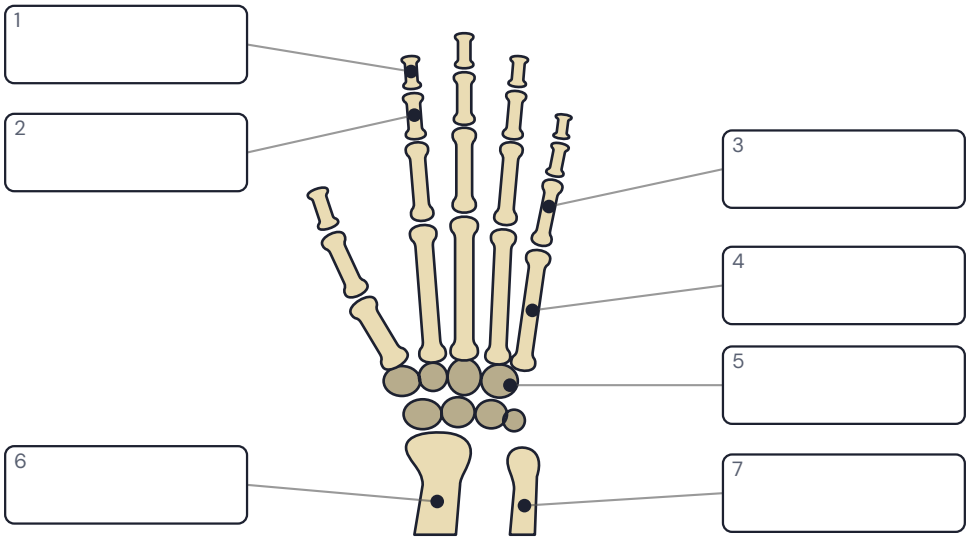
Bones of the hand and foot

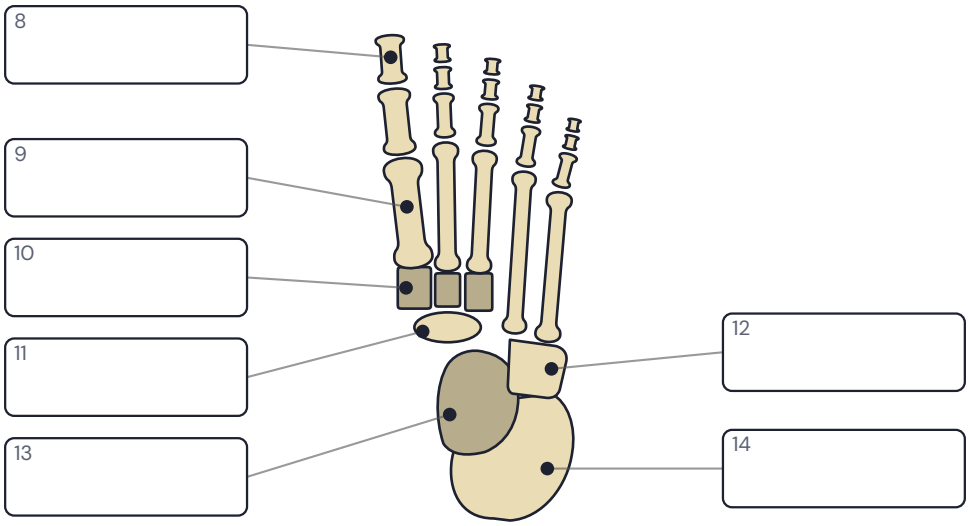
Cut out the names at the bottom of the page and glue each one in its box.

