# Carpal Bones

There are 8 carpal bones, which can easily be remembered with the mnemonic, "Some Lovers Try Positions That They Can't Handle," representing the scaphoid, lunate, triquetrum, pisiform, trapezium, trapezoid, capitate and hamate bones.




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**"Some Lovers Try Positions That They Can't Handle"**
Lovers Trying Positions until They Can't Handle it anymore
"Some Lovers Try Positions That They Can't Handle," is a mnemonic helping to recall the scaphoid, lunate, triquetrum, pisiform, trapezium, trapezoid, capitate and hamate bones.

**Scaphoid**
Scaffold
The scaphoid bone is the most commonly fractured carpal bone, from falling on the wrist with hand outstretched. It is prone to avascular necrosis, due to retrograde blood supply.

**Lunate**
Lunar-moon
The lunate bone is also in the proximal row and can lead to acute carpal tunnel syndrome if fractured or dislocated.

**Triquetrum**
Triangle-queen
The etymology for this bone is derived from latin, meaning "3-cornered." It is also the second most commonly fractured carpal bone.

**Pisiform**
Pizza-farm
This bone is not involved in the movement of the wrist, and its name arises from the Latin word, Pisum, translating to pea.

**Trapezium**
Trapeze
The trapezium is the most radially located carpal bone, and is important in thumb movement.

**Trapezoid**
Trapezoid-trap
The trapezoid bone is a 4-sided carpal bone, whose name is derived from the Greek word, trapezion, translating into "irregular quadrilateral."

**Capitate**
Captain
The capitate bone is the largest of all carpal bones.

**Hamate**
Ham-mate
The hamate bone is commonly fractured when an amateur golfer hits the ground on a downswing. It is also a commonly fractured in baseball players, who can electively have the bone removed.

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