



Chiropractic Newsletter

Your Amazing Body

“If You’re Happy and You Know It...”

Did you finish the title of the sentence with “Clap Your Hands”!?! Of course you did!!! Just about everyone knows this delightful childhood song. And if you clapped your hands then you have lots to be happy about!!! Your hands are definitely among the most amazing parts of your body if only because they can do so many amazing things.

They are great for finger painting, playing musical instruments, and of course petting your dog or cat. They help us communicate, certainly if we know sign language, but also by pointing, writing things down, texting or typing on a computer. You need them to play games, sports, cards or shadow puppets. You need them to work, whether you are a doctor, a mechanic or a hair dresser. And they come in handy at breakfast, lunch and dinner!

Your hands do so much that about a quarter of the part of your brain that controls all movement in your body (motor cortex) is devoted to the muscles of the hands alone. Interestingly, your fingers work by remote control. Of course, you could say the same thing about all of your moving body parts since the control center for all your

movements is in your spine and your brain. But your fingers are special, in that there are no muscles inside your fingers. Of the 34 muscles that bend the finger joints, half are located in the palm, and the other half are in the mid forearm. These muscles are connected to the finger bones by tendons, which pull and move the fingers like the strings of a marionette puppet.



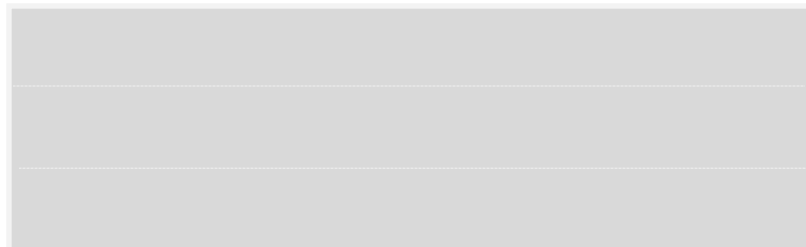
The skin on the palms of your hands is also unique as it is attached to the bones beneath. The lines on your fingers (on the palm side of your hand) is where your skin attaches to the bone which keeps the skin of the palm from sliding around like a rubber glove when you use your hands to grip and twist.

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Your hands are even more amazing than that though. They are super tough and strong, and yet sensitive. The muscles which control your fingers are so powerful that some people can support their entire weight on just a few fingertips, such as when climbing. Your hands are also soft and sensitive. In fact, your fingertips are one of the most sensitive parts of your body, even more sensitive than your eye. They are densely packed with thousands of nerve endings, which produce complex nerve messages that tell your brain about the size, shape and texture of objects. And your ability to identify objects by touch and manipulate them depends upon messages coming back from the brain.

All this communication back and forth from your brain and your hands requires that the nerve pathways are clear. Chiropractors check to make sure that the bones of your spine aren't disrupting the function of your nerve system. The clearer your nerve system, the better the communication and the better you can use your hands for all the amazing things you want to do. That is surely something to be happy and clap your hands about!!

by Judy Nutz Campanale, DC,
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Happy Holidays!

