

Orthopaedic Connection

Let's Move Down Into the Arm

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I told you already that I feel it is best for learning and remembering to try to connect things together as much as possible. Since I want to make you the brightest people around about Orthopaedic things, I want to make it as easy for you as I can. How's that for a good teacher?

Last week I felt it was time to expose you to how the patient, nature's healing and the physician (me) interconnect. Therefore the 1/3 rule. It applies to almost everything I do in my work. Having covered that I'd like to move on to what my patients call "the arm". Doctors call it the upper extremity. Technically the arm is between the shoulder and elbow. Then you have the forearm, wrist and hand.

We will spend this section of the course you are taking on the upper extremity. We may be jumping around a little, but you will be able to keep up. Besides this course is easy since I give you the notes. All you have to do is memorize them!

To begin our discussion of the upper extremity, consider this. In the arm you have one bone. In the forearm two bones. In the hand and the wrist there are twenty seven bones.

In both hands and wrists there are over 25% of the bones in the whole body! I'll bet you never knew that. Well, now you do and you will come to realize how incredibly complex the upper extremity really is. It is so complicated that there are some in our specialty of Orthopaedic Surgery that specialize in treatment only of the hand and wrist.

And you thought the shoulder was complicated.

Look at your hand and wrist in which are hidden twenty-seven bones and countless ligaments, muscles, tendons and nerves.

Look at the thumb, that amazing part that separates us from other animals. This magical engineering is not present in any of the other creatures God made. We can't climb and swing like gorillas and chimps, but on the other hand (pun!) they can't do a few things we can. Such as write, play a violin, hold tools, make a fist, hold a glass or even do surgery.

I hope I have set the stage, because now we can begin our journey around the amazing upper extremity. Come back next week.

Much more information about the upper extremity and all its parts is available to you by logging onto our office teaching website www.orthopodsurgeon.com. The website, which can lead you into Your Orthopaedic Connection has a wealth of great information.

Our goal is simple. To help people return to more pain free functional lives.

Be well.

Dr. Haverbush