

ANATOMY



A Carpals
B Metacarpals
C Phalanges
D Proximal radius
E Distal radius
F Proximal ulna
G Distal ulna
H Scaphoid
I Lunate
J Triquetrum
K Pisiform
L Trapezium
M Trapezoid
N Trapezoidium
O Trapezium
P Trapezoid
Q Trapezoidium
R Trapezium
S Trapezoid
T Trapezoidium
U Trapezium
V Trapezoid
W Trapezoidium
X Trapezium
Y Trapezoid
Z Trapezoidium

1 The hand is a complex structure, consisting of the bones of the hand and wrist, and the muscles of the forearm. The bones of the hand and wrist are shown in the diagram, and the muscles of the forearm are shown in the diagram. The hand is a complex structure, consisting of the bones of the hand and wrist, and the muscles of the forearm. The bones of the hand and wrist are shown in the diagram, and the muscles of the forearm are shown in the diagram.

2 The hand is a complex structure, consisting of the bones of the hand and wrist, and the muscles of the forearm. The bones of the hand and wrist are shown in the diagram, and the muscles of the forearm are shown in the diagram. The hand is a complex structure, consisting of the bones of the hand and wrist, and the muscles of the forearm. The bones of the hand and wrist are shown in the diagram, and the muscles of the forearm are shown in the diagram.