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Chapter 1 : List of gestures - Wikipedia

The covered fist in a standing position of feet together is a perfect position to get into for a shoulder throw: your fist is cross-grabbing your opponent's other shoulder, the covering hand is securing the shoulder.

When the muscle fires, the attached tendon pulls its finger into a curled, flexed position into the palm. Usually, each finger joint can be controlled individually – you can bend the distal joint at the finger tip and the proximal joint in the middle of the finger separately. When all the finger flexor muscles and tendons pull together, you make a tight fist. Try this at home! One cool anatomy fact is that the flexor tendons that move the small, ring, and middle finger usually have a single, common muscle where they start from. You can see this if you try to bend these fingers individually, without moving the other fingers. Try it on your own hand without touching your other fingers! Finger Extension Terms like straighten out, point, stretch out, and spread out are used to describe extension of the fingers. Extensor tendons attach on the top, or back side of the fingers. As the extensor muscles fire, their tendons pull on the finger bones to straighten them out. The muscles that make the fingers extend are on the back side of your forearm. It moves in unique ways compared with the fingers. The thumb has two joints at the end and middle which flex and extend, just like the fingers. The next joint down, however, is highly specialized and allows several unique movements not possible in the fingers. This motion occurs at the carpometacarpal joint of the thumb, at the thumb base. This joint is commonly affected by arthritis. Abduction helps you get your hand around large objects, like a jar of peanut butter or a two liter bottle. This motion is created by the extensor pollicis longus tendon. Wrist Movements The wrist joint flexes and extends, but also radially and ulnarly deviates moves from side to side. You might use this motion when swinging a hammer. Forearm Movements The distal end of the forearm, where the radius and ulna bones meet, is held together by strong ligaments. The main motion in this location is pronation turning the hand palm-down, like when you type and supination turning the hand palm-up. Sometimes patients will have more pain with the extremes of supination versus pronation; one hurts worse than the other. One group of muscles controls flexion and pronation called the flexor-pronator group and another group controls extension and supination called the extensor-supinator group. Tennis elbow usually involves pain in the outside part of the elbow where the extensor-supinator group attaches. Hey, doc – I have pain on the ulnar side of my wrist when I pronate and supinate but not when I flex and extend. Not only does this tell me where the pain is, but leads even further to an accurate diagnosis because the specific movement that causes pain is described. Additionally, I might recommend one type of wrist splint over the other just based on which particular motion causes pain on the ulnar side of the wrist.

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Chapter 2 : Finger, Hand, and Wrist Problems, Noninjury | Cigna

The sign for "help" is made by closing your left hand into an "A." Place the outstretched palm of your right hand under the left "A" hand and raise both hands. Note: Some people do this sign by placing the right "A" hand on the left palm.

Single handed[edit] Okay sign A-ok or Okay , made by connecting the thumb and forefinger in a circle and holding the other fingers straight, usually signal the word okay. In USA this gesture is considered by some as "white power" hate symbol, though it is unclear whether it is used in this way. It is also an insult in parts of Europe, to imply the rudeness or arrogance of the recipient, often used when driving though thumb and index finger separated to infer "small male member". Abhayamudra is a Hindu mudra or gesture of reassurance and safety. In North America or Northern Europe a beckoning sign is made with the index finger sticking out of the clenched fist, palm facing the gesturer. The finger moves repeatedly towards the gesturer in a hook as to draw something nearer. It has the general meaning of "come here". Hand of benediction and blessing. The benediction gesture or benedictio Latina gesture is a raised right hand with the ring finger and little finger touching the palm, while the middle and index fingers remain raised. The fingers are kept straight and together, held horizontal or upwards, while the thumb points downwards. The fingers and thumb then snap together repeatedly to suggest a mouth talking. The gesture can be used to indicate that someone talks too much, gossips, is saying nothing of any consequence, or is boring. The crossed fingers represent this sign resembling an "X". Clenched fist is used as a gesture of defiance or solidarity. Facing the signer, it threatens physical violence i. The gesture dubbed the "Clinton thumb" after one of its most famous users, Bill Clinton , is used by politicians to provide emphasis in speeches. This gesture has the thumb leaning against the thumb-side portion of the index finger, which is part of a closed fist, or slightly projecting from the fist. An emphatic, it does not exhibit the anger of the clenched fist or pointing finger, and so is thought to be less threatening. Kennedy , who can be seen using it in many speeches and images from his political career. Cuckoo sign, touched or screw loose. In North America, making a circling motion of the index finger at the ear or temple signifies that the person "has a screw loose", i. It is made with the index and middle fingers spread by a person standing behind the one being insulted. The "symbolism has been forgotten but the insult remains" in modern culture as bunny ears. Can be used mockingly or to show superiority. Eyelid pull , where one forefinger is used to pull the lower eyelid further down, and signifies alertness The "fig sign" is an ancient gesture with many uses. In some areas of the world, the gesture is considered a good luck charm; in others including Indonesia, Japan, Korea, Russia, Serbia and Turkey among others , it is considered an obscene gesture. The precise origin of the gesture is unknown, but many historians speculate that it refers to a penis penetrating the female genitalia to which The Finger also refers. In ancient Greece , this gesture was a fertility and good luck charm designed to ward off evil. This usage has survived in Portugal and Brazil , where carved images of hands in this gesture are used in good luck talismans. If pointed to oneself with or without the "hammer falling" of the thumb indicating firing , it may indicate boredom or awkwardness in the sense of wanting to commit social suicide; when pointed to another, it is interpreted as a threat of violence, either genuine or in jest. Between friends, a finger gun can be a sign of acknowledgement similar to a head nod and hello. Finger heart is a hand gesture in which the subject has a palm up fist, raises their index finger and brings their thumb over it so as to form a small heart shape. It signals a similar gesture to that of the two-handed heart. It originates from South Korean culture and was used by athletes during the Pyeongchang Olympic Games [17]. Fist bump is similar to a handshake or high five which may be used as a symbol of respect. Fist pump is a celebratory gesture in which a closed fist is raised before the torso and subsequently drawn down in a vigorous, swift motion. Grey Wolf salute is a fist with the little finger and index finger raised, depicting head of a wolf. Hand Plateau is the extending of an open hand with an upturned palm to indicate an item or person. When swept horizontally it can signify an entire area. It is considered more polite than a pointed finger. High five is a celebratory ritual in which two people simultaneously raise one hand and then slap these hands

