

# HAND AND WRIST

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The hand and wrist work in concert to interact with the environment in which they are placed. The index finger works against the thumb for pinch grip; the thumb can press against the side of the flexed index finger for a key-pinch grip; the tips of the thumb, index and middle fingers provide a tripod pinch; all fingers curl for hook grip while the little and ring fingers provide the most power when making a fist. A mobile and stable wrist is required to optimise hand function through maximising range of movement and strength. HAND AND WRIST

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