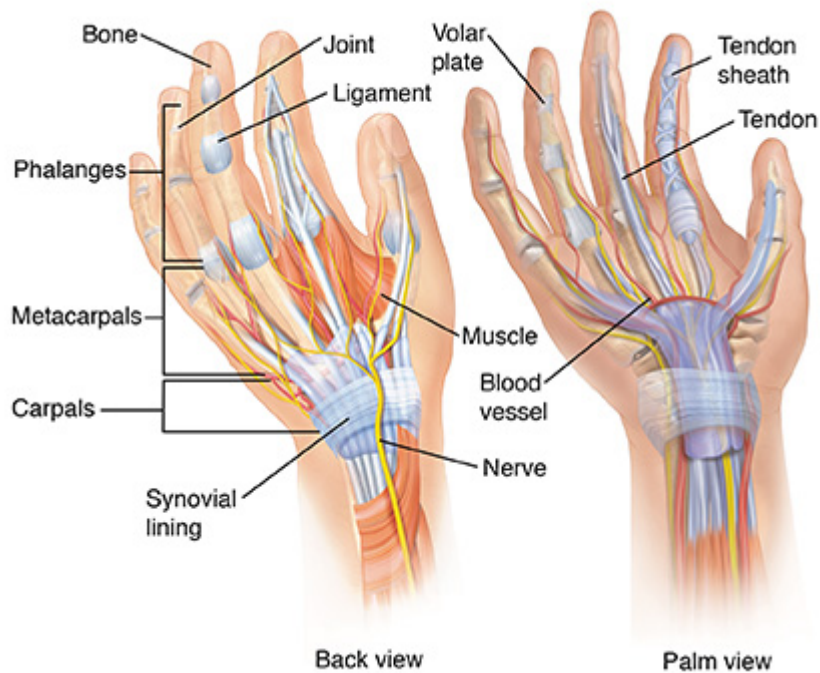


Parts of a Hand



Hands are made up of more bones and moving parts than most other areas of the body. When they're healthy, these parts all work together. They do a large number of tasks. Hands can make very delicate movements. They can also do tasks that need great strength.



- **Bones.** These are hard tissues that give your hand shape and stability.

- **Phalanges.** These are the finger bones.
- **Metacarpals.** These are the middle part of the hand bones.
- **Carpals.** These are the wrist bones.
- **Joints.** These are places where bones fit together, allowing movement.
- **Ligaments.** These are soft tissues that connect bone to bone and stabilize your joints.
- **Muscles.** These are soft tissues that tighten and relax to move your hand.
- **Synovial lining.** This makes the fluid inside your joints that helps make movement smooth.
- **Volar plates.** These are hard tissues that stabilize the joints, keeping fingers from bending backward.
- **Tendon sheaths.** These are fluid-filled tubes that surround, protect, and guide the tendons.
- **Tendons.** These are cord-like soft tissues that connect muscle to bone.
- **Blood vessels.** These carry blood to and from your hand.
- **Nerves.** These send and receive messages, allowing you to feel and direct movement.
- **Palmar fascia.** This is a firm layer of soft tissue that stabilizes the palm of your hand.

© 2000-2027 The StayWell Company, LLC. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions
This information is not intended as a substitute for professional medical care. Always follow your Healthcare professional's instructions. Copyright Krames LLC.