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together. Hitchhiking gestures including sticking one thumb upward, especially in North America, or pointing an index finger toward the road elsewhere to request a ride in an automobile. Horn sign is a hand gesture made by extending the index and little finger straight upward. It has a vulgar meaning in some Mediterranean Basin countries like Italy and is used in rock and roll, especially in heavy metal music. It is an informal expression of love. However, it is sometimes used after speaking of a plausible unfortunate event, so that it does not actually occur. Loser, made by extending the thumb and forefinger to resemble the shape of an L on the forehead is an insulting gesture. Mano pantea, which is a traditional way to ward off the evil eye, is made by raising the right hand with the palm out and folding the pinky and ring finger. An amulet was found in Pompeii. The thumb rubs repeatedly over the tip of the index finger and middle finger. This gesture resembles the act of rubbing coins or bills together and is generally used when speaking about money. The right arm is raised in a straight diagonal position forward with the palm open facing downward. Outstretched hand with palm up is a near-universal gesture for begging or requesting, extending beyond human cultures and into other primate species. See also Origin of language. Pointing with index finger may be used to indicate an item or person. Raised fist is mostly used by left wing activists to express phrases like "power to the people", "bring down the system", etc. Respect is a gesture made by extending the index, middle, and ring fingers of one hand at another person with the middle finger raised slightly higher than the index and ring fingers. It is used in restricted circle as a sign of respect and approval. In mathematics and physics, the right-hand rule is a common mnemonic for understanding orientation conventions for vectors in three dimensions. Used with either a curled hand and thumb sticking up, or with forefinger forward and middle finger to the side, it is used to mnemonically remember the vector orientations, primarily with respect to the Curl operation. The Ring is an Italian gesture used in conversation to delineate precise information, or emphasize a specific point. It is made similarly to the A-Ok sign, but the ring made by the thumb and forefinger is on top with the palm facing medially. The arm moves up and down at the elbow. If more emphasis is needed both hands will make the gesture simultaneously with the palms facing one another. It was adopted by the Italian Fascists and likely inspired the Hitler salute. Salute refers to a number of gestures used to display respect, especially among armed forces. Scout handshake is a left-handed handshake used as a greeting among members of various Scouting organizations. Shaka sign consists of extending the thumb and little finger upward. It is used as a gesture of friendship in Hawaii and surf culture. Shocker is a hand gesture with a sexual connotation. The ring finger and thumb are curled or bent down while the other fingers are extended. It suggests simultaneous vaginal and unexpected anal penetration, hence its name. It uses the same fingers as the hand of benediction, but is unrelated. The so-so gesture expresses neutral "so-so" sentiment or mild dissatisfaction "meh", or can describe an uncertain situation "maybe". The hand is held parallel to the ground face down and rocked slightly. The associated hand gesture consists of extending a palm toward the person insulted. Thumb and little finger outstretched, other fingers tight against palm. Thumb to ear and little finger to mouth as though they were a telephone receiver. The international Boy Scouts movement also uses a three-finger salute, but forms it by touching the thumb to the first joint of the little finger, which is curled down to touch the palm while the three remaining fingers index, middle, and ring fingers remain raised. The Boy Scout salute is made both by touching the forehead and then gliding the hand away from it, and by raising it in a hand of benediction gesture. The term "three-finger salute" is also applied in a joking way to the finger see description above and also to the Ctrl-Alt-Delete keyboard combination, pressed simultaneously, to initiate a restart of a personal computer or to display a dialogue box showing all applications and processes then running. Thumbs Up and Thumbs Down are common gestures of approval or disapproval made by extending the thumb upward or downward. Thumb up Tiny finger gesture is made with all fingers enclosed in the hand except the thumb and index fingers which are straight. Those two are put close to each other without touching. This is used to indicate a small amount of something or used when speaking indicate one is making a fine distinction when speaking. In the latter case, this is often accompanied by rotating the wrist back and forth slightly. Two-finger salute is a salute made using the middle and index fingers. V sign or Victory hand is made by raising the index

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and middle fingers and separating them to form a V, usually with the palm facing outwards. In the s, the hippie-movement began to use the V-sign to mean "peace", especially in the United States. It is also used in most coastal east Asian nations, in either orientation, as an indication of cuteness when being photographed. It is made with all fingers of the left hand pointing downward. Vulcan salute was used in the television program Star Trek. It consists of all fingers raised and parted between the ring and middle fingers with the thumb sticking out to the side. It was devised and popularized by Leonard Nimoy , who portrayed the half-Vulcan character Mr. Wanker gesture is made by curling the fingers into a loose fist and moving the hand up and down as though masturbating. The gesture has the same meaning as the British slang insult, "wanker", or might indicate a failure or waste in other countries. Waving Wave is a gesture in which the hand is raised and moved left and right, as a greeting or sign of departure.

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Chapter 3 : Anyone know about involuntary hand clenching?

Place one hand in front of your face, palm facing toward you. 2. Close your hand to a fist and drop in to your chin, closing your eyes. Curl your other hand into a fist with your thumb.

