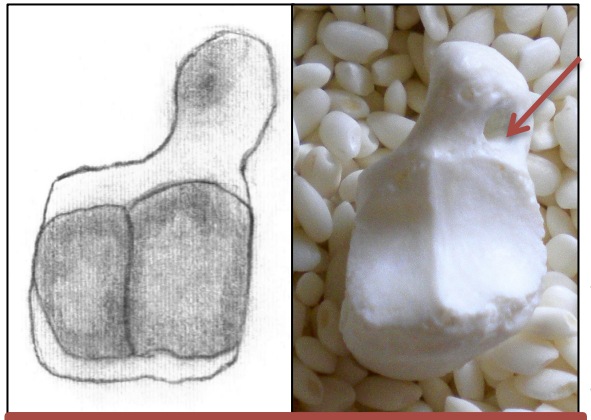
Step 1: Identifying and Orienting the Hamate

In SAP, the hamate is bordered by MC4-5 on its distal side, the capitate on its lateral side, the lunate on its proximal side, and the triquetral on its medial side.



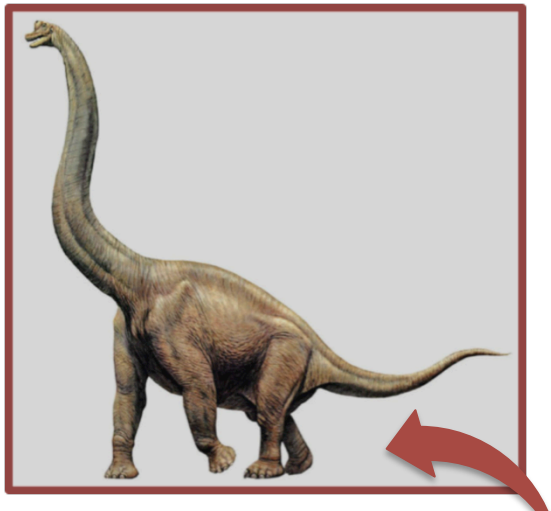
The hamate's most distinct feature is the large protruding *hamulus* on its palmar surface. This projection looks like the handle of a bell. **In the view from the facets for MC4-5 (the only articular surface with paired facets), this handle falls to the side the bone is from.**

***Note**: This is not an actual foramen – it's the hole that was used to make the replica a keychain.*

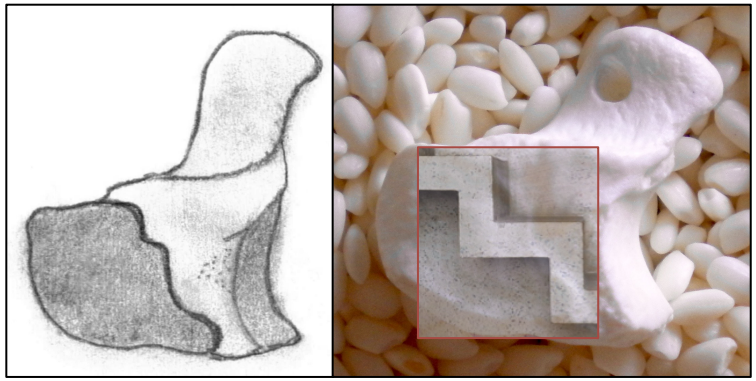
The hamate is shown in palmar and dorsal view in **a light red oval**, articulated with the other bones of the wrist and hand. Bordering carpals and metacarpals are labeled. **ALL IMAGES SHOWN ARE OF THE RIGHT HAMATE.**

Image credits listed on original post.

Step 2: Using the Medial and Lateral Articular Surfaces for Siding

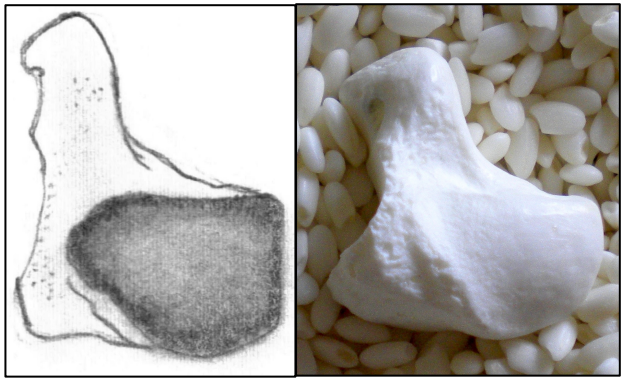


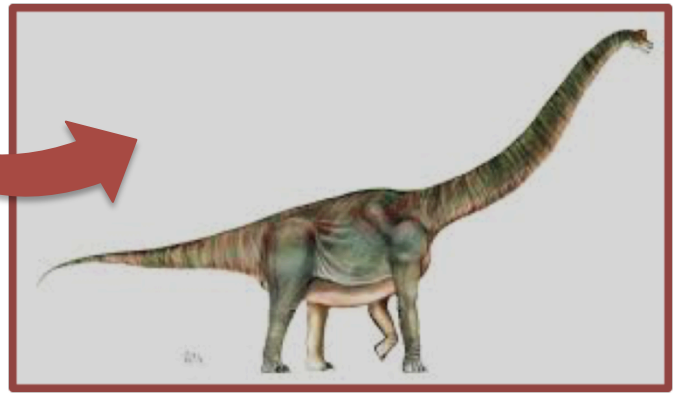
Viewed from its lateral and medial sides, the hamate resembles **a brachiosaurus**, with a ponderous body, elongated neck, and small, blunt head. Orient the bone so that the 'head' of the brachiosaurus is up In order to side it using the articular facets for the triquetral and capitate.



