



Home → Health Topics → Hand Injuries and Disorders

URL of this page: <https://medlineplus.gov/handinjuriesanddisorders.html>

## 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 [<https://medlineplus.gov/carpaltunnelsyndrome.html>] - compression of a nerve as it goes through the wrist, often making your fingers feel numb
- Injuries that result in fractures [<https://medlineplus.gov/fractures.html>] (broken bones), ruptured ligaments and dislocations [<https://medlineplus.gov/dislocations.html>]
- Osteoarthritis [<https://medlineplus.gov/osteoarthritis.html>] - wear-and-tear arthritis, which can also cause deformity
- Tendinitis [<https://medlineplus.gov/tendinitis.html>] - irritation of the tendons
- Disorders and injuries of your fingers [<https://medlineplus.gov/fingerinjuriesanddisorders.html>] and thumb

## Start Here

- Overview of Hand Disorders [<https://www.merckmanuals.com/home/bone-joint-and-muscle-disorders/hand-disorders/overview-of-hand-disorders>] (Merck & Co., Inc.)  
Also in Spanish [<https://www.merckmanuals.com/es-us/hogar/trastornos-de-los-huesos-articulaciones-y-m%C3%BAsculos/trastornos-de-la-mano/introducci%C3%B3n-a-los-trastornos-de-la-mano>]

## Diagnosis and Tests

- Bone X-Ray [<https://www.radiologyinfo.org/en/info/bonerad>]  
 (American College of Radiology; Radiological Society of North America)  
Also in Spanish [<https://www.radiologyinfo.org/es/info/bonerad>]
- Hand/Wrist/Arm Problems [<https://familydoctor.org/symptom/handwristarm-problems/?adfree=true>]  
(American Academy of Family Physicians)  
Also in Spanish [<https://es.familydoctor.org/sintoma/problemas-de-la-mano-de-la-muneca-o-del-brazo/?adfree=true>]
- X-Ray Exam: Hand [<https://kidshealth.org/en/parents/xray-hand.html>] (Nemours Foundation)

## Treatments and Therapies

- Dislocation: First Aid [<https://www.mayoclinic.org/first-aid/first-aid-dislocation/basics/ART-20056693?p=1>]  
(Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/first-aid/first-aid-dislocation/basics/art-20056693?p=1>]
- Hand splint - series [[https://medlineplus.gov/ency/presentations/100142\\_1.htm](https://medlineplus.gov/ency/presentations/100142_1.htm)] (Medical Encyclopedia)  
Also in Spanish [[https://medlineplus.gov/spanish/ency/esp\\_presentations/100142\\_1.htm](https://medlineplus.gov/spanish/ency/esp_presentations/100142_1.htm)]

## Related Issues

- What Is a Hand Surgeon? [<https://www.orthoinfo.org/en/treatment/what-is-a-hand-surgeon/>]  
(American Academy of Orthopaedic Surgeons)

# Specifics

- Arthritis of the Hand [<https://orthoinfo.aaos.org/en/diseases--conditions/arthritis-of-the-hand/>] (American Academy of Orthopaedic Surgeons)
- Cold Hands [<https://www.mayoclinic.org/symptoms/cold-hands/basics/definition/SYM-20050648?p=1>] (Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/symptoms/cold-hands/basics/definition/sym-20050648?p=1>]
- Fingertip Injuries and Amputations [<https://www.orthoinfo.aaos.org/en/diseases--conditions/fingertip-injuries-and-amputations/>] (American Academy of Orthopaedic Surgeons)
- Hand Fractures [<https://orthoinfo.aaos.org/en/diseases--conditions/hand-fractures>] (American Academy of Orthopaedic Surgeons)
- Itchy Hands or Feet [<https://skinsight.com/disease-groups/itchy-hands-or-feet/?lmiw9cApl>] (VisualDX)
- Musician's Dystonia [<https://dystonia-foundation.org/what-is-dystonia/types-dystonia/musicians/>] (Dystonia Medical Research Foundation)
- Nerve Injuries in the Hand and Fingers [<https://www.orthoinfo.org/en/diseases--conditions/nerve-injuries/>] (American Academy of Orthopaedic Surgeons)