Many answers are correct - but in martial context can only apply to a greeting as might be done when entering or exiting the kwoon, or greeting Sifu. But in kata, these meanings do not apply at all. There are several ways to debunk the concept of greetings, et al, as used in kata or poomsae, and I suspect the same is true even in Chinese taolu kata. To start, it is necessary to understand what is the purpose for kata. If it is believed anything other than self-defense, then that means going back to sensei or sabumnim, in Korean styles, and asking for the correct answer. Some styles implement a bit of symbolism, but in classical Japanese and Okinawan kata, it is all about self-defense. For those reading this answer who are not in a classical Japanese or Korean style, perhaps your style might employ a bit of symbolism, such as in World Taekwondo WTF, whose new set of forms are all about presentation, and not at all about self-defense. What is covered fist salute? Next is to understand the traditional meaning of the hand-over-fist, which is a common etiquette form in China - but not in Korea or Japan. At one time in history, maybe it was commonly practiced in the latter two cultures. But by and large, this is relegated to Chinese culture. Hence, my earlier reference to kwoon dojo and Sifu sensei. But I can say that greetings now - and then when the forms were invented - are almost always by way of a bow, not by a covered fist. The Okinawans were adamant that in their forms, there is a always practical use for everything. Neither greetings nor symbolism of the sort are practical. There are no wasted movements at all. Everything performed is related to movement to support self-defense. The form itself may take on some symbolism, but never the movements within. As a corollary, there are two kinds of Karate: The "do" is the part about the way of life, and to this extent is probably where the myth of the greeting had been introduced. The "jitsu" part concerns itself with the science of fighting, and any sort of symbolism is patently dismissed. Note that the "jitsu" part came about long before the "do" part. Nevertheless, anyone practicing the "do" part of Karate can still live the life of Karate and even sit around their campfires ruminating about the symbolism of the covered fist, and still get in the practice for the actual applications they represent when they get back to the dojo. Korean history From a Taekwondo or any classical Korean style, like Tang Soo Do or Hwa Rang Do, etc perspective, the same applies as it does for Japanese styles, but there is more thought about why these styles use the covered fist, and here also, the same greetings myth is spread about. Its forms go back no further than, so, one might consider the mindset back in when the forms were being drawn up. Why would the Koreans implement such a movement that is not culturally relevant, at a time when they were desperately trying to re-Koreanize their culture when they became liberated from the Japanese? Why would they adopt any cultural influence from Japanese martial arts? The Koreans simply used what they borrowed from their Japanese style influences, and if any sort of greeting or existential symbolism was adopted into the Korean forms, it was because that was all they knew. If it was a deliberate decision to remove the practical aspects of covered fist and change the meaning to something like a greeting, then, besides copping out on technique, they will have short-changed self-defense instruction. As it is, such is left primarily undiscussed. Culturally confused greeting When we perform a kata, it seems well established that the student bows to the instructor, or to the judges, and then begins the kata. But why do so with another culturally-confused greeting? This makes sense to everyone? That is like greeting your boss every morning with "Good morning! That happens in the movies, but not in real life. There are millions of fights on YouTube alone, high school fights, gang fights, riots, CCTV prison fights, street fights, sibling fights, grannies duking it out over coupons in the express lane, kids duking it out over an ice cream cone, ad nauseum. Not a single one shows either combatant showing any sort of respectful courtesy before the pugilistic activity begins. Have I seen all said millions of videos? Maybe my not having seen an example of two otherwise angry combatants mutually respecting one another which makes this is a myth is a logical fallacy? We do not greet the snake, we do not thank the snake for its We do

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not throw up a symbol of war and peace at it. We leave the damned thing alone! Greetings, dialog, turning the other cheek, tact, diplomacy - all of that has failed. We now have to defend ourselves from great bodily harm. We do not bow to the enemy, nor do we issue a symbol of culturally-dependent meaning to our adversary. If so, we could justifiably replace it all with a "Yo, sup! Or maybe we cut it back a little, and use the less formal Chinese method of fist and rigid hand. And that means, women use the right hand to cover the left fist, right? Or did they tell you about that little detail? Because that IS the greeting protocol, yes? Men cover their right fist with the left hand; women do the opposite and cover left with right. They do this in formal settings when things are normal. Unless, of course, they are all at a funeral, at which, the protocol to greet is the same as if in anger when not at a funeral so men politely cover left with right, and women cover right with left Ok, Asian society has a lot of strange protocols. Question is, which one would the kata be following? Does your sensei allow you to change hands based on whether you are a man making a polite greeting, a woman making a polite greeting, a man saying "screw you", a woman saying "screw you", or either of you exhibiting a funeral rite? I suspect not the latter. Just going out on a limb here, but it seems reasonable to dismiss this case. And what about the facial expression: Why would you offer a polite greeting without smiling? Why would you give a neutral facial expression while telling someone to have sex with himself? Why would you remain silent while making a polite greeting, telling someone to kiss off, or expressing regret at the loss of their loved one? STILL think the covered fist has anything to do with greetings in kata? The numbers game Why, then, do so few kata have this greeting? About two use the "greeting", the numbers are not all that different in Karate styles. So now this begs the question: Weapons And what of the idea that the hands represent something that is weaponless? There is a clear contradiction in your forms. How many times have you been told to perform this technique or that technique in such a way so as not to let the opponent optimally see your incoming technique or weapon? In other words, why show you are weaponless, and then split seconds later do something to hide your weapons? Leo Tolstoy And what of the idea that the covered hand represents war and peace? In our kata, our goal is to dispatch our adversary. It might be by way of a throw, or a choke, or a vital area in the throat to kill. This idea that the greeting before the form begins having to do with war and peace seems contradictory with the actions about to be performed merely seconds away from said philosophical statement of Slavery And what of subservience? We are not indicating subservience to our adversary. Do we really need to go there? Conclusion The answer is, the covered fist that is reminiscent of greeting, gratitude, subservience, anger, or sympathy in China is not the same thing in our forms. Such requires a complex social setting context considerations which is not applicable to self-defense. Such is an easy mistake to make: The kata has to start somewhere. So we begin our bunkai by considering the posture we make when we begin the form. At that moment, we have been attacked. Our opponent is white, and we are black. White moves first, and has done so, and now it is our move. If you touch yourself in a form, that represents you touching your opponent. We have a right-handed fist, and the left hand is wrapping the fist; or the left hand is straight and rigid, as would be the two cases in a Chinese greeting. There is significant difference in bunkai; the covered fist means more tightly holding onto the opponent, whereas the straight hand could mean passive touch of the opponent. Either way, consider the differences and alternatives in your bunkai. Consider these alternatives in your bunkai as well. Attack from behind, move to the side Ever notice how sometimes we move left or right immediately after the covered fist "greeting"? In this case, we imagine we have had one or both hands grabbed from behind. Settle low bending knees, bend elbows; this allows us to move the grabbed hands to the front. With your left hand covering the fist means holding his grabbing hand onto yours: You turn to the side and Attack from behind, move to the front Sometimes, we can move to the front when grabbed from behind. Consider much of the scenario from application 1; this time, though, when we bring his hands in front of us, we can step to the side with the opposite foot we brought the hand around; then we step forward with what will be the inside leg, and that hopefully off-balances him which is useful, say, for a throw. There are a couple of variations here. With both hands lowered and unfisted, lift upwards, and catch his grab in the web of your right hand.

