

ANATOMY



The hand is a complex structure of bones, muscles, and ligaments. The skeletal structure is composed of the carpal bones, metacarpals, and phalanges. The carpal bones are arranged in two rows: the proximal row (scaphoid, lunate, triquetrum, pisiform) and the distal row (trapezium, trapezoid, trapezoid, trapezium). The metacarpals are the bones of the palm, and the phalanges are the bones of the fingers and thumb. The hand is supported by a network of muscles and ligaments that allow for a wide range of motion and fine motor control.

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