# Genetics

- Baller-Gerold syndrome: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/baller-gerold-syndrome>]  (National Library of Medicine)
- Duane-radial ray syndrome: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/duane-radial-ray-syndrome>]  (National Library of Medicine)
- Feingold syndrome: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/feingold-syndrome>]  (National Library of Medicine)
- Greig cephalopolysyndactyly syndrome: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/greig-cephalopolysyndactyly-syndrome>]  (National Library of Medicine)
- Hand-foot-genital syndrome: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/hand-foot-genital-syndrome>]  (National Library of Medicine)
- Holt-Oram syndrome: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/holt-oram-syndrome>]  (National Library of Medicine)
- Oral-facial-digital syndrome: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/oral-facial-digital-syndrome>]  (National Library of Medicine)
- Pallister-Hall syndrome: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/pallister-hall-syndrome>]  (National Library of Medicine)
- Poland syndrome: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/poland-syndrome>]  (National Library of Medicine)
- RAPADILINO syndrome: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/rapadilino-syndrome>]  (National Library of Medicine)
- Timothy syndrome: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/timothy-syndrome>]  (National Library of Medicine)
- Townes-Brocks Syndrome: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/townes-brocks-syndrome>]  (National Library of Medicine)

# Clinical Trials

- ClinicalTrials.gov: Hand Injuries [<https://clinicaltrials.gov/search?cond=%22Hand+Injuries%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

# Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Opioid Prescribing Patterns and Characteristics of Hand Injury Presentations to the... [<https://www.ncbi.nlm.nih.gov/pubmed/40626376>]
- Article: Trends in immobilization following fracture surgery of the wrist and hand... [<https://www.ncbi.nlm.nih.gov/pubmed/40560978>]
- Article: The relationship between pain and activity participation, quality of life and... [<https://www.ncbi.nlm.nih.gov/pubmed/40536063>]
- Hand Injuries and Disorders -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Hand+Injuries%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bdat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

## Find an Expert

- National Institute for Occupational Safety and Health [<https://www.cdc.gov/niosh/index.html>] Also in Spanish [<https://www.cdc.gov/spanish/niosh/>]
- National Institute of Arthritis and Musculoskeletal and Skin Diseases [<https://www.niams.nih.gov/>]  Also in Spanish [<https://www.niams.nih.gov/es/portal-en-espanol>]

## Patient Handouts

- Brachial plexopathy [<https://medlineplus.gov/ency/article/001418.htm>] (Medical Encyclopedia) Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001418.htm>]
- Claw hand [<https://medlineplus.gov/ency/article/003169.htm>] (Medical Encyclopedia) Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003169.htm>]
- Dupuytrens contracture [<https://medlineplus.gov/ency/article/001233.htm>] (Medical Encyclopedia) Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001233.htm>]
- Hand fracture - aftercare [<https://medlineplus.gov/ency/patientinstructions/000552.htm>] (Medical Encyclopedia) Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000552.htm>]
- Hand or foot spasms [<https://medlineplus.gov/ency/article/003194.htm>] (Medical Encyclopedia) Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003194.htm>]
- Hand x-ray [<https://medlineplus.gov/ency/article/003811.htm>] (Medical Encyclopedia) Also in Spanish [<https://medlineplus.gov/spanish/ency/article/003811.htm>]
- Radial nerve dysfunction [<https://medlineplus.gov/ency/article/000790.htm>] (Medical Encyclopedia) Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000790.htm>]
- Ulnar nerve dysfunction [<https://medlineplus.gov/ency/article/000789.htm>] (Medical Encyclopedia) Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000789.htm>]



