Ossification of Carpal Bones

1. Capitate – 1 to 3 months
2. Hamate – 2-4 months
3. Triquetrum – 2-3 years
4. Lunate – 2-4 years
5. Scaphoid – 4-6 years
6. Trapezium – 4-6 years
7. Trapezoid – 4-6 years
8. Pisiform – 8-12 years

- Look at the volar aspect of the right wrist: start at capitate (excluding the pisiform) and move in an anti-clockwise direction.
  - Number of bones seen can be roughly number of years of age (as per numbering above)

http://www.instantanatomy.net/arm/areas/hand/carpalbones.html