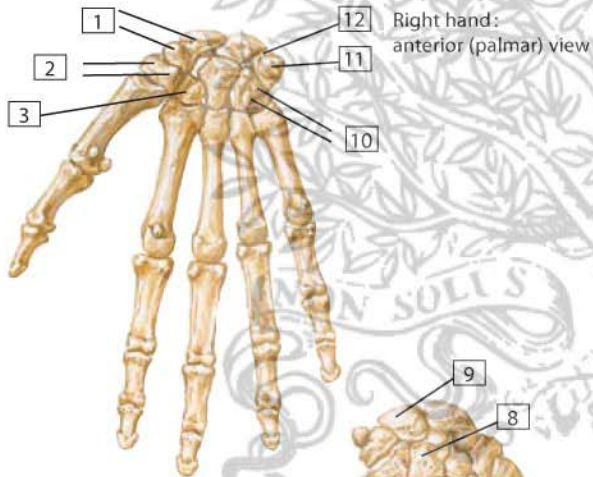


Bones of Wrist and Hand



1. Scaphoid and Tubercle
2. Trapezium and Tubercle
3. Trapezoid
4. Metacarpal bones
5. Proximal phalanges
6. Middle phalanges
7. Distal phalanges
8. Capitate
9. Lunate
10. Hamate and Hook
11. Pisiform
12. Triquetrum

Comment: Bones of the wrist and hand include the 8 carpal bones; 5 metacarpal bones (1 for each digit); and, for digits 2 through 5, proximal, middle, and distal phalanges. The 1st digit, or thumb, has only a proximal phalanx and a distal phalanx.

The lunate is the most commonly fractured carpal. The 5th metacarpal is the most commonly fractured metacarpal, and the distal phalanx of the middle finger is the most commonly fractured digit of the hand.

The scaphoid, lunate, and triquetrum articulate with the distal radius to form the radiocarpal wrist joint.

