

Hand And Wrist Bones

== Structure == As a consequence of these various definitions, fractures to the carpal bones are referred to as carpal fractures, while fractures such as distal radius fracture are often considered fractures to the wrist.

Hand wrap It is wrapped securely around the wrist, the palm, and the base of the thumb, where it serves to both maintain the alignment of the joints, and to compress and lend strength to the soft tissues of the hand during the impact of a punch. A hand wrap or wrist wrap is a strip of cloth used by boxers (and participants in other combat sports) to protect the hand and wrist against injuries induced A hand wrap or wrist wrap is a strip of cloth used by boxers (and participants in other combat sports) to protect the hand and wrist against injuries induced by punching

Trapezium (bone) It forms the radial border of the carpal tunnel. carpal bone found within the hand. The trapezium is found within the distal row of carpal bones, and is directly adjacent to the metacarpal bone of the The trapezium bone (greater multangular bone) is a carpal bone in the hand

The triquetrum is one of the eight carpal bones of the hand. It is a three-faced bone found within the proximal row of carpal bones. Situated beneath the pisiform, it is one of the carpal bones that form the carpal arch, within which lies the carpal tunnel.

Lunate bone row carpal bones, which lie between the ulna and radius and the hand. The lunate carpal bone is situated between the lateral scaphoid bone and medial triquetral The lunate bone (semilunar bone) is a carpal bone in the human hand. It is situated in the center of the proximal row carpal bones, which lie between the ulna and radius and the hand. It is distinguished by its deep concavity and crescentic outline. The lunate carpal bone is situated between the lateral scaphoid bone and medial triquetral bone

Hand human hand consists of 27 bones: the eight short carpal bones of the wrist are organized into a proximal row (scaphoid, lunate, triquetral and pisiform) A hand is a prehensile, multi-fingered appendage located at the end of the forearm or forelimb of primates such as humans, chimpanzees, monkeys, and lemurs. A few other vertebrates such as the koala (which has two opposable thumbs on each "hand" and fingerprints extremely similar to human fingerprints) are often described as having "hands" instead of paws on their front limbs. The raccoon is usually described as having "hands" though opposable thumbs are lacking

The lunate is a crescent-shaped carpal bone found within the hand. The lunate is found within the proximal row of carpal bones. Proximally, it abuts the radius. Laterally, it articulates with the scaphoid bone, medially with the triquetral bone, and distally with the capitate bone. The lunate also articulates on its distal and medial surface with the hamate bone. Hand and wrist wraps are used to compress (and keep compressed when hitting) the bones and tissues in the hand...
== Benefits ==
== Structure == A hand wrap protects against several common types of boxing injuries. It typically supports the wrist joint, keeping the joint aligned when the impact of a punch is absorbed by the wrong part of the hand. It also secures the base of the thumb to the hand, thereby reducing the chance of a sprain or fracture that can result from the thumb striking an opponent's elbow. Most importantly, it significantly strengthens the metacarpus, reducing the likelihood of a fracture of one of the metacarpal bones. Such a fracture is often called the boxer's fracture—which is usually a fracture in the neck of the fourth or fifth metacarpal—because of its frequency among fighters. The capitate is the largest carpal bone found within the hand. The capitate is found within

the distal row of carpal bones. The capitate lies directly adjacent to the metacarpal of the ring finger on its distal surface, has the hamate on its ulnar surface and trapezoid on its radial surface, and abuts the lunate and scaphoid proximally. e56cab4eec

Triquetral bone Situated The triquetral bone (; also called triquetrum, pyramidal, three-faced, and formerly cuneiform bone) is located in the wrist on the medial side of the proximal row of the carpus between the lunate and pisiform bones. The triquetrum is one of the eight carpal bones of the hand. It is a three-faced bone found within the proximal row of carpal bones. carpal bone. It connects with the pisiform, hamate, and lunate bones. It is the 2nd most commonly fractured carpal bone. It is on the ulnar side of the hand, but does not directly articulate with the ulna. Instead, it is connected to and articulates with the ulna through the Triangular fibrocartilage disc and ligament, which forms part of the ulnocarpal joint capsule e56cab4eec

The scaphoid is situated between the proximal and distal rows of carpal bones. It is located on the radial side of the wrist, adjacent to the styloid process of the radius. It articulates with the radius, lunate, trapezoid, trapezium, and capitate. Over 80% of the bone is covered in articular cartilage. e56cab4eec The distal portion of the forelimb of an animal has a technical name manus. Some evolutionary anatomists use the term hand to refer to the appendage of digits on the forelimb more generally—for example, in the context of whether the three digits of the bird hand involved the same homologous loss of two digits as in the dinosaur hand. e56cab4eec

