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A hand is a prehensile multi-fingered appendage located at the end of the forearm or forelimb of primates such as humans, chimpanzees, monkeys, and lemurs. Dec 24, 2025. Hand: grasping organ at the end of the forelimb of certain vertebrates that exhibits great mobility and flexibility in the digits and in the whole organ.

It is made up of the wrist joint, the carpal bones, the metacarpal bones, and the phalanges. Learn more about the hand in this article: Anatomy of the Hand. The hand is composed of many different bones, muscles, and ligaments that allow for a large amount of movement and dexterity.

There are three major types of bones in the hand itself: Phalanges. These 14 bones are found in the fingers of each hand and also in the toes of each foot. Each finger has three phalanges: the distal, middle, and proximal.

The thumb only has two. Sep 29, 2025. Comprehensive guide to hand anatomy covering bones, joints, muscles, nerves, blood supply, biomechanics, and clinical relevance. The meaning of HAND is the terminal part of the vertebrate forelimb when modified as in humans as a grasping organ, the body part at the end of the arm of a human, ape, or monkey. To understand conditions affecting the hand, wrist, and forearm, an understanding of hand anatomy is required.

The hand and associated anatomical structures are made up of bones, joints, muscles, tendons, ligaments, nerves, and blood vessels. Each of your hands has three types of bones: phalanges in your fingers, metacarpals in your mid-hand, and carpals in your wrist. Jun 12, 2023. What are the hand and wrist? Your hand and wrist are complex parts of your body that let you touch and control objects.

To give the ball directly to a teammate as in football. Often used with off. b. To carry, strike, or propel the ball with the hand or arm in violation of the rules in soccer. HAND meaning 1.

the part of the body at the end of the arm that is used for holding, moving, touching, and. Learn more.

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