

Underneath your skin, God put all kinds of little bones in your hand. There are almost 30 bones in each hand!

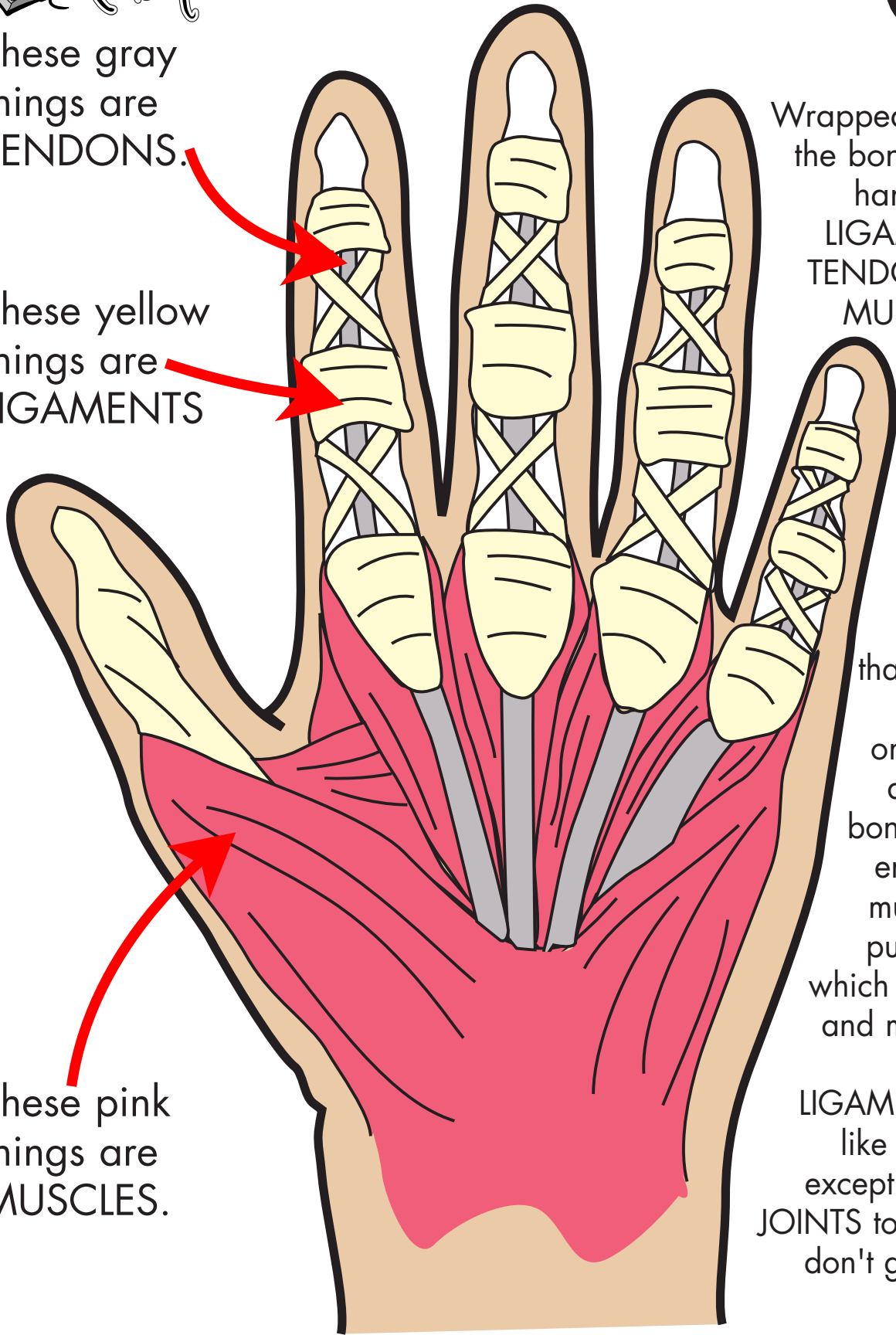
This is a JOINT.

When bones meet, it makes a JOINT. JOINTS can move, and that's why your hand can move in so many ways! Can you see all the joints in this hand?

These gray things are TENDONS.

These yellow things are LIGAMENTS

These pink things are MUSCLES.



Wrapped all around the bones in your hand are LIGAMENTS, TENDONS and MUSCLES.

MUSCLES make your hand move.

TENDONS are like strong rubber bands that are attached to the muscles on one end and attached to the bone on the other end. When the muscle moves, it pulls the tendon, which pulls the bone and makes it move!

LIGAMENTS are also like rubber bands, except that they hold JOINTS together so they don't get messed up.