

The Articulated Carpus

- the humerus is a long bone, the largest in the upper limb
- it articulates proximally with the scapula at the scapulohumeral (glenohumeral) joint
- it articulates distally with the ulna at the elbow joint

- the carpals are eight bones arranged in two rows
- the carpus is convex anteriorly and concave posteriorly
- these bones glide on each other, as well as the two rows gliding on each other, as well as gliding along the radiocarpal joint.
- **Some Lovers Try Positions That They Cant Handle:**

Scaphoid, Lunate, Triquetrum, Pisiform, Trapezium, Trapezoid, Capitate, Hamate.

The scaphoid, lunate and triquetrum articulate with the radius.

