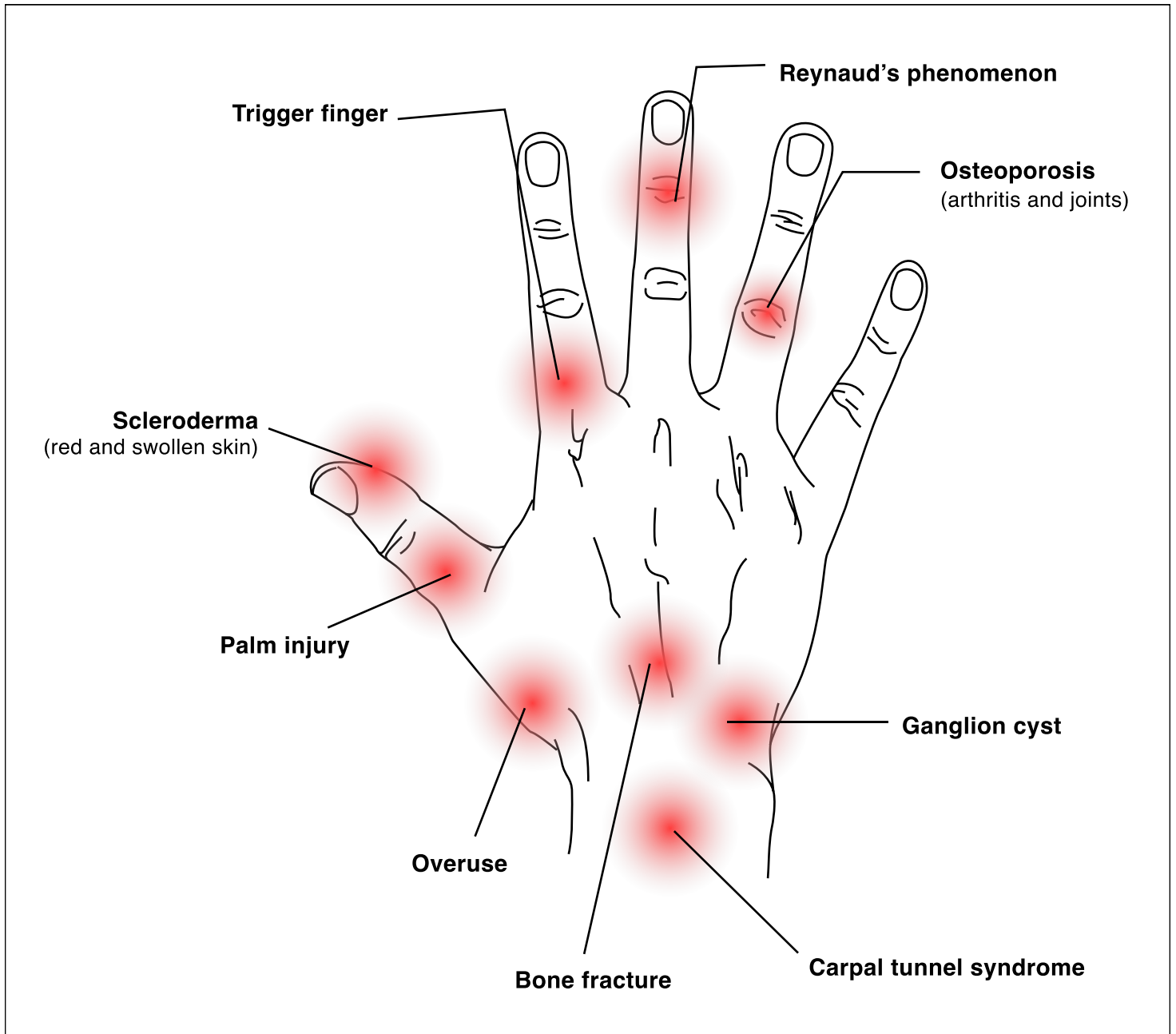


# Hand Pain Diagram



## Trigger finger

This condition occurs when one of a person's fingers gets stuck in a bent position due to inflammation of the tendons that control finger movement. Pain is typically felt at the base of the affected finger, particularly in the palm, and may also be accompanied by a clicking or locking sensation.

## Raynaud's phenomenon

This vascular condition affects blood flow to certain parts of the body—usually the fingers and toes. In response to cold or stress, the small blood vessels constrict, leading to pain, numbness, or a tingling sensation in the fingers. The affected areas may turn white or blue due to a lack of blood flow.

## Scleroderma

Scleroderma is a chronic condition characterized by thickening and hardening of the skin, and it can cause red and swollen patches. Pain is usually felt in the areas of the affected skin, which can also be stiff and tight, impacting movement and flexibility in the hands.

## Osteoporosis

This condition weakens bones, making them more susceptible to fractures. While osteoporosis itself doesn't cause pain, the resulting fractures—especially in the spine, hips, and wrists—can lead to significant pain and discomfort in the joints.

## Palm injury

Injuries to the palm can occur from trauma, overuse, or repetitive motion, resulting in pain localized to the palm area. This might include sprains, strains, or cuts that can limit hand function and cause swelling.

## Overuse

Repetitive use of the hands and fingers for activities like typing, playing instruments, or sports can lead to overuse injuries. These injuries often manifest as wrist, palm, or finger pain and may be accompanied by swelling or stiffness in the affected areas.

## Ganglion cyst

These fluid-filled sacs typically appear on the back of the wrist or hand. They can cause localized pain and discomfort, especially if they press on nearby nerves. The area around the cyst may feel tender or swollen.

## Bone fracture

A break in one of the bones in the hand or wrist can cause sharp, intense pain at the site of the fracture. Swelling, bruising, and difficulty moving the affected area are common symptoms, and the pain typically worsens with movement.

## Carpal tunnel syndrome

This condition occurs when the median nerve is compressed as it passes through the wrist's carpal tunnel. Symptoms include pain, numbness, or tingling in the thumb, index, middle, and part of the ring finger. The pain can radiate up the arm, especially during wrist flexion activities.

**Disclaimer:** The locations of hand pain illustrated in this diagram are general guidelines and may vary for each individual. Make sure to assess your patient's specific pain points and address them accordingly.

## References

John Hopkins Medicine. (2019). *Hand pain and problems*. <https://www.hopkinsmedicine.org/health/conditions-and-diseases/hand-pain-and-problems>

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