

Hand Injuries and Disorders

No matter how old you are or what you do for a living, you are always using your hands. When there is something wrong with them, you may not be able to do your regular activities.



Hand problems include

Carpal tunnel syndrome - compression of a nerve as it goes through the wrist, often making your fingers feel numb

Injuries that result in fractures, ruptured ligaments and dislocations

Osteoarthritis - wear-and-tear arthritis, which can also cause deformity

Tendinitis - irritation of the tendons

Dupuytren's contracture - a hereditary thickening of the tough tissue that lies just below the skin of your palm

Trigger finger - an irritation of the sheath that surrounds the flexor tendons, sometimes causing the tendon to catch and release like a trigger

Text is public domain by MedlinePlus (www.medlineplus.gov) This handout, created by Healthy Roads Media (www.healthyroadsmedia.org), can be freely distributed under the Creative Commons Attribution-NonCommercial-NoDerivs License (<http://creativecommons.org/licenses/by-nc-nd/3.0/us>)

Last reviewed 2009