

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.



PLAY PICMONIC

"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.