**Did you know?**

***There are no muscles in your fingers?***

* 35 muscles which bend the fingers are found in the palm and mid forearm.
* They connect to finger bones by tendons (a cord of collagen tissue attaching muscle to a bone)
* The tendons pull on and move the fingers like the strings of a puppet, just like your articulated hand.

***Thumbs…***

* Distinguish between human hands from other animals
* Allow you to hold and grasp objects without dropping them
* Each thumb is powered by 9 separate muscles

**Fun Facts**

There are **206 bones** in body

There are **27 bones** in each of your hands that is **54 bones** in total!

There are **123 ligaments** in your hand. Ligaments connect bones

The skin on your hands is unique – no two fingerprints are the same!

It takes ***6 months*** for fingernails to grow all the way from the root to the tip.

Fingertips contain some of the densest areas of nerve endings on the body.

A quarter of the motor cortex in the human brain (the part which controls all movement in the body) is devoted to the muscles of the hands.

**Hand and Sports**

1/4 of athletic injuries involve the hand & wrist

*To download your hand template go to:* [*https://www.rsb.org.uk/get-involved/biology-for-all/free-activity-resources/humans-and-animals*](https://www.rsb.org.uk/get-involved/biology-for-all/free-activity-resources/humans-and-animals)