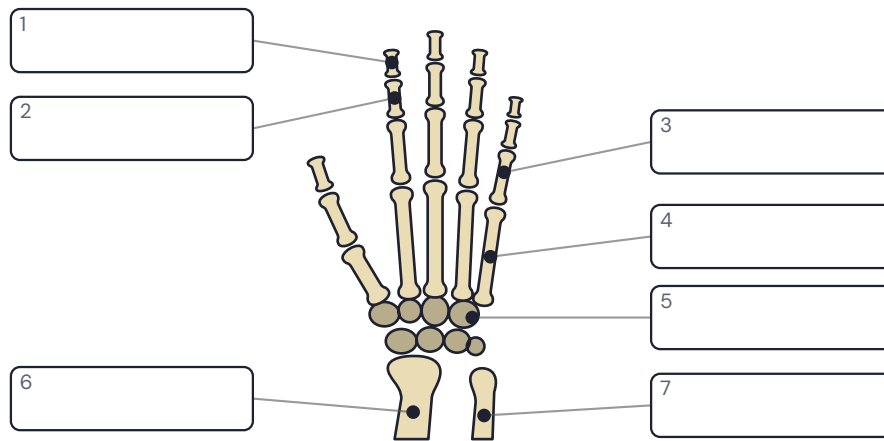


Bones of the hand and foot

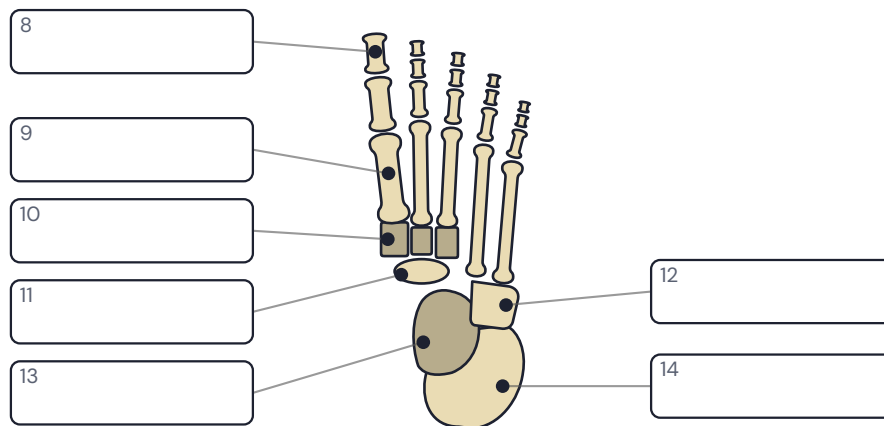
Write the name of each bone in its box. The word bank has the names.

Name _____ Date _____

Right hand, from the back



Right foot, from above



Word bank

Hand	Carpals (wrist bones)	Distal phalanges	Metacarpals
	Middle phalanges	Proximal phalanges	Radius
	Ulna		
Foot	Calcaneus (heel bone)	Cuboid	Cuneiforms
	Metatarsals	Navicular	Phalanges (toe bones)
	Talus (ankle bone)		

1. How many bones are in one hand?

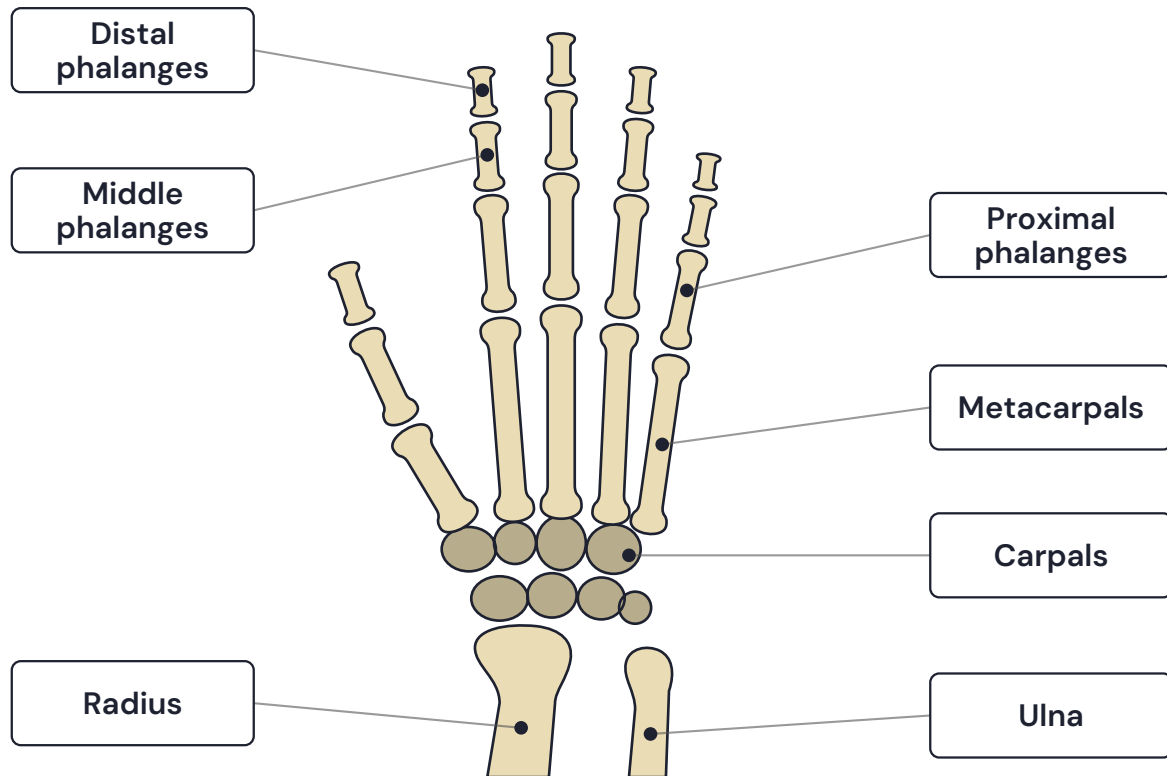
2. Which bones of the foot match the metacarpals of the hand?

