

Module 6 LO4

Upper Limb: Wrist and Digits

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[Link for video recording](#)

4. Wrist, Hand and Digits

- The carpus (wrist) consists of 8 small bones (carpals)

- Two rows of carpal bones:

- Proximal row

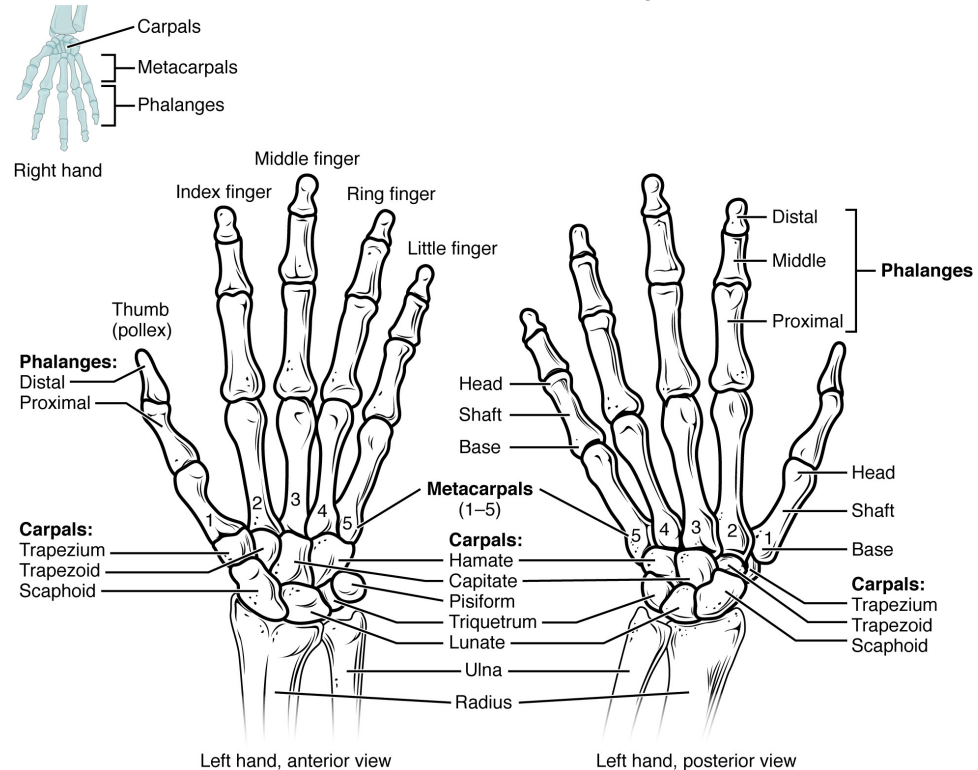
- Lateral to medial

- Scaphoid
 - Lunate
 - Triquetrum
 - Pisiform

- Distal row

- Lateral to medial

- Trapezium
 - Trapezoid
 - Capitate
 - Hamate



Carpals



MNEMONIC for carpal bones*:

Sam	Likes	To	Push	The	Toy	Car	Hard.
Scaphoid	Lunate	Triquetrum	Pisiform	Trapezium	Trapezoid	Capitate	Hamate
Proximal row				Distal row			
Lateral → Medial				Lateral → Medial			