

ANATOMY OF THE HUMAN HAND

CARPALS (WRIST)

- Scaphoid
 - Lunate
 - Triquetrum
 - Pisiform
 - Trapezium
 - Trapezoid
 - Capitate
 - Hamate
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METACARPALS (PALM)

- Metacarpals I - V
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PHALANGES (DIGITS)

- Proximal Phalanges
 - Intermediate Phalanges
 - Distal Phalanges
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Reference Chart: Skeletal System - Upper Extremity. For educational purposes only.