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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] (Medical Encyclopedia)
Also in Spanish [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.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+%5Bedat%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>]
- Dupuytren's 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>]

Claw hand [<https://medlineplus.gov/ency/article/003169.htm>]

Dupuytren's contracture [<https://medlineplus.gov/ency/article/001233.htm>]

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

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

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

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

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

Radial nerve dysfunction [<https://medlineplus.gov/ency/article/000790.htm>]

Single palmar crease [<https://medlineplus.gov/ency/article/003290.htm>]

Tremor [<https://medlineplus.gov/ency/article/003192.htm>]

Ulnar nerve dysfunction [<https://medlineplus.gov/ency/article/000789.htm>]

Volkman's contracture [<https://medlineplus.gov/ency/article/001221.htm>]

Related Health Topics

Carpal Tunnel Syndrome [<https://medlineplus.gov/carpaltunnelsyndrome.html>]

Elbow Injuries and Disorders [<https://medlineplus.gov/elbowinjuriesanddisorders.html>]

Finger Injuries and Disorders [<https://medlineplus.gov/fingerinjuriesanddisorders.html>]

Raynaud Phenomenon [<https://medlineplus.gov/raynaudphenomenon.html>]

Shoulder Injuries and Disorders [<https://medlineplus.gov/shoulderinjuriesanddisorders.html>]

Wrist Injuries and Disorders [<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*

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