

HAND & WRIST ANATOMY

Reference Chart: 001-A

CARPAL BONES (PROXIMAL ROW)

- Scaphoid **S**
 - Lunate **L**
 - Triquetrum **Tq**
 - Pisiform **P**
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CARPAL BONES (DISTAL ROW)

- Trapezium **Tz**
 - Trapezoid **Td**
 - Capitate **C**
 - Hamate **H**
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METACARPALS & PHALANGES

- Metacarpals (I - V) **MC**
 - Proximal Phalanges **PP**
 - Middle Phalanges **MP**
 - Distal Phalanges **DP**
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