

ANATOMY



1. The hand is a complex structure of bones and muscles. The bones of the hand are the metacarpals, phalanges, and carpals. The muscles of the hand are the flexor digitorum profundus, flexor digitorum superficialis, and the interossei.

2. The forearm is also a complex structure of bones and muscles. The bones of the forearm are the radius and ulna. The muscles of the forearm are the flexor carpi radialis, flexor carpi ulnaris, and the extensor carpi radialis.

3. The hand and forearm are used for a wide variety of activities, from simple tasks like grasping objects to complex tasks like playing a musical instrument. The bones and muscles of the hand and forearm are designed to provide strength, flexibility, and precision.

Structure	Location	Function
Metacarpals	Hand	Support the hand and fingers
Phalanges	Hand	Form the fingers and thumb
Carpals	Hand	Form the base of the hand
Flexor digitorum profundus	Forearm	Flex the fingers
Flexor digitorum superficialis	Forearm	Flex the fingers
Interossei	Hand	Stabilize the hand and fingers
Radius	Forearm	Support the forearm and hand
Ulna	Forearm	Support the forearm and hand
Flexor carpi radialis	Forearm	Flex the wrist
Flexor carpi ulnaris	Forearm	Flex the wrist
Extensor carpi radialis	Forearm	Extend the wrist