

Hand & Wrist Bones

MassageNerd.com

e	i	a	e	e	u	u	m	d	r	u	h	t	r	s
g	a	s	a	g	a	e	l	i	a	a	i	i	m	i
n	t	l	s	a	a	t	m	s	r	o	i	e	d	s
a	u	n	s	t	l	a	r	t	e	u	q	i	r	t
l	t	t	c	l	c	t	p	a	c	a	g	i	n	e
a	r	g	a	s	a	i	x	l	p	r	a	m	a	l
h	a	u	p	i	r	p	c	p	u	e	t	m	u	i
p	p	a	h	m	d	a	r	h	a	n	z	r	l	l
l	e	h	o	t	r	c	p	a	d	t	a	o	u	i
a	z	t	i	a	l	l	t	l	c	a	a	t	i	i
m	i	d	d	l	e	p	h	a	l	a	n	g	e	d
i	u	l	a	a	p	p	m	n	o	l	t	i	t	s
x	m	r	t	s	n	g	i	g	g	d	u	e	a	l
o	l	n	e	r	h	c	p	e	c	r	s	c	m	r
r	p	u	e	e	e	m	e	a	e	o	i	c	a	t
p	i	s	i	f	o	r	m	o	a	t	t	a	h	a

Capitate
Lunate
Pisiform
Trapezium

Distal Phalange
Metacarpals
Proximal Phalange
Trapezoid

Hamate
Middle Phalange
Scaphoid
Triquetral