

HAND ANATOMY REFERENCE

Region	Bone Count
PHALANGES Distal (Tips)	5
PHALANGES Intermediate	4
PHALANGES Proximal (Base)	5
METACARPALS Palm Bones	5

Notes

- The Pollux (Thumb) lacks an intermediate phalanx.
- Metacarpals are numbered 1-5 starting from the lateral (radial) side.
- Carpometacarpal (CMC) joints connect the palm to the wrist.