

Hand and Foot Bones—What you need to know!

HAND

Distal phalange (phalanx)
Middle phalange (phalanx)
Proximal phalange (phalanx)
Metacarpals (1-5) #1=Thumb: #5 = pinkie

Carpals (Clockwise from Lunate bone)

- *Lunate
- *Triquetrum
- *Pisiform
- *Hamate
- *Capitate
- *Trapezoid
- *Trapezium
- *Scaphoid

Remember: Let's Try Preparing Ham & Cooked Tri-Tip Sandwiches. -or-

(clockwise from Capitate Bone)

Can Trendy Teens Sell Lunabars to Preppy Homemakers?

FOOT

Distal phalange (phalanx)
Middle phalange (phalanx)
Proximal phalange (phalanx)
Metatarsals (1-5) 1=big toe, 5=pinkie toe

Tarsals (clockwise from heel, aerial view)

- *Calcaneus
- *Talus
- *Navicular
- *Medial Cuneiform
- *Intermediate Cuneiform
- *Lateral Cuneiform
- *Cuboid

Remember: California Teens Navigate Mtn. Climbing, Ice Climbing, & Lake Crossings in Converse.

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