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Made by closing your left hand into an "A." Place the outstretched palm of your right hand under the left "A" hand and raise both hands. Note: Some people do this sign by placing the right "A" hand on the left palm.

December 22, at 5: Keep it off during the day to let the blood circulate. If you are sleeping on your side, you may be getting compression of the brachial plexus at the front of your shoulder. Give those things a try. I would also recommend that you get some muscle therapy hands-on treatment for all of the muscles of your forearm, the biceps in your upper arm and the pectoralis minor muscle in your chest. Let me know how you do. I enjoyed to read your post. So I should do exercises despite the pain and splinting? Some theory suggest to avoid activities that cause pain and swelling. Any feedback will be appreciated. How can I find more of your posts that relate to my problems? That should help you too. Look for the post on the comment section of the blog. The most painful episode happened a few days ago when he was playing basketball. It got so bad he could no longer grip the ball properly he had to leave the game. When we got home, we applied hot compress to the area. Not even sure if it did anything to decrease the pain. Two days ago, he went to a masseur and was relieved when he came home with his hand feeling better. But the pain was still there he admitted. And now, after 2 days from his massage, the pain is back to its usual strength. I guess we have to try icing it no more hot compress! The two tendons rub together in a common sheath and cause inflammation and pain. Movement of the thumb muscles increases the friction and heat increases the inflammation, so use ice several times a day and try to use the self-treatment techniques outlined, pressure on the outside bony side of the forearm, not on the tendon where it hurts. There is also a stretch where you enclose the thumb in the fist, rotate the hand thumb down, cock it toward the fleshy side of the arm and lift the fist toward the sky with your other hand. Hold for 2 seconds and repeat. Ice and stretch several times a day for a week. Alexia July 15, at 1: I want to heal. In the mornings it is the worst when any tiny movement of my thumb causes pain to shoot up my arm. I cannot extend or open up my hand completely because it hurts terribly on the thumb side of my wrist. Even the bone on the wrist seems to have gotten bigger. When I close my thumb in my wrist and cock it down the range of movement is minimal compared to if I do it with my other hand. Strangely the chiropractor told me we need to bring heat to help the healing and not ice. What are your views about the surgery? Can I heal without the surgery? Have you experienced someone healing without the surgery? Oh, I am wearing a splint but I must be honest it was on pretty tight the past 2 weeks and I was even sleeping with it under instruction from the Chiropractor! Appreciate any comments and advice. Christina Abbott July 16, at The muscles on the dorsal side of your forearm that work the thumb are tight and making the tendons that run together through the tendon sheath rub together causing heat and inflammation. The splint is ok temporarily, but compression slows the blood flow which prevents healing. Ice stops inflammation, heat increases it. What is important is blood, to bring healing and take away the heat. The one specific stretch I give for the thumb is most important. Inflammation causes damage to soft tissue, so get that under control. You can heal without the surgery if you are aggressive in treating the muscles. Let me know how you are progressing. Christina Jason November 25, at 3: RSI patients need treatment to get out of the hole, then your body can take over and the stretches will work. Wish you were closer so I could help! Marge Fiore December 22, at 1: I work as a writer, and use my hands constantly, so the recent bout of thumb pain was VERY disturbing! I am 53, and recently used my hands much harder than usual helped my stepson to remove an old roof and install a new one "grabbing shingles, shoveling, hammering", so I expected a little discomfort, but this was not going away. Your stretches, pressure application methods, and exercises have helped enormously! George August 25, at 9: Also on that side I find from time to time that it is sore, causing pain if sitting, leaning back and therefore putting pressure on my wrist. I will give your exercises a try, but am unsure about the ice. Christina Abbott September 17, at Try hot moist heat for just a few minutes. Avoid longer applications of heat because it can increase inflammation. Most important is to treat the affected muscles with sustained pressure at places where it hurts

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locally and especially where you feel referred pain. Holding pressure in the thumb web on the diagonal band of muscle helps this condition. The muscle that moves the index finger in toward your thumb needs to be treated. Working on the long thumb muscles in the underside of your forearm will also help. Ro March 1, at 4: My husband did one of the pressure moves that you suggested and almost instantly the pain is gone!

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Chapter 5 : Hand body language

Outstretched hand (with palm up) is a near-universal gesture for begging or requesting, extending beyond human cultures and into other primate species. This gesture can also be done with both hands to form a bowl.

