

# HAND & WRIST ANATOMY

Ref: ORTHO-001

## Carpals (Wrist)

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

## Metacarpals

- First Metacarpal (Thumb)
- Second Metacarpal
- Third Metacarpal
- Fourth Metacarpal
- Fifth Metacarpal

## Phalanges (Digits)

- Proximal Phalanges
- Intermediate Phalanges
- Distal Phalanges
- Distal Interphalangeal (DIP)
- Proximal Interphalangeal (PIP)

Template for educational purposes only. Professional orthopedic consultation required for clinical diagnosis.