

Module 1 - Anatomy of the Hand, Wrist and Forearm

Objectives:

- Demonstrates in-depth understanding of the anatomy of the hand wrist and forearm
- Familiar with specific terminology commonly used in upper limb anatomy
- Understands relevant local anatomy, including knowledge of the cutaneous nerves in the area of the skin incision for common approaches
- Possesses knowledge and demonstrates expertise in the anatomical description and discussion of hand conditions and injuries

Primary Resources:

1. eOrthopod TV overview of hand anatomy video (11:03) <https://youtu.be/zyl6eoU-3Rg>
2. Pulvertaft webinar: Wrist anatomy and biomechanics video (49:37) <https://youtu.be/UJiyVCfWlcM>
3. ASSH Hand-e: Intrinsic anatomy video (36:46) <https://www.assh.org/hande/s/watch?id=aBP0a00000001eEGAQ>
4. . Anatomy knowledge video: Forearm muscles video (5:47) <https://www.youtube.com/watch?v=6dwBn-lG-bg>

Additional Resources:

1. Pulvertaft webinar: biomechanics of the intrinsic video (1:13:17) <https://www.youtube.com/watch?v=KuxuhQRkkRc>
2. Pulvertaft webinar: embryology of the upper limb video (44:49) <https://www.youtube.com/watch?v=2ggxyGKZcHc>
3. KenHub video: ligaments of the wrist and hand video (38:13) <https://www.youtube.com/watch?v=ObjF3wOlpnk>



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