The wrist is where the radius and the ulna the two bones of the lower arm meet at the hand. An area of cartilage between the radius and the ulna separates the radioulnar joint from the rest of the wrist, which is contained within a capsule of cartilage, synovial membrane, and ligaments. Radiocarpal ligaments carry the hand along with the forearm in rotational movements, and intercarpal ligaments strengthen the small wrist bones. From performing minor repetitive tasks like clicking a mouse to suddenly stopping the force of the body during a fall, the hands and wrists are susceptible to pain and injury at all stages in life. The carpal tunnel is an area where several tendons and nerves pass through the wrist. In carpal tunnel syndrome, a narrowing of this opening compresses the nerves and tendons. Another common problem is pain at the base of the thumb, usually later in life, from arthritis. This can be treated with splints, injections, and possible reconstructive surgery, if needed. Other common wrist problems include bone fractures, dislocations of the various component joints, and inflamed tendons and ligaments from overuse. Tips to avoid common hand injuries

Symptoms of hand, finger and wrist pain Pain in the fingers, hand, or wrist is usually caused by overuse, repetitive motion, or underlying conditions like arthritis or ganglion cysts. Hand, finger and wrist injuries such as fractures, dislocations, or torn ligaments are often caused by falls or blows during sports or work activities. Injuries can also occur during accidents or activities. Symptoms of hand, finger or wrist pain depend on the type of injury or condition, but commonly include pain during use, swelling, and difficulty moving the affected area. Treatment for hand, finger and wrist pain includes over-the-counter pain medication, rest, ice, and elevation. In more severe injuries, immobilization or surgery may be necessary. Be sure to talk to your pharmacist before purchasing anti-inflammatories as these medications may be contraindicated as they may interact with other medications and medical conditions. Common causes of hand, finger and wrist pain treated at MOS Arthritis

Arthritis is painful inflammation and stiffness of the joints, which can be caused by many types of degenerative joint conditions. There are over types of arthritis, including osteoarthritis, rheumatoid, gout, psoriatic, septic, post-traumatic, and lupus. Arthritis symptoms can include swelling, tenderness, sharp pain, stiffness, and sometimes fever and chills. Symptoms include pain, swelling, and difficulty with gripping or pinching motions such as turning a key or opening a jar. Treatment includes anti-inflammatory medicines, splinting the thumb, and corticosteroid injections. Surgery is also a treatment option for severe cases of basal joint arthritis.

Carpal tunnel syndrome Carpal tunnel syndrome is a painful condition caused by a pinched nerve in the wrist that leads to radiating pain, weakness, or numbness in the palm side of the hand, wrist or fingers. Treatment includes anti-inflammatory medicine, splinting the wrist, or corticosteroid injections. If symptoms do not improve with this treatment, surgery may be necessary to relieve the symptoms and restore functionality.

Finger or wrist dislocation Finger or wrist dislocation occurs when the bones in a joint are forced out of their natural position. Another common name for a dislocated finger is a finger jam. Sports activities or falls often cause finger or wrist dislocations. Symptoms include obvious deformity of the affected area, swelling, pain, and difficulty or inability to move the joint. Dislocations are serious injuries that require immediate medical attention. First aid treatment includes removing any rings or other jewelry, applying an ice pack, and elevating the area higher than your heart. In a ligament injury, the tissue can become overstretched, incur small tears, or tear completely. Symptoms of a ligament injury include swelling, pain, and a feeling of instability in the joint. A tendon injury, or strain, is damage that occurs to a tendon the connective tissue that connects a muscle to a bone and allows for flexible motion of the limbs. In a tendon injury, the tissue can become overstretched, develop micro-tears, or rupture. Symptoms of a tendon injury include inflammation, tenderness, and pain that gets worse during use of the affected area.

Fractures A fracture is a break in a bone. Broken bone symptoms include pain intensified when the area is moved or pressure is applied, swelling,

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bruising, and loss of function. Fractures may also cause the area around the bone to appear distorted or deformed, especially in open fractures where the bone protrudes from the skin. Falls or other accidental trauma from sports or car accidents can cause this type of fracture. Symptoms include pain, deformity, swelling, and inability to move the joint. Treatment includes immobilization in a splint or cast, pain medication, and in some cases, surgery. Scaphoid fractures are commonly caused by accidents in which the arms are thrust out to break the fall. Symptoms include swelling and pain that worsens when gripping an object. Treatment depends on where the fracture occurs on the scaphoid bone. If the injury occurs closer to the thumb, immobilization will likely be the best course of treatment. However, if the break is closer to the arm bone, surgery may be necessary, since the lower portion of the bone does not have a good blood supply.

Ganglion cysts Ganglion cysts are fluid-filled, benign tumors cysts that develop on the outside of a joint or tendon. These cysts develop under the skin as small sacs filled with a clear, jelly-like substance that may feel spongy or firm to the touch, depending on size. Symptoms include a hard lump at the base of the ring and pinky fingers, a fibrous cord across the palm, and difficulty bending the fingers or flattening the hand. Treatment includes physical therapy, immobilization, or corticosteroid injections, as well as procedures to separate the cord in the palm needle aponeurotomy or surgery.

Nerve injury A nerve injury can occur when the finger, hand, or wrist is cut, overstretched, crushed, or burned. Motor vehicle accidents, work injuries, and falls are common causes of nerve injury. Symptoms include numbness and difficulty moving the affected area. Treatment depends on the severity of the injury, and may include rest, immobilization, physical therapy, and in some cases, surgery.

Tendonitis is caused by overuse repetitive motion or sudden injury. Tendonitis symptoms include pain in the tendon area, and sometimes loss of motion. Symptoms include pain, swelling, and difficulty gripping with the hand. Treatment includes rest, ice, compression, and anti-inflammatory medication. In some cases, corticosteroid injections or surgery may be advised.

