The Wrist and Hand Joints

Applied Information
Intrinsic Muscles

- Thenar eminence
- Hypothenar eminence
Other Actions

- Opposition
- Reposition
Sesamoid Bone

- A small bone imbedded in a tendon.
- Provide a mechanical advantage
- Knee
- Flexor tendons of thumb and great toe
Exercises
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Injuries
Scaphoid Fracture

[Diagram of a hand showing a scaphoid bone fracture]

[Diagram of a wrist showing the scaphoid fracture and nearby structures like the radial artery]

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Scaphoid Fracture
Carpal Tunnel

- The “tunnel”
  - Carpal bones
  - Flexor retinaculum (transverse ligament)
  - Flexor tendons and median nerve
  - Repetition and overuse
  - Swelling and inflammation
1. Carpal Bones
2. Flexor retinaculum
3. Median Nerve
4. Flexor Tendons [except for Flex. Carpi U. and Palmaris L.]
Median Nerve

Figure 1

The Median Nerve
Numbness Caused By Carpal Tunnel Syndrome
Laboratory and Review Exercises

Web sites

Numbers 1, 3, and 8