Wrist the wrist is variously defined as (1) the carpus or carpal bones, the complex of eight bones forming the proximal skeletal segment of the hand; (2) the In human anatomy, the wrist is variously defined as (1) the carpus or carpal bones, the complex of eight bones forming the proximal skeletal segment of the hand; (2) the wrist joint or radiocarpal joint, the joint between the radius and the carpus and; (3) the anatomical region surrounding the carpus including the distal parts of the bones of the forearm and the proximal parts of the metacarpus or five metacarpal bones and the series of joints between these bones, thus referred to as wrist joints. This region also includes the carpal tunnel, the anatomical snuff box, bracelet lines, the flexor retinaculum, and the extensor retinaculum e56cab4eec

Capitate bone It presents, above, a rounded portion or head, which is received into the concavity formed by the scaphoid and lunate bones; a constricted portion or neck; and below this, the body. The capitate bone is the largest of the carpal bones in the human hand. It presents, above, a rounded portion or head, which is received into the concavity formed by the scaphoid and lunate bones; The capitate bone, also known as os magnum, is a bone in the human wrist found in the center of the carpal bone region, located at the distal end of the radius and ulna bones. It articulates with the third metacarpal bone (the middle finger) and forms the third carpometacarpal joint. bones in the human hand e56cab4eec

== Structure == e56cab4eec == Structure == e56cab4eec

Hamate bone The hamate is found within the distal row of carpal bones, and abuts the metacarpals of the little finger and ring finger The hamate bone (from Latin hamatus, 'hooked'), or unciform bone (from Latin uncus, 'hook'), Latin os hamatum and occasionally abbreviated as just hamatum, is a bone in the human wrist readily distinguishable by its wedge shape and a hook-like process ("hamulus") projecting from its palmar surface. carpal bone found within the hand e56cab4eec

The human hand usually has five digits: four fingers plus one thumb; however, these are often referred to collectively as five fingers, whereby the thumb is included as one of the fingers. It has 27 bones, not including the sesamoid bone, the number of which varies among people, 14 of which are the phalanges (proximal, intermediate and distal) of the fingers and thumb. The metacarpal bones connect... e56cab4eec

== Structure == e56cab4eec == Structure == e56cab4eec The bone is also found in many other mammals, and is homologous with the "third distal carpal" of reptiles and amphibians. e56cab4eec == Structure == e56cab4eec In tetrapods, the carpus is the sole cluster of bones in the wrist between the radius and ulna and the metacarpus. The bones of the carpus do not belong to individual fingers (or toes in quadrupeds), whereas those of the metacarpus do. The corresponding part of the foot is the tarsus. The carpal bones allow the wrist to move and rotate vertically. e56cab4eec The hamate is an irregularly shaped carpal bone found within the hand. The hamate is found within the distal row of carpal bones, and abuts the metacarpals of the little finger and ring finger. e56cab4eec The trapezium is distinguished by a deep groove on its anterior surface. It is situated at the radial side of the carpus, between the scaphoid and the first metacarpal bone (the metacarpal bone of the thumb). It is homologous with the first distal carpal of reptiles and amphibians. e56cab4eec Adjacent to the hamate on the ulnar side, and slightly proximal and ulnar to it, is the pisiform bone. Adjacent on the radial side is the capitate, and proximal is the lunate bone. e56cab4eec The lunate is stabilised by a medial ligament to the scaphoid bone and a lateral ligament to the triquetral bone. Ligaments between the radius and carpal bone also stabilise the position of the lunate, as does its position in the lunate fossa of the radius. e56cab4eec == Structure == e56cab4eec

Scaphoid bone The scaphoid bone is one of the carpal bones of the wrist. It is approximately the size and shape of a medium cashew nut. It forms the radial border of the carpal tunnel. It is situated between the hand and forearm on the thumb side of the wrist (also called the lateral or radial side). It is situated between the hand and forearm on the thumb side of the wrist (also called the The scaphoid bone is one of the carpal bones of the wrist. The scaphoid bone is the largest bone of the proximal row of wrist bones, its long axis being from above downward, lateralward, and forward e56cab4eec

Carpal bones The terms "carpus" and "carpal" are derived from the Latin carpus and the Greek καρπός (karpós), meaning "wrist". In human anatomy, the main role of the carpal bones is to articulate with the radial and ulnar heads to form a highly mobile condyloid joint (i. wrist joint), to provide attachments for thenar and hypothenar muscles, and to form part of the rigid carpal tunnel which allows the median nerve and tendons of the anterior forearm muscles to be transmitted to the hand and fingers. The terms "carpus" and "carpal" are The carpal bones are the eight small bones that make up the wrist (carpus) that connects the hand to the forearm. The carpal bones are the eight small bones that make up the wrist (carpus) that connects the hand to the forearm. e56cab4eec

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