The Wrist and Hand Joints

Chapter 7
Wrist and Hand Related Terms

1. Carpi
2. Digitorum
3. Pollex
4. Radialis
5. Ulnaris

A. Wrist
B. Fingers
C. Thumb
D. Lateral (thumb)
E. Medial (little finger)
Bones of the Wrist and Hand
Phalanxes

Phalanges are identified 1 through 5

- Distal
- Middle
- Proximal
Metacarpal Bones

Metacarpals are identify 1 through 5
Carpal Bones
Carpal Bones

Note the two rows
Carpal Bones

• Proximal row from the radial (thumb) to the ulnar (little finger) side
  • scaphoid (boat shaped) or navicular
  • lunate (moon shaped)
  • triquetrum (three cornered)
  • pisiform (pea shaped)
Carpal Bones

- Distal row from the radial (thumb) to the ulnar (little finger) side
  - trapezium
  - trapezoid
  - capitate (head shaped)
  - hamate (hooked)
Carpal Bones

radial (thumb) side

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radial (thumb) side

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Name the Bones

- 1 = Scaphoid
- 5 = Trapezium
- 10 = Second metacarpal
- 14 = Proximal phalanx
- 15 = Middle phalanx
- 16 = Distal phalanx
Radius

styloid process
Ulna

- Semilunar Notch
- Coronoid Process
- Anterior View
- Interosseous Crest
- Olecranon Process
- Radial Notch
- Shaft
- Head
- Posterior View
- Groove for Extensor Carpi Ulnaris Muscle
- Styloid Process

styloid process
Styloïd Process
Humerus

lateral and medial epicondyles
Epicondyles
Joints of the Wrist and Hand
Major Joints

- Interphalangeal joints
  - Distal
  - Proximal
- Metacarpophalangeal joints
- Carpometacarpal (a saddle joint at the thumb)
- Radialcarpal joint
Actions of the Wrist and Hand
Wrist Actions

Wrist flexion
A

Wrist extension
B
Wrist Actions

Wrist abduction (radial deviation) C

Wrist adduction (ulnar deviation) D
Finger Actions

Flexion of fingers and thumb, opposition

Extension of fingers and thumb, reposition
Finger Actions

Abduction of metacarpophalangeal joints and the thumb

Adduction of metacarpophalangeal joints and the thumb
Name the Finger
Actions
Name the Wrist Action
Name the Wrist Action
Name the Actions

Wrist

Wrist

Wrist

Fingers