

## ANATOMY



**SCAPHOID**  
The scaphoid is a small, bean-shaped bone located at the base of the thumb. It is the only carpal bone that articulates with the distal radius and ulna. The scaphoid is the most commonly fractured carpal bone, and it is the only one that can heal by itself. It is also the only carpal bone that is not part of the wrist joint.

**TRAPAZIUM**  
The trapezium is a small, square-shaped bone located at the base of the thumb. It is the only carpal bone that articulates with the distal radius and ulna. The trapezium is the most commonly fractured carpal bone, and it is the only one that can heal by itself. It is also the only carpal bone that is not part of the wrist joint.

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SCAPHOID	TRAPAZIUM	TRAPAZOID
1. Location: Base of the thumb	1. Location: Base of the thumb	1. Location: Base of the thumb
2. Shape: Bean-shaped	2. Shape: Square-shaped	2. Shape: Trapezoidal-shaped
3. Articulation: Distal radius and ulna	3. Articulation: Distal radius and ulna	3. Articulation: Distal radius and ulna
4. Fracture: Most commonly fractured	4. Fracture: Most commonly fractured	4. Fracture: Most commonly fractured
5. Healing: Can heal by itself	5. Healing: Can heal by itself	5. Healing: Can heal by itself
6. Wrist joint: Not part of the wrist joint	6. Wrist joint: Not part of the wrist joint	6. Wrist joint: Not part of the wrist joint