

WRIST AND HAND ANATOMY REFERENCE

[Anterior / Palmar View Illustration Placeholder]

CARPAL BONES (PROXIMAL ROW)

1. Scaphoid	Boat-shaped; most fractured
2. Lunate	Crescent-shaped; central carpal
3. Triquetrum	Pyramidal; medial side
4. Pisiform	Sesamoid bone; palpable

CARPAL BONES (DISTAL ROW)

5. Trapezium	Articulates with 1st metacarpal
6. Trapezoid	Smallest distal carpal
7. Capitate	Largest carpal bone
8. Hamate	Features the "hook" (Hamulus)

METACARPALS & PHALANGES

Region	Quantity/Description
Metacarpals	5 Bones (Numbered I - V)
Proximal Phalanges	5 Bones
Middle Phalanges	4 Bones (Absent in Thumb)
Distal Phalanges	5 Bones

FOREARM ARTICULATION

Radius	Lateral (Thumb side)
Ulna	Medial (Pinky side)

CLINICAL NOTES

Educational Template – For Anatomical Study Purposes Only