3. The thumb has two phalanges. How many does each finger have?

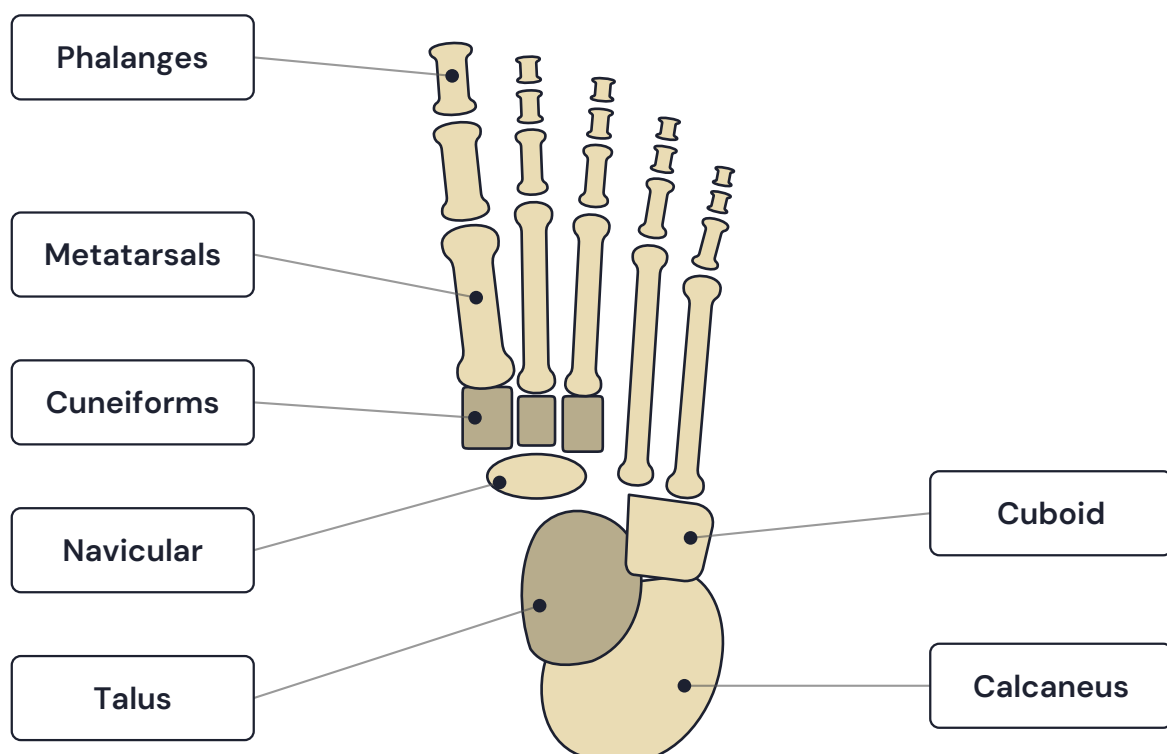
Bones of the hand and foot: answer key

A right hand seen from the back, and a right foot seen from above.

Right hand, from the back



Right foot, from above



Bones of the hand and foot: what each bone is

The hand

Distal phalanges

The bones at the tips of the fingers and the thumb.

Middle phalanges

The middle bone of each finger. The thumb has none: it has two phalanges, and each finger three.

Proximal phalanges

The first bone of each finger and of the thumb, joined to its metacarpal.

Metacarpals

Five bones in the palm, one for the thumb and one for each finger.

Carpals

The eight wrist bones, in two rows.

Radius

The forearm bone on the thumb side.

Ulna

The forearm bone on the little finger side.

The foot

Phalanges

The 14 toe bones: two in the big toe and three in each other toe.

Metatarsals

Five long bones between the tarsals and the toes, one for each toe.

Cuneiforms

Three bones, the medial, middle and lateral, between the navicular and the first three metatarsals.

Navicular

A curved bone between the talus and the cuneiforms.

Cuboid

A roughly cube-shaped bone on the little toe's side, in front of the heel bone.

Talus

The ankle bone. It joins the foot to the tibia and fibula at the ankle.

Calcaneus

The heel bone, the largest of the seven tarsal bones.

One hand has 27 bones: 8 carpals, 5 metacarpals and 14 phalanges. One foot has 26: 7 tarsals (the talus, calcaneus, navicular, cuboid and three cuneiforms), 5 metatarsals and 14 phalanges. The two hands and two feet hold 106 of an adult's 206 bones, more than half.

Answers: 1. 27. 2. The metatarsals. 3. Three.