

# **SKELETAL HAND BONE ANATOMY**

Reference Guide – Posterior View (Right Hand)

## **Distal Phalanges**

- Distal Phalanx I - V **1-5**
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## **Intermediate Phalanges**

- Intermediate Phalanx II - V **6-9**
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## **Proximal Phalanges**

- Proximal Phalanx I - V **10-14**
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## **Metacarpals**

- Metacarpal Bones I - V **15-19**
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## **Carpal Bones (Wrist)**

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