

CHAPTER

5

Athletic and Playful

HANDS

IMAGINE WALKING 16 MILES IN A DAY. THEN THINK ABOUT doing that every day for two months. That would get you from Denver to St. Louis, from New York to Atlanta, or from Seattle to San Francisco. In 1900 Austrian Johann Hurlinger walked that distance (870 miles) from Paris to Vienna—on his hands. Yes, he made a lasting name for himself, but the view couldn't have been that great from two feet off the ground and upside down. This chapter explores some of the other stresses the hand absorbs in the name of recreation.

SHOULDER 101

The hand's marvelous versatility comes in part from its ability to move widely in space. For instance, it can touch the body's entire surface and also move away from the torso in all directions. Athletic endeavors, gymnastics, and throwing sports, for example, highlight this ability for the hand to move widely and at times also quickly and forcefully. To a great extent, this spatial adaptability comes from the shoulder, which is not a single joint, but three or four, depending on how you count. The shoulder starts where the collarbone attaches to the breastbone just below the throat. This is the shoulder's only bony

The Hand Owner's Manual

Other topics covered in Chapter 5: Athletic and Playful Hands

THE SPIN ON BASEBALL

The physics of pitching curve balls

THE WIDE WORLD OF SPORTS INJURIES

Including rodeo roping, bowling, diving, arm wrestling

SKIER'S THUMB

Ligament injuries from falling down

A FLY ON THE WALL

The demands and consequences of rock climbing

AVOIDING SKATING INJURIES

Tips for saving your wrists

BRAWLERS AND BOXERS

Metacarpal fractures and insights on bone healing

A LIFETIME OF AMUSEMENT

Finger games including Rock, Paper, Scissors

SHADOW FIGURES

Victorian parlor amusement