

## Hand and Wrist

Included here are some images of the hand, hand injuries are a specialized field and require careful examination to determine causes.

One of the most common complaint is Carpal tunnel syndrome CTS

[http://en.wikipedia.org/wiki/Carpal\\_tunnel\\_syndrome](http://en.wikipedia.org/wiki/Carpal_tunnel_syndrome)

Like any other part of the body correct stretches , and careful observation of nerve compressions (carpal tunnel syndrome) is the most common, trigger points , and Hand /wrist strengthen exercises are of good use squeezing a tennis or soft ball, and hand wrist stretches.

in Gym exercises and the use of lifting weights Healys Health finds that the use of **WRIST STRAPS** to support the tendons and ligaments of the wrist in particular is a great **PREVENTAVE MEASURE** for wrist and hand overuse syndrome. remember that the hands and wrists , especially the wrists are the 'weak point' in most lifting exercises and 'wrist pain is common' and this can lead to inflamed bursars (the little sacks filled with synovial fluid that cushion in-between the muscle and ligaments) and carpal tunnel syndrome CTS through compression forces on the Median nerve passing through the wrist.

Graham Healy .





