

ANATOMY OF THE HUMAN HAND

Skeletal Structure Reference Chart

DISTAL PHALANGES

- Distal Phalanx I - V
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INTERMEDIATE PHALANGES

- Middle Phalanx II - V
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PROXIMAL PHALANGES

- Proximal Phalanx I - V
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METACARPALS

- Metacarpal Bones I - V
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CARPAL BONES (WRIST)

- Hamate & Capitate
 - Pisiform & Triquetrum
 - Lunate & Scaphoid
 - Trapezium & Trapezoid
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