

ANATOMICAL HAND STRUCTURE

CARPALS (WRIST)

- Scaphoid 1
- Lunate 2
- Triquetrum 3
- Pisiform 4
- Trapezium 5
- Trapezoid 6
- Capitate 7
- Hamate 8

METACARPALS (PALM)

- Metacarpals I - V 9-13

PHALANGES (FINGERS)

- Proximal Phalanges 14
- Intermediate Phalanges 15
- Distal Phalanges 16

Reference: Human Skeletal System - Upper Limb. For educational purposes only.