

ANATOMY



Hand and Wrist
The hand and wrist are composed of several bones, including the scaphoid, trapezium, trapezoid, trapezoid, and trapezium. The wrist is a complex of eight carpal bones that connect the forearm to the hand. The hand is made up of five metacarpals and 14 phalanges. The thumb is unique as it has only two phalanges. The fingers have three phalanges each. The hand and wrist are highly flexible and capable of a wide range of motion.

Forearm
The forearm is composed of two bones: the radius and the ulna. The radius is on the thumb side, and the ulna is on the pinky side. The two bones are connected to each other and to the humerus of the upper arm. The forearm is responsible for pronating and supinating the hand. The muscles of the forearm are responsible for flexing and extending the wrist and hand.