

ANATOMY



1. The hand is a complex structure of bones, muscles, and ligaments that allows for a wide range of movements. The bones of the hand are the metacarpals, phalanges, and the carpal bones. The muscles of the hand are the flexor digitorum profundus, flexor digitorum superficialis, and the interossei. The ligaments of the hand are the collateral ligaments, the transverse carpal ligament, and the ligaments of the wrist.

2. The forearm is a complex structure of bones, muscles, and ligaments that allows for a wide range of movements. The bones of the forearm are the radius and the ulna. The muscles of the forearm are the flexor carpi radialis, the flexor carpi ulnaris, and the extensor carpi radialis. The ligaments of the forearm are the collateral ligaments, the transverse carpal ligament, and the ligaments of the wrist.

3. The hand and forearm are important structures that allow for a wide range of movements. The bones, muscles, and ligaments of the hand and forearm work together to allow for a wide range of movements, from simple grasping to complex manipulation. The hand and forearm are also important structures that allow for a wide range of movements, from simple grasping to complex manipulation.