

ANATOMY

ARTICULATIONS



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The articulations of the hand and wrist are the joints between the bones of the hand and wrist. The wrist is a complex joint consisting of the distal radius and ulna of the forearm and the eight carpal bones. The hand is composed of the metacarpals and phalanges. The articulations between the carpal bones and the distal radius and ulna are the radiocarpal and triquetrum pisiformis joints. The articulations between the metacarpals and phalanges are the metacarpophalangeal and proximal interphalangeal joints.

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ARTICULATION	ARTICULATING SURFACES	MOVEMENTS
Radiocarpal	Distal radius and ulna of the forearm and the base of the scaphoid, lunate, and triquetrum	Flexion, extension, abduction, adduction, circumduction
Triquetrum pisiformis	Triquetrum and pisiform	Flexion, extension
Metacarpophalangeal	Base of the metacarpal and the proximal phalanx	Flexion, extension, abduction, adduction, circumduction
Proximal interphalangeal	Proximal and middle phalanx	Flexion, extension