

Recently, Faridi Narain MD successfully defended her PhD-thesis at the University of Hasselt, Belgium, Faculty of Medicine and Life Sciences, on a much interesting project in fundamental and applied anatomy research. A substantial part of her most impressive and beautifully illustrated book (more than 320 pages !) deals with the biomechanics of some of the bones in the limbs, that alternately “cross and uncross each other” during normal everyday-activities, like ordinary walking. In case you might be interested in this monograph, please contact her at dr.f.h.m.narain@gmail.com

By the way, also the reaching, grasping and handling of objects implies such crossing and uncrossing ! On this occasion we like to add that a comparable but not similar phenomenon is observed in the human lower arm where the radius and the ulna are changing positions, e.g. during handling the PC-mouse. By fundamental methods, the comparative-anatomical benefits of a horizontally placed mouse, over a vertical mouse are analyzed.

As was demonstrated earlier by e.g. Soubeyrand *et al.* (2007), vertical (also known as *neutral*) positions of our forearm can provoke unwished high tensions in its *interosseous membrane*, and thus create unwished and possibly harmful effects on the tensions of those hand- and finger muscles that have their muscle-tissue attached to this strong and sensitive “typical ligament” (Van der Wal, 2012).