

# ANTERIOR VIEW HAND BONE ANATOMY

Clinical Reference Chart

## CARPAL BONES (PROXIMAL)

- Scaphoid **1**
- Lunate **2**
- Triquetrum **3**
- Pisiform **4**

## CARPAL BONES (DISTAL)

- Trapezium **5**
- Trapezoid **6**
- Capitate **7**
- Hamate **8**

## METACARPALS

- 1st Metacarpal (Thumb) **I**
- 2nd Metacarpal **II**
- 3rd Metacarpal **III**
- 4th Metacarpal **IV**
- 5th Metacarpal **V**

## PHALANGES

- Proximal Phalanges **P**
- Middle Phalanges **M**
- Distal Phalanges **D**

## FOREARM (DISTAL)

- Radius **R**
- Ulna **U**