

# ANATOMY OF THE LEFT HAND

Skeletal Reference Chart

## PHALANGES (14)

- Distal Phalanges**1-5**
- Intermediate Phalanges**6-9**
- Proximal Phalanges**10-14**

## METACARPALS (5)

- Metacarpal Bones**15-19**

## CARPALS / WRIST (8)

- Trapezium**20**
- Trapezoid**21**
- Capitate**22**
- Hamate**23**
- Scaphoid**24**
- Lunate**25**
- Triquetrum**26**
- Pisiform**27**