

## Appendicular Skeleton

### **Pectoral Girdles (Shoulder) (2 bones)**

No articulation with vertebral column

#### Clavicle (Collar bone)

Meets manubrium at sternoclavicular joint

Lateral to Medial:

Acromial Exterimity - conoid tubercle (inferior side) - costal tuberosity (inferior side) - Sternal Exterimity

#### Scapula (Shoulder bone)

Articulates with clavicle at the acromioclavicular joint

Articulates with humerus at glenohumeral joint

Posterior - Top to Bottom - Medial to Lateral:

Superior angle      Superior Border      Coracoid Process      Acromium

Supraspinous fossa

Spine

Glenoid Cavity

Infraspinous fossa

medial (vertebral) border

lateral (axillary border)

Inferior angle

Posterior - Top to Bottom - Lateral to Medial:

Acromion      Superior Border      Superior Angle

Coracoid Process

Subscapular fossa

Glenoid Cavity

lateral (axillary border)

medial (vertebral) border

Inferior angle

### **Upper Limbs (30 Bones / side)**

#### Humerus

articulates with scapula's glenoid cavity (glenohumeral joint)

Top to Bottom / Lateral to Medial:

Head

Anatomical Neck

Greater Tubercle      Intertubercular Sulcus      Lesser Tubercle

Surgical Neck

Deltoid Tuberosity

Body

Radial Fossa      Coronoid Foassa (Posterior = Olecranon Fossa)

Lateral Epicondyle      Medial Epicondyle

Capitulum      Trochlea

#### Ulna

Articulate with humerus at elbow joint at trochlea

Articulates with radius at proximal and distal radioulnar joints

Top to Bottom:

(On Top side - Troclear notch)  
 Coronoid Process (Posterior = Olecranon)  
 Ulnar Tuberosity  
 Body  
 Head  
 (Posterior side - Styloid Process)

**Radius**

Articulate with humerus at elbow joint at capitulum  
 Articulates with radius at proximal and distal radioulnar joints  
 Articulates with lunate, scaphoid and triquetrum - radiocarpal joint

Top to Bottom:

Head  
 Neck  
 Radial Tuberosity  
 Body  
 Styloid Process

**8 Carpals**

Anterior side - Thumb to Pinky, Top to Bottom

Scaphoid	Lunate	Triquetrum	Pisiform
Trapezium	Trapezoid	Capitate	Hamate

Carpometacarpal Joints (CMC)

**5 Metacarpals (Counted from Thumb [pollex] to Pinky)**

Metacarpalphalangeal Joints (MP)

**14 Phalanges (Counted From Thumb to Pinky, Proximal, Middle and Distal)**

Proximal to Middle - Proximal Interphalangeal Joints (PIP)  
 Middle to Distal - Distal Interphalangeal Joints (DIP)

**Pelvic Girdle**

2 Hip / Coxal Bone (3 prenatal bones)

Unite with sacrum at the Sacroiliac joints

Junction of 3 - Acetabulum (socket for femur)

Ilium

Top to bottom - Posterior to Anterior

	Iliac crest	
Posterior superior iliac spine		Anterior superior iliac spine
(Gluteal lines - Posterior, Anterior, Inferior)		
	Ala	
Posterior inferior iliac spine		Anterior inferior iliac spine
Greater sciatic arch		Body of ilium
Acetabulum		

Ischium

Top to bottom - Posterior to Anterior

	Body	
Ischial spine		Acetabulum
Lesser sciatic arch		Acetabular notch

Ischial tuberosity    Obturator foramen  
Ramus of Ischium

Pubis

Top to bottom - Posterior to Anterior

Acetabulum

Superior Ramus of Pubis

Pubic crest

Pubic Tubercle

Obturator Foramen

Inferior Ramus of Pubis

### Lower Limbs (30 Bones / side)

Femur (Thigh Bone)

Top to Bottom:

Head

Neck

Greater Trochanter

Intertrochanter Line (Posterior = Crest)

Medial side - Lesser Trochanter

(Posterior - Gluteal Tuberosity)

(Posterior - Linea Aspera)

Body

Lateral Epicondyle

Medial Epicondyle

Lateral Condyle

Medial Condyle

(Posterior- Intercondyle Fossa)

Tibia (Shin bone)

Condyles articulate with Femur Condyles to form the knee (tibiofemoral joint)

Inferior surface of Lateral Condyle articulates with the Fibula (tibiofibular joint)

Top to Bottom:

Lateral Condyle

(Posterior - Intercondyle Eminence)

Medial Condyle

Tibial Tuberosity

Anterior Border (Crest)

(Lateral - Fibular Notch)

Medial Malleolus

Fibula

Top to Bottom:

Head

Body

Lateral Malleolus

Patella

Top to Bottom:

Base

(Posterior - Articular Facets for Lateral and Medial Condyle)

Apex

Tarsals

Intertarsal joints between tarsals

Talus articulates with lateral and medial malleolus (talocrural - ankle - joint)

Heel to Toe

Calcaneus (heel bone)

Talus (ankle bone)

Cuboid      Navicular

Third Cuneiform

Second Cuneiform    First Cuneiform

Tarsometatarsal joints

Metatarsals

Metatarsophalangeal joints

Phalanges

proximal and distal interphalangeal joints