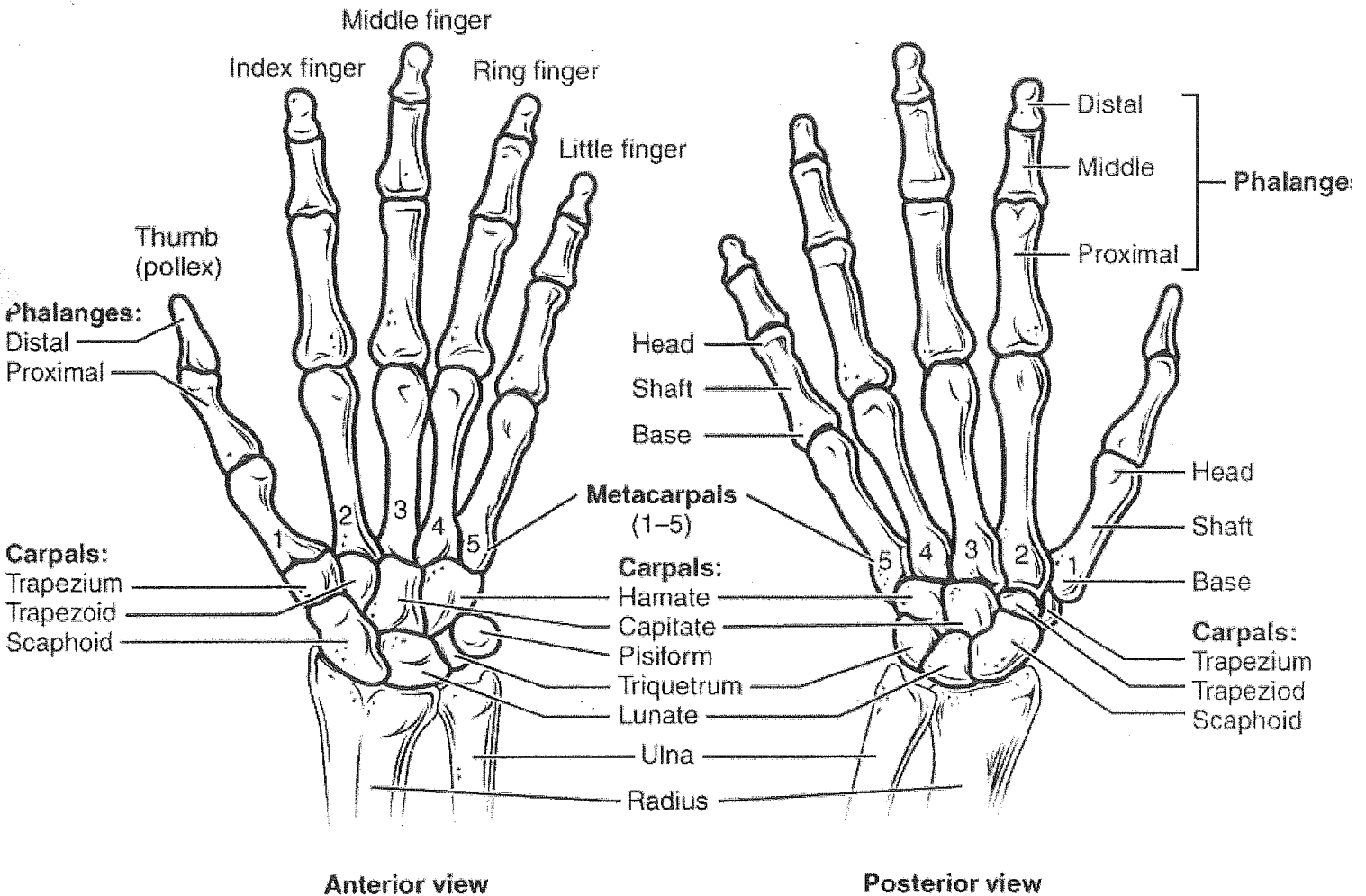
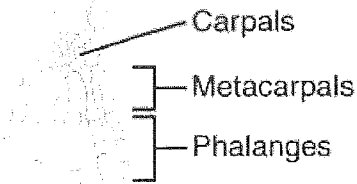


Kinesiology 11: Know your hand Bones!

