

# ANATOMY OF THE HUMAN HAND

[ Posterior/Anterior View Bone Diagram Illustration ]

## Carpals (Proximal Row)

- Scaphoid (1)
  - Lunate (2)
  - Triquetrum (3)
  - Pisiform (4)
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## Carpals (Distal Row)

- Trapezium (5)
  - Trapezoid (6)
  - Capitate (7)
  - Hamate (8)
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## Metacarpals

- I - Thumb
  - II - Index
  - III - Middle
  - IV - Ring
  - V - Little
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## Phalanges

- Proximal Phalanges (5)
  - Intermediate Phalanges (4)
  - Distal Phalanges (5)
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***Mnemonic (Carpals):*** *Some Lovers Try Positions That They Can't Handle*  
(Scaphoid, Lunate, Triquetrum, Pisiform, Trapezium, Trapezoid, Capitate, Hamate)