

Bones In The Hand Quiz Questions and Answers PDF

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How many bones are there in the human hand?

- 24
- 27 ✓
- 30
- 32

The human hand consists of 27 bones, which include the phalanges, metacarpals, and carpals. These bones work together to provide the hand with its complex range of motion and dexterity.

Which carpal bone is most commonly fractured?

- Lunate
- Pisiform
- Scaphoid ✓
- Trapezoid

The scaphoid bone is the most commonly fractured carpal bone, often due to falls on an outstretched hand. This injury can lead to complications if not properly diagnosed and treated.

Which metacarpal bone is associated with the thumb?

- 1st metacarpal ✓
- 2nd metacarpal
- 3rd metacarpal
- 4th metacarpal

The metacarpal bone associated with the thumb is the first metacarpal. It is the bone that connects the wrist to the thumb and plays a crucial role in thumb movement and function.

Which bones are part of the proximal phalanges? (Select all that apply)

- Thumb** ✓
- Index finger** ✓
- Middle finger** ✓
- Little finger** ✓

The proximal phalanges are the first set of bones in the fingers and toes, specifically the bones that connect to the metacarpals in the hands and the metatarsals in the feet. In humans, there are five proximal phalanges in each hand and foot, corresponding to each digit.

Which of the following are types of interphalangeal joints? (Select all that apply)

- Proximal Interphalangeal (PIP)** ✓
- Distal Interphalangeal (DIP)** ✓
- Metacarpophalangeal (MCP)
- Carpal-Metacarpal (CMC)

Interphalangeal joints are classified into two main types: proximal interphalangeal (PIP) joints and distal interphalangeal (DIP) joints. These joints are found in the fingers and toes, allowing for flexions and extensions between the phalanges.

What are common conditions affecting the hand bones? (Select all that apply)

- Arthritis** ✓
- Carpal Tunnel Syndrome** ✓
- Osteoporosis
- tendonitis

Common conditions affecting the hand bones include arthritis, fractures, carpal tunnel syndrome, and tendonitis. These conditions can lead to pain, reduced mobility, and functional impairment of the hand.

What is the total number of distal phalanges in one hand?

- 3
- 4
- 5** ✓
- 6

Each hand has five fingers, and each finger has one distal phalanx. Therefore, the total number of distal phalanges in one hand is five.

Which joint is formed between the metacarpal bones and proximal phalanges?

- Wrist joint
- Interphalangeal joint
- Metacarpophalangeal joint ✓
- Carpal joint

The joint formed between the metacarpal bones and proximal phalanges is known as the metacarpophalangeal joint (often abbreviated as MCP joint). This joint allows for the flexions and extensions of the fingers.

Which bone is located in the proximal row of the carpal bones?

- Trapezium
- Capitate
- Scaphoid ✓
- Hamate

The proximal row of the carpal bones includes the scaphoid, lunate, triquetrum, and pisiform. These bones are located closest to the forearm and play a crucial role in wrist movement and stability.

How many phalanges are in the thumb?

- 1
- 2 ✓
- 3
- 4

The thumb has two phalanges: the proximal phalanx and the distal phalanx. This is fewer than the other fingers, which each have three phalanges.

Which bones form the wrist joint? (Select all that apply)

- Scaphoid ✓
- Trapezoid
- Hamate
- Radius ✓

The wrist joint is formed by the radius and the ulna from the forearm, along with the carpal bones, which include the scaphoid, lunate, triquetrum, and pisiform. These bones work together to allow for the complex movements of the wrist.

Which bones are involved in the power grip? (Select all that apply)

- Metacarpals ✓
- Phalanges ✓
- Carpal
- Radius

The bones involved in the power grip primarily include the phalanges, metacarpals, and carpal bones of the hand. These bones work together to create a strong grip by allowing the fingers to flex and wrap around objects.

Which of the following are bones in the distal row of the carpal bones? (Select all that apply)

- Trapezium ✓
- Lunate
- Capitate ✓
- Pisiform

The distal row of the carpal bones includes the trapezium, trapezoid, capitate, and hamate. These bones are crucial for wrist movement and stability.

Which type of grip involves the thumb touching the fingertips?

- Power grip
- Precision grip ✓
- Hook grip
- Cylindrical grip

The grip type where the thumb touches the fingertips is known as the 'pinch grip.' This grip is commonly used in various activities that require precision and control, such as holding small objects or tools.