

## Hands: Strategies for Strong, Pain-Free Hands



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## HANDS: STRATEGIES FOR STRONG, PAIN-FREE HANDS



Harvard Health Publications. Paperback. Book Condition: new. BRAND NEW, Hands: Strategies for Strong, Pain-Free Hands, Harvard Health Publications, Barry P. Simmons, Joanne P. Bosch, Beneath the skin, your hands are an intricate architecture of tendons, joints, ligaments, nerves, and bones. Each of these structures is vulnerable to damage from illness or injury. If your hands hurt, even simple tasks can become a painful ordeal. Arthritis can make it difficult to carry a shopping bag. Carpal tunnel syndrome can interfere with your work and hobbies. Hand or finger deformities can make basic self-care routines such as getting dressed difficult. This report describes the causes and treatments for many conditions that can cause hand pain, such as tendon injuries, ganglion cysts, and a disfiguring condition called Dupuytren's contracture. It also features information on hand exercises, as well as handy tools and other gadgets that take strain off your hands. The special bonus section describes recent advances in artificial joint replacement, which holds promise for easing the pain and loss of function for people with severe forms of hand arthritis.



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