Trigger finger Trigger finger is a condition in which the tendons in the forefinger or thumb catch or become stuck in a bent position. Symptoms include pain, a popping sensation when using the affected finger s , and stiffness. Treatment includes immobilization, anti-inflammatory medication, restricting the activities that caused the repetitive stress, and in some cases corticosteroid injections. Surgery may be necessary in serious or debilitating cases. Symptoms include pain, stiffness, swelling, and restricted range of motion of the wrist joint. No cure is currently known for this rare disorder. Symptoms include pain, tenderness, swelling, and inability to move the finger joint. Treatment for mallet finger includes ice, immobilization with a splint, and anti-inflammatory pain medication. In severe tears, surgery may be necessary. Symptoms include spasms or cramps, and pain that becomes more severe with continued use. Treatment includes rest, behavioral retraining therapy, or injections of medication. Treatment includes rest, alternating heat and ice, and anti-inflammatory medication.

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Chapter 6 : Lesson 2 - asl for teens

My hands just naturally seem to go into a clenched, tense fist position, sometimes with my thumbs tucked in under my other fingers while I'm just hanging out, watching TV, a passenger in the car, etc.

The give us enormous capability as an evolved species in how we handle our environment. Reading palms is not just about the lines on your hand. After the face, hands probably the richest source of body language. A hand signal may be small, perhaps betraying subconscious thinking. It may also be exaggerated or done with both hands to emphasize the point. Holding Cupped hands form a container which can hold gently. Gripping hands can hold tightly. Hands can hold both individually or together giving an exaggerated effect. Cupped hands can symbolize delicacy or hold a fragile idea. They may also be used for giving. Gripping can show possessiveness, ownership and desire the tighter the fist, the stronger the feeling. Hands may also hold the self, such as when people hold their own hands, typically for comfort. Wringing the hands indicates more extreme nervousness. Holding the self can also be an act of restraint. This can be to let the other person talk. It can also be used when the person is angry, effectively stopping them from attacking. The tightness of a holding group indicates the degree of tension the person feels. Folded arms can be relaxed, but if the hands hold the opposite arm it becomes more restraining. Holding hands behind the back opens the front and can show confidence. It may also conceal hands that display tension. When one hand holds the other arm, the higher the hold and tighter the grip, the greater the tension. The two hands can show different desires, for example with one forming a fist and the other holding it back, restraining the desire to punch the other person. Note also that people who are lying often try to control their hands, and when they are kept still often holding one another , you might get suspicious. Another sign can be holding them behind the back. As ever, these are only possible indicators and you should also look for similar signs. Hands may also be used to hold items such as pens or cups, which may be used as comfort objects, for example where a person hugs a cup the cup represents the person, so they are effectively hugging themselves. Holding an item with two hands effectively creates a closed position. Holding imaginary objects as they are talked about can show importance. Things which are important and perhaps with fear of loss are held close and tight. Things which are not wanted are held further away or even tossed away. Even ideas may be held. The bigger and more important the idea, the wider the arms are held. A common size is as if they are holding a basketball -- this is useful as you can give it to other people. A wide-armed hold may indicate the whole world or something massive. Items may also be for distracting activity that releases nervous energy, such as fiddling with a pen, clicking it on and off, or doodling with it. When hands are clenched together in front of the person, perhaps in a relaxed way, the thumbs moving upwards can indicate pleasure at a nice surprise. Control A hand with palm down may figuratively hold or restrain the other person. This also appears in the dominant hand-on-top handshake. Do not come any closer! Greeting Hands are often used in greetings. The most common form of greeting is shaking hands, of which there are many different forms. Opening the palm shows that there is no concealed weapon. This is significant in greeting, salutes, waves etc. This is one of the few times we are allowed to touch the other person and it may get used to send various signals. Affection is shown with speed and duration of shake, touching with the other hand and enthusiastic smiles. The similarity between dominant and affection handshakes leads to tricky situations where a dominant person pretends to be friendly. Submission is shown with a floppy hand, palm up and which is sometimes clammy and with a quick withdrawal. Most handshakes use vertical palms to show equality, are firm without being crushing and for a very exact period so both know when to let go. Waving is also used for a greeting and may be done at a distance. Salutes are sometimes used, but mostly only in the military, where their style is strictly prescribed. Shaping Hands can carve the air, shaping what the person is talking about or meaning. They can thus create visual metaphors out of literally nothing. A man talking may shape a fish he caught. He might also carve out the shape of his ideal woman. Other gestures can shape more crudely, indicating holding and moving sexually significant body parts. Cutting The side of a flat hand can