## MEDICAL ENCYCLOPEDIA

[Brachial plexopathy](https://medlineplus.gov/ency/article/001418.htm) [https://medlineplus.gov/ency/article/001418.htm]

[Claw hand](https://medlineplus.gov/ency/article/003169.htm) [https://medlineplus.gov/ency/article/003169.htm]

[Dupuytrens contracture](https://medlineplus.gov/ency/article/001233.htm) [https://medlineplus.gov/ency/article/001233.htm]

[Extremity x-ray](https://medlineplus.gov/ency/article/003461.htm) [https://medlineplus.gov/ency/article/003461.htm]

[Hand fracture - aftercare](https://medlineplus.gov/ency/patientinstructions/000552.htm) [https://medlineplus.gov/ency/patientinstructions/000552.htm]

[Hand or foot spasms](https://medlineplus.gov/ency/article/003194.htm) [https://medlineplus.gov/ency/article/003194.htm]

[Hand splint - series](https://medlineplus.gov/ency/presentations/100142_1.htm) [https://medlineplus.gov/ency/presentations/100142\_1.htm]

[Hand x-ray](https://medlineplus.gov/ency/article/003811.htm) [https://medlineplus.gov/ency/article/003811.htm]

[Radial nerve dysfunction](https://medlineplus.gov/ency/article/000790.htm) [https://medlineplus.gov/ency/article/000790.htm]

[Single palmar crease](https://medlineplus.gov/ency/article/003290.htm) [https://medlineplus.gov/ency/article/003290.htm]

[Tremor](https://medlineplus.gov/ency/article/003192.htm) [https://medlineplus.gov/ency/article/003192.htm]

[Ulnar nerve dysfunction](https://medlineplus.gov/ency/article/000789.htm) [https://medlineplus.gov/ency/article/000789.htm]

[Volkmann contracture](https://medlineplus.gov/ency/article/001221.htm) [https://medlineplus.gov/ency/article/001221.htm]

## Related Health Topics

[Carpal Tunnel Syndrome](https://medlineplus.gov/carpaltunnelsyndrome.html) [https://medlineplus.gov/carpaltunnelsyndrome.html]

[Elbow Injuries and Disorders](https://medlineplus.gov/elbowinjuriesanddisorders.html) [https://medlineplus.gov/elbowinjuriesanddisorders.html]

[Finger Injuries and Disorders](https://medlineplus.gov/fingerinjuriesanddisorders.html) [https://medlineplus.gov/fingerinjuriesanddisorders.html]

[Raynaud Phenomenon](https://medlineplus.gov/raynaudphenomenon.html) [https://medlineplus.gov/raynaudphenomenon.html]

[Shoulder Injuries and Disorders](https://medlineplus.gov/shoulderinjuriesanddisorders.html) [https://medlineplus.gov/shoulderinjuriesanddisorders.html]

[Wrist Injuries and Disorders](https://medlineplus.gov/wristinjuriesanddisorders.html) [https://medlineplus.gov/wristinjuriesanddisorders.html]

## National Institutes of Health

The primary NIH organization for research on *Hand Injuries and Disorders* is the National Institute of Arthritis and Musculoskeletal and Skin Diseases [<http://www.niams.nih.gov/>]

## Other Languages

Find health information in languages other than English

[<https://medlineplus.gov/languages/handinjuriesanddisorders.html>] on *Hand Injuries and Disorders*

MedlinePlus links to health information from the National Institutes of Health and other federal government agencies.

MedlinePlus also links to health information from non-government Web sites. See our [disclaimer](#)

[<https://medlineplus.gov/disclaimers.html>] about external links and our [quality guidelines](#)

[<https://medlineplus.gov/criteria.html>].

The information on this site should not be used as a substitute for professional medical care or advice. Contact a health care provider if you have questions about your health.

[Learn how to cite this page](#)

National Library of Medicine 8600 Rockville Pike, Bethesda, MD 20894 U.S. Department of Health and Human Services National Institutes of Health

Last updated December 22, 2023