**Wrist and Hand Anatomy Labeling**

Bones

Phalanges (14)

1. Middle
2. Distal
3. Proximal

Metacarpals (5)

1. I
2. II
3. III
4. IV
5. V

Carpals (8)

1. Scaphoid (Navicular)
2. Lunate
3. Triquetrum
4. Pisiform
5. Trapezium
6. Trapezoid
7. Capitate
8. Hamate

What muscles flex the wrist?

**Left Hand Palmer View**

What muscles extend the wrist?

What muscle does supination of the hand?

What muscles pronate the hand?

What is the Latin word for “thumb”?