

knees, and hips; and immovable, such as the pelvis or skull, which allows little or no movement.

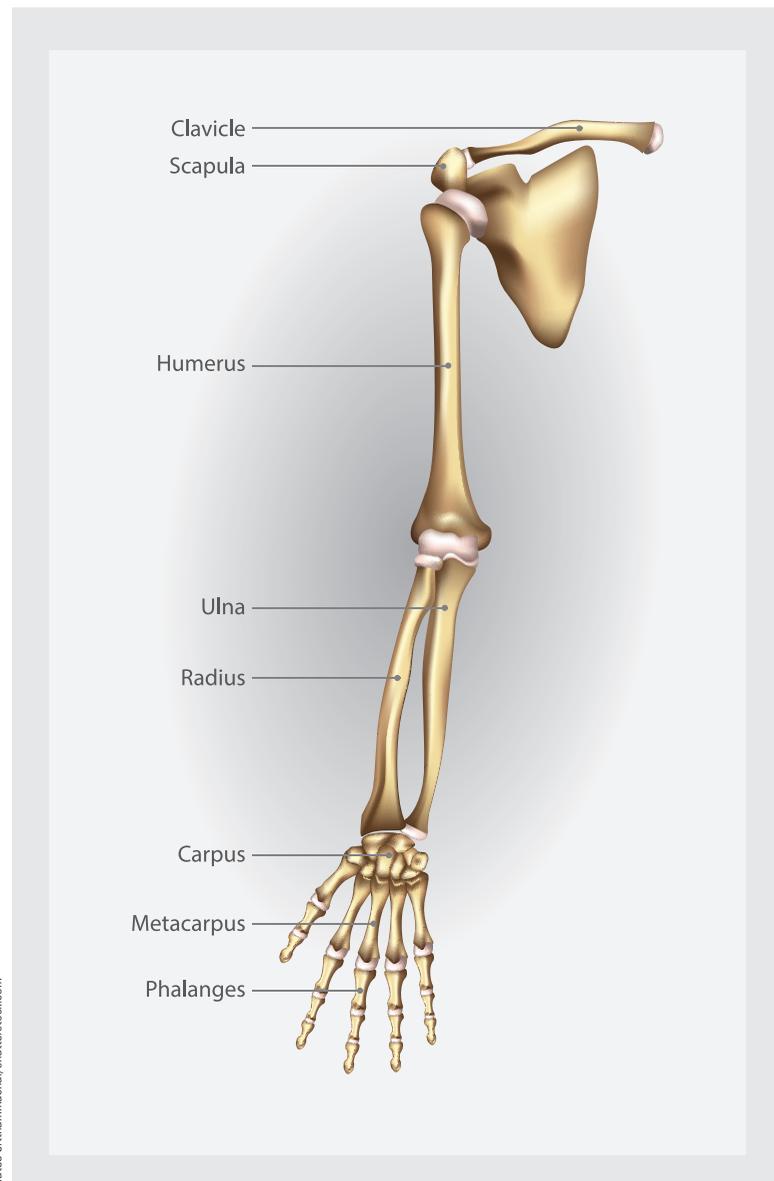
Bones of the Arms and Hands

Important bones of the arms and hands include the following (Figures 2-7 and Figure 2-8):

- **Humerus** (HYOO-muh-rus). The uppermost and largest bone of the arm, extending from the elbow to the shoulder.
- **Ulna** (UL-nuh). The longer bone of the forearm. It is larger at the elbow than at the wrist and is located on the little finger side of the hand.

DID YOU KNOW?

Painful inflammation involving the carpus area can be caused by repetitive motions, such as flexing your wrist excessively or locking it in a bent position while using a nail file. Keeping the wrist straight—without flexing—while filing can help prevent these injuries.



▲ **FIGURE 2-7** The bones of the arm and hand.