

# Wrist, Hand, Fingers, Thumb Bones, and Ligaments

## Bones

- Distal radius
- Distal ulna
- Carpals      Proximal = scaphoid, lunate, triquetrum and pisiform  
                    Distal = trapezium, trapezoid, capitate and hamate
- Metacarpals
- Phalanges      Proximal, middle, and distal (except pollux)

## Ligaments and joints

- Distal radioulnar joint – pronation/supination
- Radiocarpal joint – flexion/extension and pro/sup
- Radius with scaphoid and lunate
- Fibrocartilaginous triangular cartilage – lunate and triquetrum
- Capsule with ligament
  - Radial collateral ligament – rad to scap/trapezium
  - Ulnar collateral ligament – ulna to triq and pisiform
  - Palmar (volar) ulnocarpal – ulna to lunate and triquetrum – limits extension
  - Dorsal radiocarpal – post. distal radius – lunate and triquetrum – limits flexion
- Intercarpal – same row
- Midcarpal – between proximal and distal row
- Carpometacarpal
  - MCI – trapezium – flexion/ext and ABD/ADD and opposition/reposition
  - MCII – trapezoid – flexion/ext
  - MCIII – capitate - flexion/ext
  - MCIV – hamate – flexion/ext
  - MCV – hamate – flex/ext and ABD/ADD
- Metacarpophalangeal – flex/ext and ABD/ADD
- Palmar (volar) ligament
- Dorsal – extensor hood
- Interphalangeal – flexion/extension

## Muscles

- Extrinsic – extensors
- Extrinsic – flexors
- Intrinsics – hypothenar
- Thenar
- Other – lumbricales and interossei