

B	I	N	G	O
proximal phalanx	14 phalanges	Lunate	distal phalanx	Trapezium
Capitate	middle phalanx	Triquetral	27 bones total	fourth metacarpal
second metacarpal	5 metacarpals	FREE	Pisiform	Radius
first metacarpal	Scaphoid	Ulna	Metacarpals	Trapezoid
8 - carpal bones	fifth metacarpal	Carpals	third metacarpal	Hamate

B	I	N	G	O
second metacarpal	third metacarpal	27 bones total	Scaphoid	Capitate
distal phalanx	Radius	Lunate	Trapezoid	5 metacarpals
Pisiform	14 phalanges	FREE	Metacarpals	Ulna
Hamate	proximal phalanx	Carpals	first metacarpal	8 - carpal bones
Trapezium	Phalanges	fourth metacarpal	Triquetral	middle phalanx

B	I	N	G	O
first metacarpal	Metacarpals	second metacarpal	Hamate	distal phalanx
fifth metacarpal	fourth metacarpal	third metacarpal	Scaphoid	5 metacarpals
Ulna	27 bones total	FREE	Pisiform	Lunate
Phalanges	Trapezium	8 - carpal bones	14 phalanges	proximal phalanx
middle phalanx	Triquetral	Radius	Trapezoid	Carpals