Name _____ Date _____

Right hand, from the back



Right foot, from above



Cut out

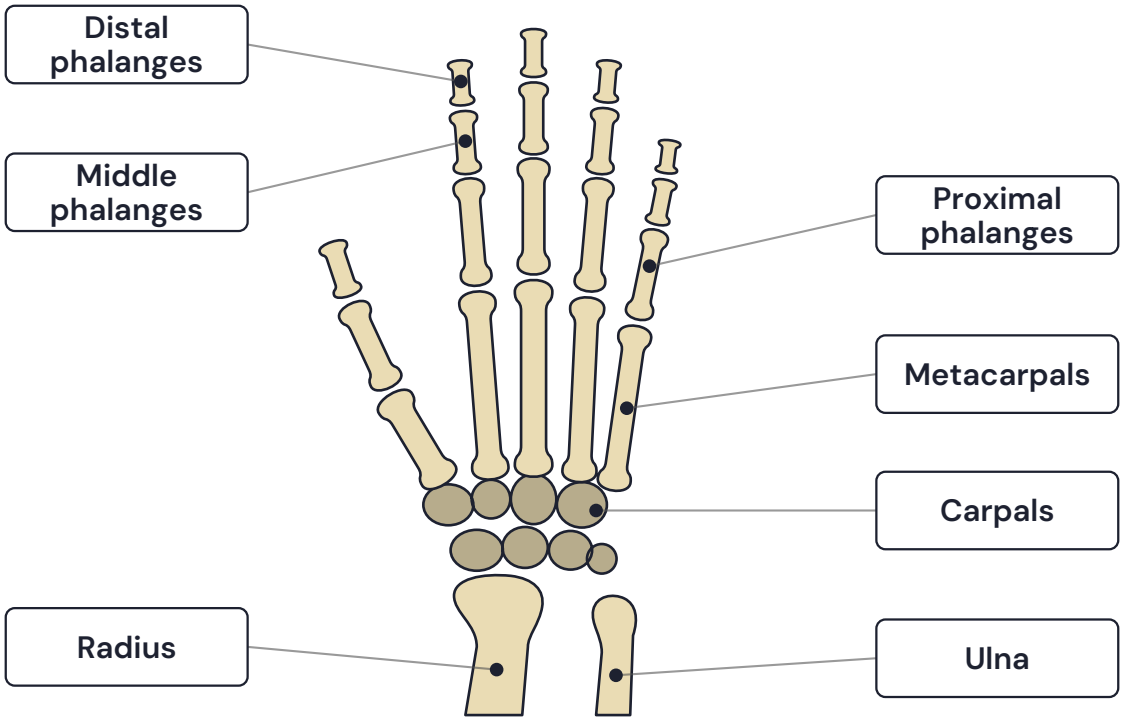
Calcaneus	Carpals	Cuboid	Cuneiforms	Distal phalanges
Metacarpals	Metatarsals	Middle phalanges	Navicular	Phalanges
Proximal phalanges	Radius	Talus	Ulna	

From StatPearls (NIH), the National Cancer Institute and Wikipedia. Not to scale.

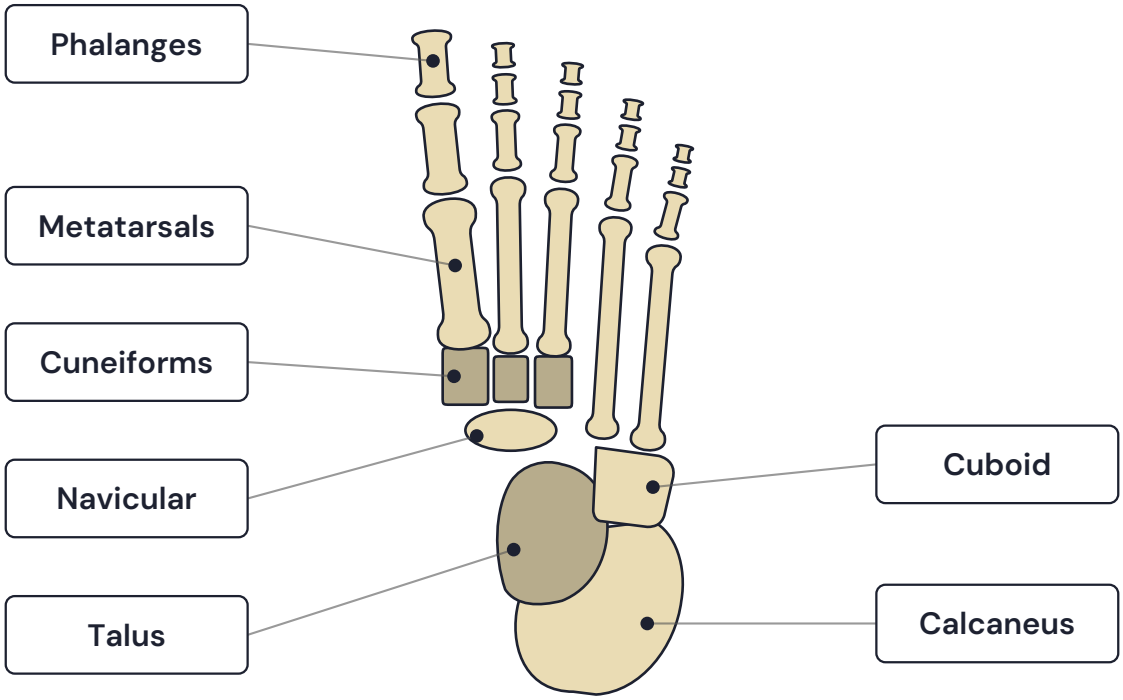
Bones of the hand and foot: answer key

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

Right hand, from the back



Right foot, from above



From StatPearls (NIH), the National Cancer Institute and Wikipedia. Not to scale.

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.

From StatPearls (NIH), the National Cancer Institute and Wikipedia. Not to scale.