

# ANATOMY OF THE HUMAN HAND

Skeletal Structure Reference Chart

[ Posterior/Anterior View Diagram Illustration ]

## 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
- Sesamoid Bones

Educational Template & Structural Bone Anatomy & Clinical Reference Only