

## CHAPTER

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### 6

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# HANDS

## Through the Year

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**T** RUE OR FALSE:

1. Frostbite occurs more commonly in Baltimore than in Minneapolis.
2. Heat works better than ice for week-old sprains.
3. Most people with tennis elbow have not touched a racket in years.
4. Breaking pieces of thawing food apart with a knife is a bad idea.

The answers to these questions may not be intuitive, but they are important for maintaining hands in top condition. As the seasons change, so do the perils that afflict hands. Here is a month-by-month account of what can happen to hands through the year and information on maintenance and repair. (All four of the above statements are true, so unless you got them all right, read on.)

## The Hand Owner's Manual

### Other topics covered in Chapter 6: Hands Through the Year

#### JANUARY: NEW HANDS FOR THE NEW YEAR

Duplicated and webbed fingers at birth

#### FEBRUARY: FROSTBITE

Actually more likely in Baltimore than Minneapolis

#### MARCH: FIRE OR ICE?

Which is better for a sprain: heat or cold?

#### APRIL: TAKE ME OUT OF THE BALL GAME

Common digital sports injuries

#### MAY: MOTHERS' HANDS

Carpal tunnel syndrome, DeQuervain's tendonitis

#### JUNE: ANIMAL BITES

Dog, cat, snake, spiders vs. human hands

#### JULY: LEARNED HAND, 1872-1961

Biosketch of a famous American judge

#### AUGUST: "TENNIS ELBOW? NO WAY. I DON'T PLAY."

Life-style conditions for 40-60 year-old weekend warriors

#### SEPTEMBER: THE FRUITS OF OUR LABORS

Blisters, calluses, splinters

#### OCTOBER: PUMPKIN CARVER'S FINGER

Tendon lacerations from kitchen knives

#### NOVEMBER: WEATHER ACHE

Can Grandma's knee really predict rain?

#### DECEMBER: KITCHEN KNIGHTS

Hand injuries during cooking