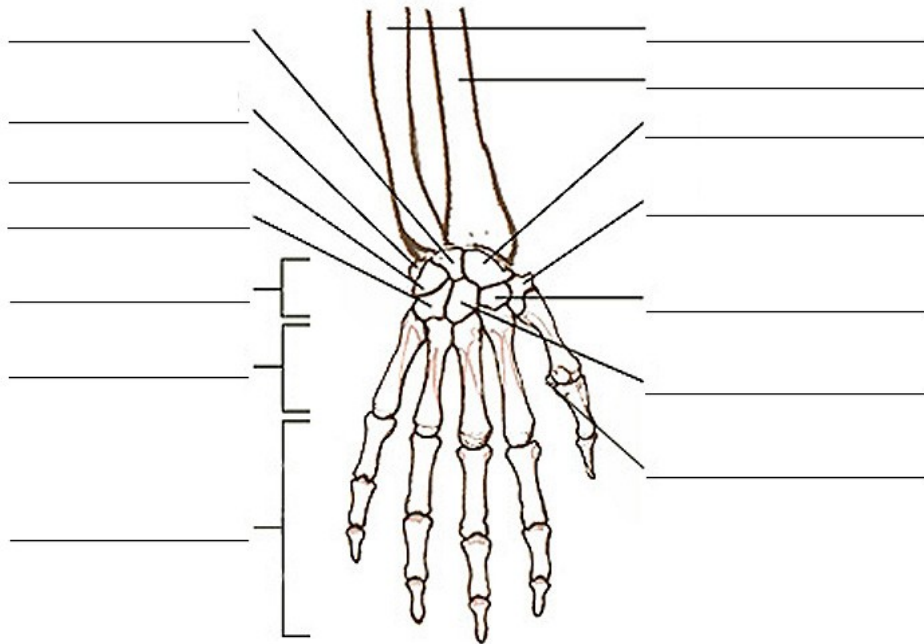


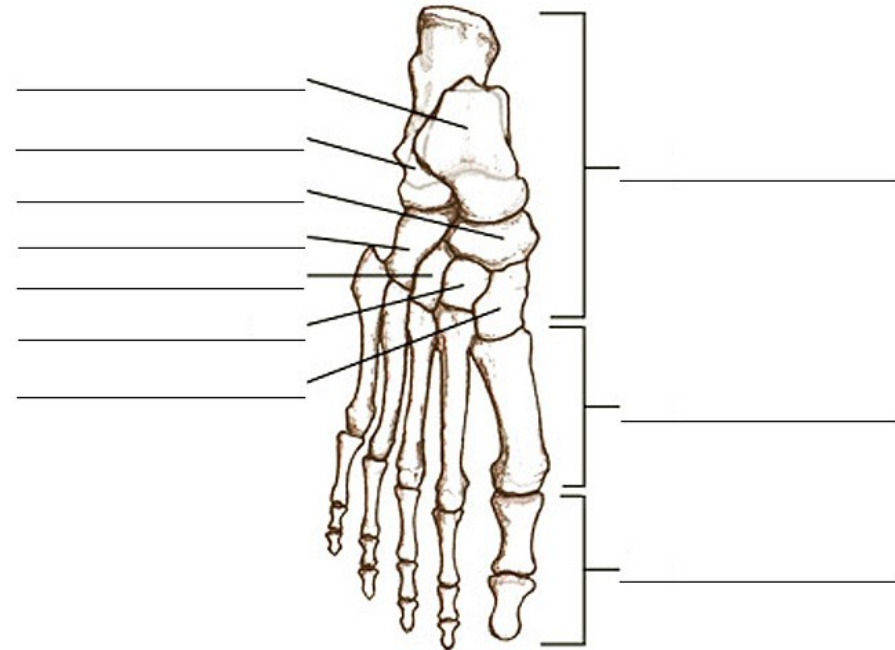
## The Bones of the Hand and Foot

**Practice:** Name the bones of the hand and foot in the diagrams below, using the list underneath.

Right hand - anterior aspect



Right foot - superior (dorsal) aspect



**Choose from:**

1st cuneiform  
2nd cuneiform  
3rd cuneiform  
Calcaneus  
Capitate

Carpals  
Cuboid  
Hamate  
Lunate  
Metacarpals

Metatarsals  
Navicular  
Phalanges  
Pisiform  
Radius

Scaphoid  
Sesamoid bone  
Tarsals  
Talus  
Trapezium

Trapezoid  
Triquetrum  
Ulna