

ANATOMY OF THE HUMAN HAND

[Posterior / Anterior Skeletal View Diagram]

CARPALS (WRIST)

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

METACARPALS (PALM)

- 1st Metacarpal
- 2nd Metacarpal
- 3rd Metacarpal
- 4th Metacarpal
- 5th Metacarpal

PHALANGES (FINGERS)

- Proximal Phalanges
- Intermediate Phalanges
- Distal Phalanges
- Distal Tuft

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