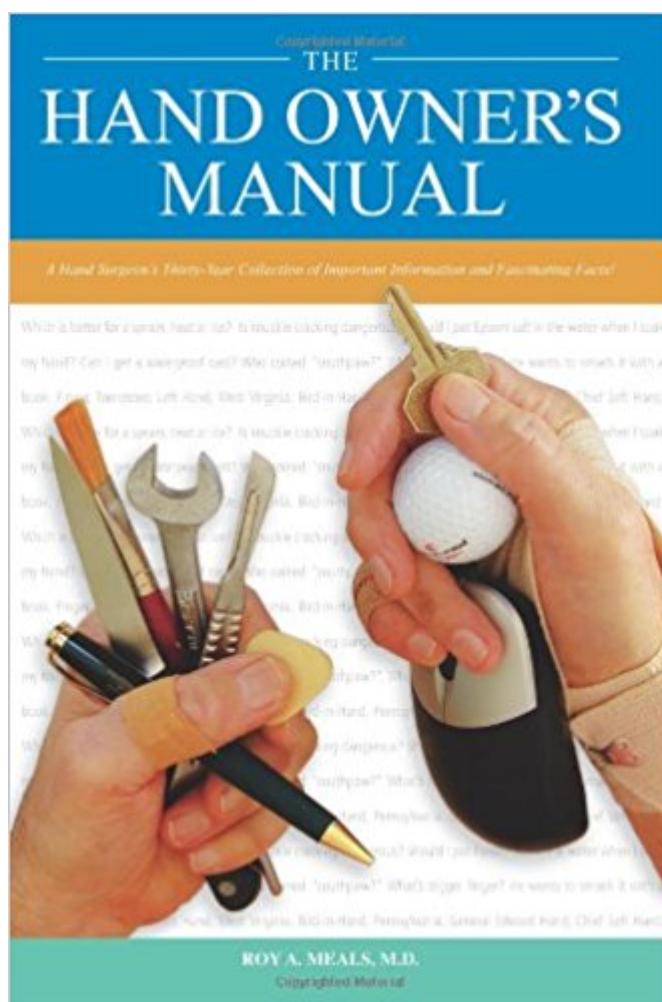


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# The Hand Ownerâ€™s Manual: A Hand Surgeonâ€™s Thirty-Year Collection Of Important Information And Fascinating Facts



## Synopsis

Do I have carpal tunnel syndrome? Is knuckle cracking dangerous? Which is better for a sprain, heat or ice? The reader will find answers to these and hundreds of other questions in "The Hand Owner's Manual." • Dr. Meals shares his 30-year experience of preventing and treating hand conditions that commonly include pinched nerves, broken bones, and arthritic joints. Practical information abounds for athletes and musicians as well as for all who use computer mice, kitchen knives, and steering wheels. Should prevention fail, Dr. Meals describes clearly how the hand's various tissues heal, allowing the owner to understand treatment options, to avoid surgery if possible, and to maximize recovery. "The Hand Owner's Manual" • also heightens the reader's appreciation for the hand's vast influence on the entire human story. Dr. Meals light heartedly answers interesting and diverse questions such as why identical twins have different fingerprints, how much professional musicians actually practice, what it is like to be a hand model, and how the term southpaw originated. The book is a lively, informative, and comprehensive celebration of the human hand, which Aristotle described as the tool of tools. As such, he would surely recommend this manual for all owners.

## Book Information

Paperback: 220 pages

Publisher: Virtualbookworm.com Publishing (November 3, 2008)

Language: English

ISBN-10: 1602642664

ISBN-13: 978-1602642669

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 13 customer reviews

Best Sellers Rank: #750,186 in Books (See Top 100 in Books) #59 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Preventive Medicine #160 in Books > Medical Books > Medicine > Preventive Medicine #261 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Orthopedics

## Customer Reviews

I read this book as part of my continuing education as a hand therapist and loved every second of it. It's a fun and fascinating read, super intelligent and witty. I have already borrowed some of the metaphors, explanations and fun facts to use in my patients education. It's refreshing to add new

tools to my arsenal.Highly recommended to both professional and amateur users of hands.

This book is down to earth, and gives perspective and principles in a way that the reader can experience the information (and therefore learn better). Although I have 22 yrs experience as a Hand Therapist (12 as a CHT),there were many pertinant points made that answered questions. ..More than a text book,it was a pleasure to read. Also a very reasonable way to earn 10 CEU's for OT's

Good general read on the topic and not too lengthy, plus excellent way to get 10 continuing education units if you are an O.T., P.T., C.H.T. - just take the exam from the author's website and pay the reasonable CEU fee.

Dr. Meals is amazing!

Dr. Meals produced a brilliant and fun loving book for those who are curious about hands and for those of us who are passionate about hand science and art. Just great reading!

For 10 CEU's, it is well worth the money. Not only was it an easy read, it was informative. And you won't get CEU credits any cheaper than from reading this book. FYI if you plan on taking the exam: go online and copy the questions. They go in order so you will want to answer the questions as you read the book.

No problems - great book with fun and informative content. Great option for therapists needing CEUs. Delivered quickly.

This is a fascinating read written by a professor of hand surgery based on his 30 years of learning and teaching about hands. Meals modestly attributes most of his learnings to his many thousands of patients, but clearly he has spent a lifetime studying every facet of the body part to which he has devoted his career. Although I as an emergency physician have studied anatomy and surgery, and have treated thousands of traumatized hands, many of the facts and figures cited were unknown to me.Meals looks systematically at the history of myths and beliefs regarding hands, the anatomical and functional development of hands, the importance of hands to various occupations, certain types of hand deformities (either congenital or acquired) and corrective mechanisms/prostheses/devices,

the importance of hands to various sports and diversions, creative (artistic/musical) hands, aesthetically pleasing hands (hand modeling), and his personal hobby (evidently shared by other hand surgeons) which is collecting and documenting examples of hands throughout history, in varying mediums around the world. He includes many an anecdote from his personal practice and culled from colleagues, and medical and other literature. He stresses the most common causes and sources of injuries to hands and the best preventive measures, as well as immediate first aid and rehabilitation tips for cooks, do-it-yourselfers, and craftspeople. He describes what happens when hand injuries require significant repairs and how to be sure that the best care is accessed. It appears that Meals published a newsletter for colleagues and patients containing some of this information. As a teacher, he is also an engaging writer with the ability to explain things simply and he injects quite a bit of humor, including self-deprecating (a refreshing trait in a physician!) His son assisted with helpful and sometimes witty illustrations. My guess is that people found his newsletter so interesting that he was urged to collect the wisdom in a format that could be available to a wider audience. And so he has. Just as the pianist above suggested, this would be a great gift for anyone who works, plays, crafts, or otherwise uses hands regularly in daily activities (so that would actually include us all). I passed it on to my surgeon son-in-law and occupational therapist daughter with instructions to pass it on to their D-I-Y father/father-in-law; and suspect that the chain could go on ad infinitum.

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