Chest and Shoulder Bones

*Figure 2-6* illustrates the bones of the chest and shoulder that are important in our industry when performing full-body treatments, such as body wraps, as well as for massage to learn as body reference landmarks and prevent injury to these areas:

- **Scapula** (2)
  - also called the *shoulder blade*; large, flat, triangular bone of the shoulder; there are two scapulae

- **Clavicle**
  - also known as *collarbone*, it joins the sternum and scapula

Arm and Hand Bones

*Figure 2-7* lists the important bones of the arms and hands:

- **Metacarpus** (5)
  - five bones, or *metacarpals*, of the palm located between the carpus and phalanges

- **Carpus** (8)
  - also known as the *wrist*; flexible joint composed of eight small, irregular bones called *carpals*

- **Phalanges**
  - also known as *digits*; bones of the fingers or toes; three in each finger and two in each thumb

- **Radius**
  - smaller bone in the forearm on the same side as the thumb

- **Ulna**
  - inner and larger bone in the forearm located on the side of the little finger

- **Humerus**
  - uppermost and largest bone in the arm, extending from the elbow to the shoulder

*Did You Know?*

*Repetitive motions, such as excessive wrist flexing or locking it in a bent position, can cause painful inflammation in the carpus area. Keep the wrist straight to prevent these injuries. Understanding anatomy and ergonomics can help prevent strains and injuries throughout your cosmetology career.*