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appear as a knife, cutting the air like a karate chop. The cutting hand may strike the other palm, creating visual and aural impact. A side-swiped cut with palm down tells others to stop what they are doing, for example when a person on stage asks the audience to stop clapping so they can speak. Cuts can signal aggression, particularly when coupled with an aggressive face. They may also indicate decisiveness, chopping with each point. Striking The hand can strike openly, with the palm or closed as a fist. The fist can strike forwards, sideways or downwards. One hand is often used for symbols as two hands as fists can be an invitation to fight two hands held inwards can also indicate extreme tension. Fist shapes and movements are often symbols of inner aggression. When moved towards a person, even a small amount, they signal aggression towards that person. A shaking fist signifies a strong desire to strike someone. Punching the air indicates triumphal excitement. Covering Hands can hide things. When people do not want to hear something, they put hands to ears. When they do not want to look, they cover their eyes. When they want to say something but feel restrained, they put their hands to their mouth. A hand may also cover a rudely open mouth, which may be opened in such as surprise or a yawn. Hands covering the mouth when speaking may be an indicator of lying, although it may also just indicate uncertainty. Hands at the mouth can also cover the neck, where blushing, swallowing and tension may be seen. This move also controls the hands, preventing them from offering other clues which is why you often see card gamblers using this pose. Hands can cover other things. A hand to heart may seek to protect it from shocking harm. A hand to the groin may protect from dangerous attack. Hands can also cover one another. Sometimes a tense fist may be covered by the other hand. Giving Outstretched palms may offer something to another person. Held with palms faced towards one another they might hold something large. Held upwards they openly proffer an idea. They may also show that nothing is being concealed, giving what I have, which is nothing. A single offered hand is the start of the handshake. Asking Palms offered upwards are a common plea gesture, as if asking for alms. Palms downwards may ask a person to calm down. Palms up or at 45 degrees and then pulled towards the body seeks to bring others closer to you in an attenuated beckoning gesture. Hands with palms pressed together indicate a more anxious pleading. With fingers pointing down, this may be more concealed or a less anxious desire for agreement. A variant of this is to have fingers interleaved, but otherwise making the same shape and movement. Rubbing Rubbing the hands together can mean that the person is cold. It also means the person is feeling particularly gleeful about something. This can be a shared benefit and be used in a conspiratorial way. When they do this less obviously and more slowly, they might thinking that they are going to benefit at the expense of someone else. Watch also for small smiles and defocused eyes as they imagine a rosy future at least for them. Massaging hands together, especially when the hands are quite tense, is usually an indicator of stress or anxiety. Rubbing the face and particularly the chin can indicate thinking, evaluating and deciding. When a part of the body is sore, the person may rub it.

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Chapter 7 : bowing - What does the closed fist covered by open hand signify? - Martial Arts Stack Exchange

Press into the gap. Using the thumb of your free hand, press into the gap created by the inner bend of the second knuckles. This test can help you determine how tight your fist currently is.

Symptoms of infection may include: Increased pain, swelling, warmth, or redness in or around the area. Red streaks leading from the area. Pus draining from the area. Pain in adults and older children Severe pain 8 to Moderate pain 5 to 7: The pain is bad enough to disrupt your normal activities and your sleep, but you can tolerate it for hours or days. Mild pain 1 to 4: You notice the pain, but it is not bad enough to disrupt your sleep or activities. When an area turns blue, very pale, or cold, it can mean that there has been a sudden change in the blood supply to the area. This can be serious. There are other reasons for color and temperature changes. Bruises often look blue. A limb may turn blue or pale if you leave it in one position for too long, but its normal color returns after you move it. What you are looking for is a change in how the area looks it turns blue or pale and feels it becomes cold to the touch , and this change does not go away. Pain in children under 3 years It can be hard to tell how much pain a baby or toddler is in. Severe pain 8 to The pain is so bad that the baby cannot sleep, cannot get comfortable, and cries constantly no matter what you do. The baby may kick, make fists, or grimace. The baby is very fussy, clings to you a lot, and may have trouble sleeping but responds when you try to comfort him or her. The baby is a little fussy and clings to you a little but responds when you try to comfort him or her. Pain in children 3 years and older Severe pain 8 to No one can tolerate severe pain for more than a few hours. The child notices and may complain of the pain, but it is not bad enough to disrupt his or her sleep or activities. Some examples in adults are: Long-term alcohol and drug problems. Steroid medicines, which may be used to treat a variety of conditions. Chemotherapy and radiation therapy for cancer. Other medicines used to treat autoimmune disease. Medicines taken after organ transplant. Not having a spleen. Seek Care Today Based on your answers, you may need care soon. The problem probably will not get better without medical care. Call your doctor today to discuss the symptoms and arrange for care. If it is evening, watch the symptoms and seek care in the morning. If the symptoms get worse, seek care sooner. The problem is likely to get worse without medical care. Call your doctor now to discuss the symptoms and arrange for care. You do not need to call an ambulance unless: You cannot travel safely either by driving yourself or by having someone else drive you. You are in an area where heavy traffic or other problems may slow you down. Make an Appointment Based on your answers, the problem may not improve without medical care. Make an appointment to see your doctor in the next 1 to 2 weeks. If appropriate, try home treatment while you are waiting for the appointment. If symptoms get worse or you have any concerns, call your doctor. You may need care sooner.

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Chapter 8 : Clenched hands/fist problem | ProHealth Fibromyalgia, ME/CFS and Lyme Disease Forums

when I try to make a fist or grab something the middle finger bone in the hand that extends from the wrist to the middle finger knuckle moves as it is out of place, moves to the left when I close the h .

