

The Hand and Wrist Injection Trainer is an articulated right hand and wrist used for practising soft tissue joint injection for the treatment of injuries and arthritis. Key features are:

- Patient posture and management
- Identifying anatomical landmarks
- Relevance of digital movement for presentation of injection sites
- Injection in 4 specific areas:
 - carpal tunnel
 - trigger finger/tendon sheath injection
 - de Quervains sheath
 - first metacarpal joint
- Precise placement of needle to avoid median nerve