Name: MS. WOOD

- |               |              |
|---------------|--------------|
| 1. Scaphoid   | 5. Trapezium |
| 2. Lunate     | 6. Trapezoid |
| 3. Triquetrum | 7. Capitate  |
| 4. Pisiform   | 8. Hamate    |

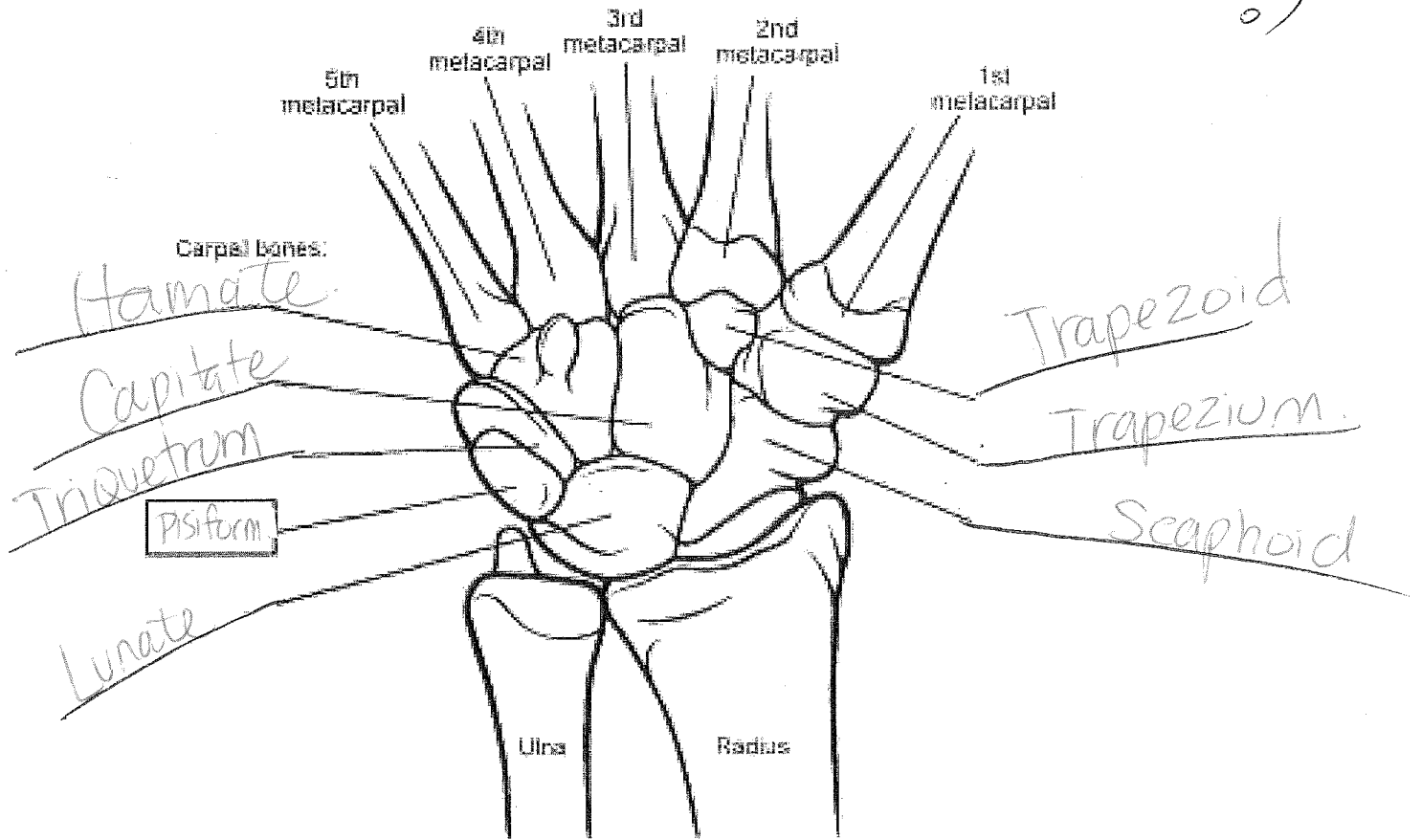


Left Palmar  
\*Remember your ACRONYM! ☹️

Left Dorsal

Label the  
Bones!

Right Palmar View  
(careful!)



S L T P T T C H

\* but reverse b/c  
this is the Right

HAND!