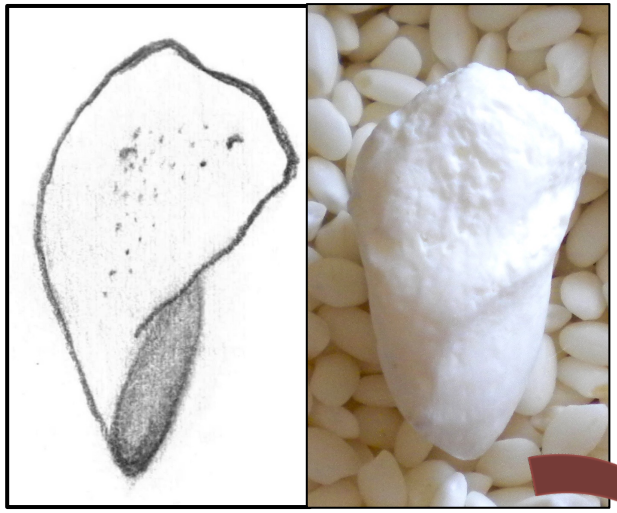
The medial articular surface for the triquetral is convex, like the belly of a brachiosaurus who has just eaten its fill. **This full "belly" will fall to the side the bone is from**.

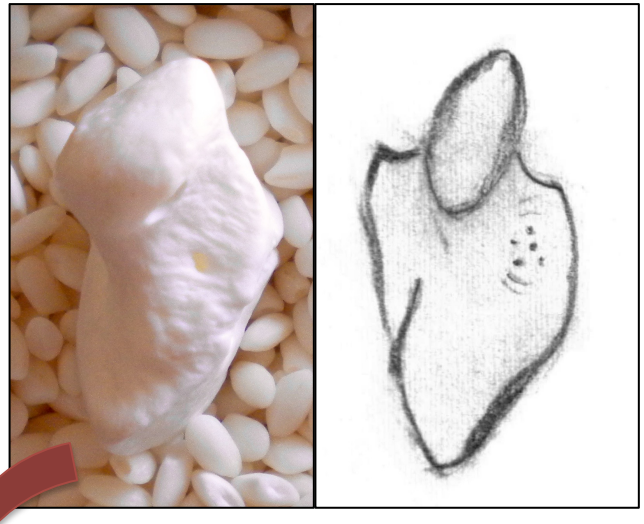
In contrast, the lateral articular surface for the capitate is more flattened, like a brachiosaurus who hasn't eaten for quite some time. **The flat belly points away from the side the bone is from**. Finally, when oriented so that the hamulus points up, these facets descend, like a flight of stairs. **If you walked down these steps, you would head towards the direction the bone is from**





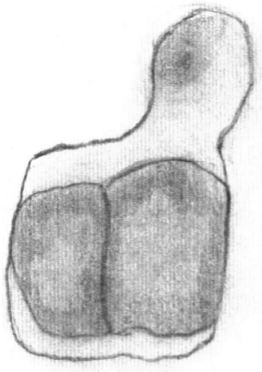
Step 3: Using the Palmar and Dorsal Surfaces for Siding



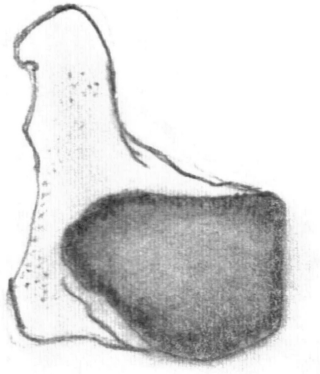


When viewed from the dorsal side, orient the bone so that the convex facet for the triquetral is at its base. In this view, the bone will look a bit like an icecream cone, and **the majority of the rugose, mottled 'ice cream' will fall to the side the bone is from.**

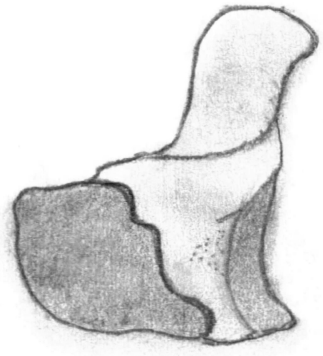
When viewed from the palmar side, orient the bone so that the hamulus is in front. In this perspective, the bone looks like a duck viewed from above, and **the duck is swimming towards the side the bone is from.**



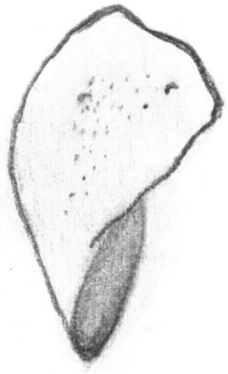
View from MC4 and MC5.



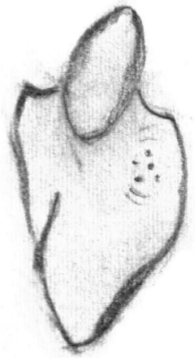
View from the triquetral.



View from the capitate.



Dorsal view.



Palmar view.