Mine Home To sign "home" form a smashed "o" with your fingertips at the corner of your mouth, then move your hand up towards your ear. House To sign "house" with flat hands touch your fingertips together in front of you like a roof top then separate your hands in a diagonal motion. Live To sign "live" form both of your hands in to "thumbs up" hands, starting at your lower torso raise your hand up simulatinously towards your shoulders. City To sign "city" repeat the sign for "house" many times over in different areas of your torso think of many rooftops forming a city. Have To sign "have" bend both of your hand and bring them in towards your body near your upper torso. Good To sign "good" place one of your hands palm up in front of you and your other hand flat on your chin. Then bring your hand down from your chin and place it palm up on the hand that is in front of you. So-so To sign "so-so" out stretch one hand in front of you and use your wrist to teeter your hand back and forth. Bad To sign "good" place one of your hands palm up in front of you and your other hand flat on your chin. Big To sign "big" use your thumb and index finger on both of your hand, start with both hands in front of you and then move them apart as if what you are holding is growing. Small To sign "small" use one hand with your index an dthumb out stretched, then move your fingers together as f what you are holding is shrinking. Friend To sign "friend" take your index fingers from each hand and cross them together, then flip so that your hand that was on bottom is now on top. Play To sign "play" form "y" hand shapes with both hands and move both of your hands back and forth. Give To sign "give" hold out a hand so that all of your finger pads touch each other and motion from yourself to the space in front of you. Look To sign "look" place your index and middle fingers below one of your eyes then motion away from yourself. See To sign "see" place your middle finger under one eye and index finger under your other eye then as you motion away from yourself flip your hand so that your palm faces away from you as well. Middle To sign "middle" place a hand palm up in front of you and then with your other hand do a scooping circle motion before placing your finger tips down on your flat hand. Most To sign "most" form two fists, keep one fist still while you move the other fist upwards past the other, coming close but not touching. A-Lot To sign "a lot" place both of your hands in front of you and then pull them farther apart so that you motion to a vast space in front of you. Color To sign "color" extend four fingers on one hand near your chin and wiggle them around. White To sign "white" start with an open hand near your chest, as you move your hnad outwards from your body close your fingers together. Black To sign "black" use one index finger and drag the tip of your finger across both of your eyebrows. Red To sign "red" place an extended index finger near your mouth and then curl in your finger as if pulling down wards. Green To sign "green" form a letter "g" hand shape and then use a movement from your wrist to move the letter up and down. Blue To sign "blue" form a letter "b" hand shape and then use a motion at the wrist to twist the letter back and forth. This sign can be done at any angle outwards in front of your body. Brown To sign "brown" form a letter "b" hand shape then place your index finger on the side of your face and move the letter down your jawline. Yellow To sign "yellow" form a letter "y" hand shape and use a wrist motion to move the letter back and forth. Instead of using an "index finger" or "R" handshape, what you do is use a palm-back "K" handshape and drag the tip of the middle finger down across the lips twice. Orange The sign for "orange," both the fruit and the color, is made by forming the letter "c" and then "s. Proudly powered by Weebly.

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Chapter 9 : ASL-to-English Dictionary

I can feel a bump/pop in the base of my palm when I try to make a fist. I can do it, but I have to squeeze hard and it hurts very bad. If I accidentally fall asleep without my wrist brace, I won't even be able to close my hand at all when I wake up.

Morgan strikes a punching bag that was used by Morgan and university biology Professor David Carrier in a study that suggests human hands evolved for fighting with fists, not just for the manual dexterity needed to use tools, play musical instruments and paint artworks. Siegel, University of Utah Phys. Compared with apes, humans have shorter palms and fingers and longer, stronger, flexible thumbs – features that have been long thought to have evolved so our ancestors had the manual dexterity to make and use tools. As our ancestors evolved, "an individual who could strike with a clenched fist could hit harder without injuring themselves, so they were better able to fight for mates and thus more likely to reproduce," he says. Fights also were for food, water, land and shelter to support a family, and "over pride, reputation and for revenge," he adds. So Carrier and study co-author Michael H. Morgan – a University of Utah medical student – conducted their study to identify any performance advantages a human fist may provide during fighting. The research was funded by the National Science Foundation. Compared with a chimpanzee hand, at left, the human hand, at right, has shorter fingers and palms and a longer, stronger more flexible thumb. That not only allows fine manipulation of tools and other objects, but allows humans to make a clenched fist, which apes cannot. A new University of Utah study argues that human hands evolved not only for manual dexterity, but for fighting. Denise Morgan for the University of Utah Three Experiments and the Findings The first experiment tested the hypothesis that humans can hit harder with a fist. So, Carrier and Morgan had 10 male students and nonstudents – ages 22 to 50 and all of them with boxing or martial arts experience – hit a punching bag as hard as they could. Each subject delivered 18 hits, or three of each for six kinds of hits: The bag was instrumented to allow calculation of the force of the punches and slaps. However, a fist delivers the same force with one-third of the surface area as the palm and fingers, and 60 percent of the surface area of the palm alone. So the peak stress delivered to the punching bag – the force per area – was 1. The second and third experiments – which each also involved 10 male subjects – tested the hypothesis that a fist provides buttressing to protect the hand during punching. To do that, the researchers measured the stiffness of the knuckle joint of the first finger, and how force is transferred from the fingers to the thumb. Both measurements were made with normal, buttressed fists or when partial fists were not buttressed. These three views of a clenched human fist show how we buttress the fist to reduce the chance of hand injury when punching. The four fingertip pads touch the pads at the top of the palm, and the thumb wraps in front of the second, third and part of the fourth finger, which are locked in place by the palm at the base of the thumb. A new University of Utah study showed how a fist punch provides a performance advantage compared with an open hand slap, suggesting human hands evolved for fighting as well as for manual dexterity. Denise Morgan for the University of Utah Humans buttress – strengthen and stabilize – fists in two ways that apes cannot: The pads of the four fingertips touch the pads at the top of the palm closest to the fingers. And the thumb wraps in front of the index and middle fingers, and to some extent the ring finger, and those fingers are locked in place by the palm at the base of the thumb. Researchers measured the force and also how much the index finger flexed. Force transfer from fingers to the thumb also was measured, but in this case the subjects got in a one-handed pushup position, with their knuckles pushing down on a block placed on a different force transducer. The second and third experiments found that buttressing provided by the human fist increased the stiffness of the knuckle joint fourfold or reduced flexing fourfold, and also doubled the ability of the fingers to transmit punching force, mainly due to the force transferred from the fingers to the thumb when the fist is clenched. Carrier notes that besides dexterity and aggression, a third theory to explain the proportions of human hands also may be true: Natural selection for walking and running among human ancestors led to shorter toes and a longer big toe – and the responsible

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genes also led to shorter fingers and longer thumbs. An alternative possible explanation is that we stood up on two legs and evolved these hand proportions to beat each other. But, he adds, "there is only one way you can have a buttressed, clenched fist: The difference between the sexes is mainly in the upper body and the arms, and especially the hands," Carrier says. Ultimately, the evolutionary significance of the human hand may lie in its remarkable ability to serve two seemingly incompatible but intrinsically human functions.