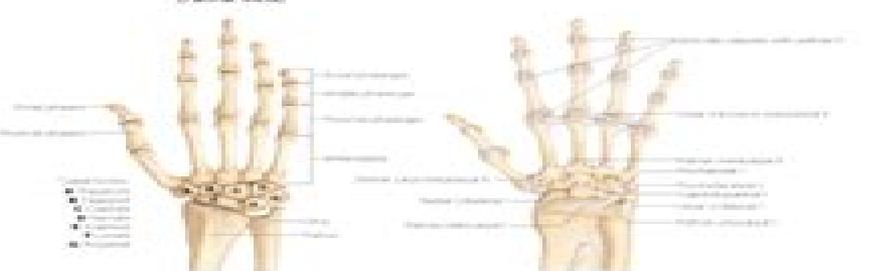
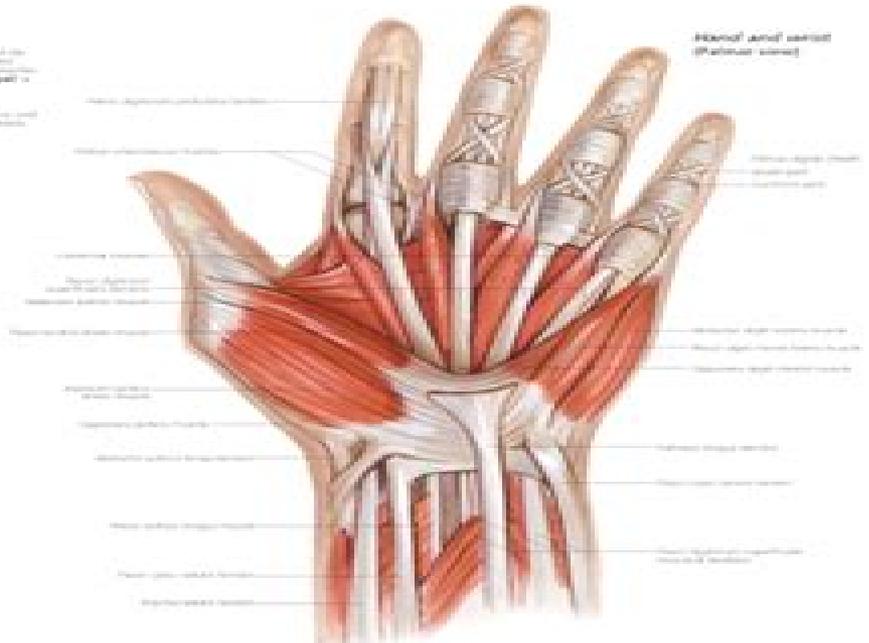




# Understanding the Hand & Wrist

## 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 complex joint, and it is made up of several bones and ligaments. The wrist 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 hand movements, trauma, and inflammation. The symptoms of carpal tunnel syndrome include pain, numbness, and tingling in the hand and wrist, and it can be treated with various methods, including surgery.

**Severity distribution of median nerve**

- Carpal tunnel syndrome
- De Quervain's tenosynovitis
- Trigger finger
- Dupuytren's contracture
- Raynaud's disease
- Systemic sclerosis
- Hemodialysis
- Pregnancy
- Prior distal radius and ulna fracture

**Fractures**

**Colles' fracture**

**Scaphoid fracture**

# Understanding Hand Wrist

**Mike Jess**



## **Understanding Hand Wrist:**

## **Understanding Hand Wrist** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the energy of words has be more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Understanding Hand Wrist**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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