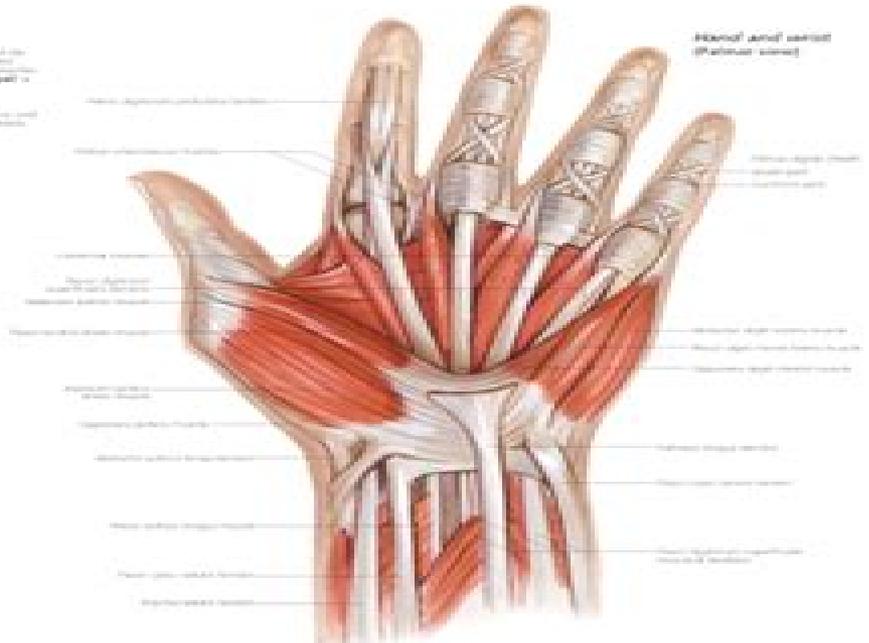




Understanding the Hand & Wrist

Anatomy of the hand and wrist

The hand is a complex structure, and the wrist is a complex joint. The hand is made up of the bones of the fingers, the bones of the palm, and the bones of the wrist. The wrist is a joint between the forearm and the hand. It is a complex joint, and it is made up of several bones and ligaments. The wrist is a joint between the forearm and the hand. It is a complex joint, and it is made up of several bones and ligaments.



Carpal tunnel syndrome

Carpal tunnel syndrome is an inflammatory condition affecting the median nerve and flexor tendons that pass through the carpal tunnel. This condition is caused by the narrowing of the carpal tunnel, which is the space between the carpal bones and the transverse carpal ligament. The narrowing of the carpal tunnel can be caused by various factors, including repetitive motion, trauma, and inflammation. Symptoms include pain, numbness, and tingling in the hand and wrist.

Activity distribution of median nerve

- Flexion
- Extension
- Pronation
- Supination
- Rotation
- Flexion



Fractures

Fractures are breaks or cracks in the bone. There are several types of fractures, and they can be classified into different categories. The most common types of fractures are Colles' and scaphoid fractures. Colles' fracture is a break in the distal radius with dorsal displacement. Scaphoid fracture is a break in the scaphoid bone. Both types of fractures can cause pain, swelling, and deformity. Treatment typically involves immobilization with a cast or splint.

Understanding Hand Wrist

Mark Steyvers



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