

## Anatomy & Physiology: Bones—Wrist and Hand.

### STRUCTURE.

- Wrist (carpus) bones: organized into two rows distal and proximal to the forearm.
  - Proximal row (anterior) starting from medial (pinky side) to lateral: pisiform (mostly viewable from the anterior, sort of lies on top of triquetrum), triquetrum, lunate, scaphoid.
  - Distal row (anterior) starting from medial (pinky side) to lateral: hamate, capitate, trapezoid, trapezium.
- Metacarpals: bones between the carpals and phalanges. Start numbering from the thumb (e.g. the first metacarpal or I) to pinky finger (fifth metacarpal or V).
- Phalanges: Except for the thumb, there are 3 rows of phalanges (proximal, middle, and distal). They are numbered starting from the thumb (e.g. first proximal phalanx) to the pinky (e.g. fifth proximal phalanx).

### FUNCTION.

### CLINICAL SIGNIFICANCE.

## References

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