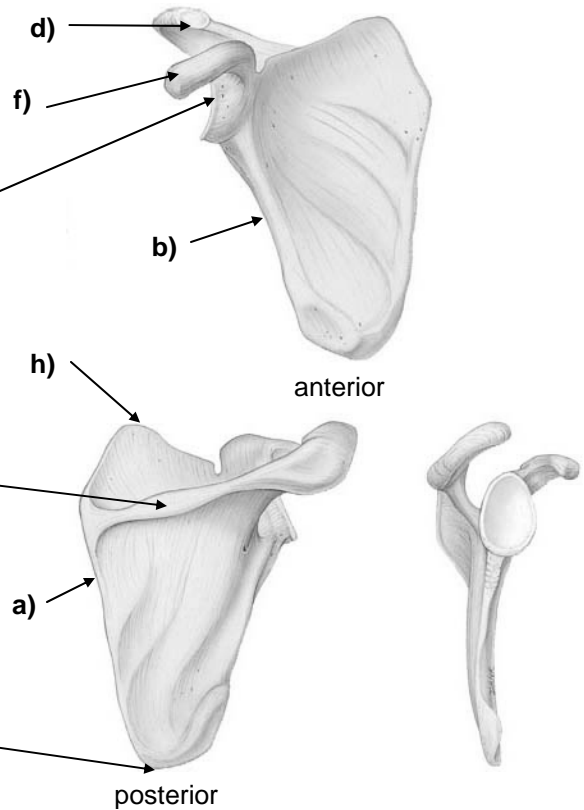


Shoulder (Pectoral Girdle): *consists of Scapula & Clavicle*

1. Scapula: large triangular bone

MARKINGS:

- a) **medial (vertebral) border:** thin edge closest to vertebral column
- b) **lateral (axillary) border:** thick edge lies near armpit
- c) **glenoid fossa:** depression lies inferior to acromion process
- d) **acromion process:** high point of shoulder which articulates with clavicle
- e) **spine of scapula:** sharp, diagonal ridge which ends in acromion process
- f) **coracoid process:** point for muscle attachment, lies anterior and inferior to acromion
- g) **inferior angle:** lowest point
- h) **superior angle**

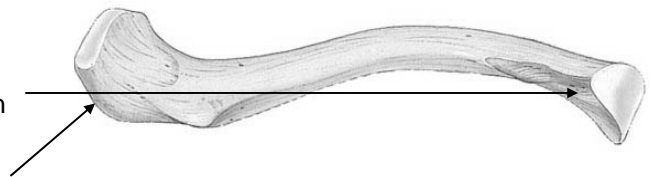


2. Clavicle: collar bone; long, thin, "S" shaped bone

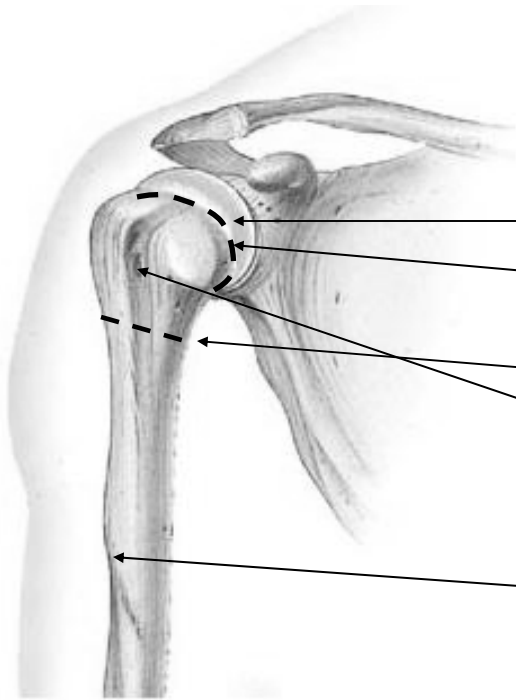
Two curves: a) *medial curve:* convex anterior
 b) *lateral curve:* concave anterior

MARKINGS:

- a) **sternal extremity:** rounded medial portion which articulates with sternum forming *sternoclavicular join (SC joint)*
- b) **acromial extremity:** flattened lateral end which articulates with acromion forming *acromioclavicular joint (AC joint)*



Humerus (arm)



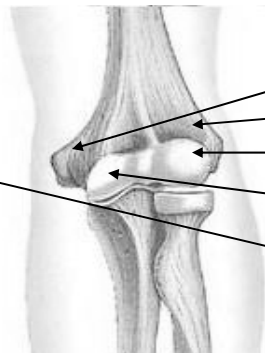
3. Humerus: articulates proximally with glenoid fossa of scapula; articulates distally with radius and ulna

PROXIMAL MARKINGS:

- a) **head of humerus:** round, articulates with glenoid fossa forming *glenohumeral joint*
- b) **anatomical neck:** oblique groove which is site of eiphyseal line (growth plate)
- c) **surgical neck:** constricted portion; so named because fractures often occur here
- d) **bicipital groove:** aka intertubercular sulcus; deep depression which holds biceps tendon
- e) **deltoid tuberosity:** roughened, V-shaped area which serves as point of attachment for the deltoid muscle



posterior

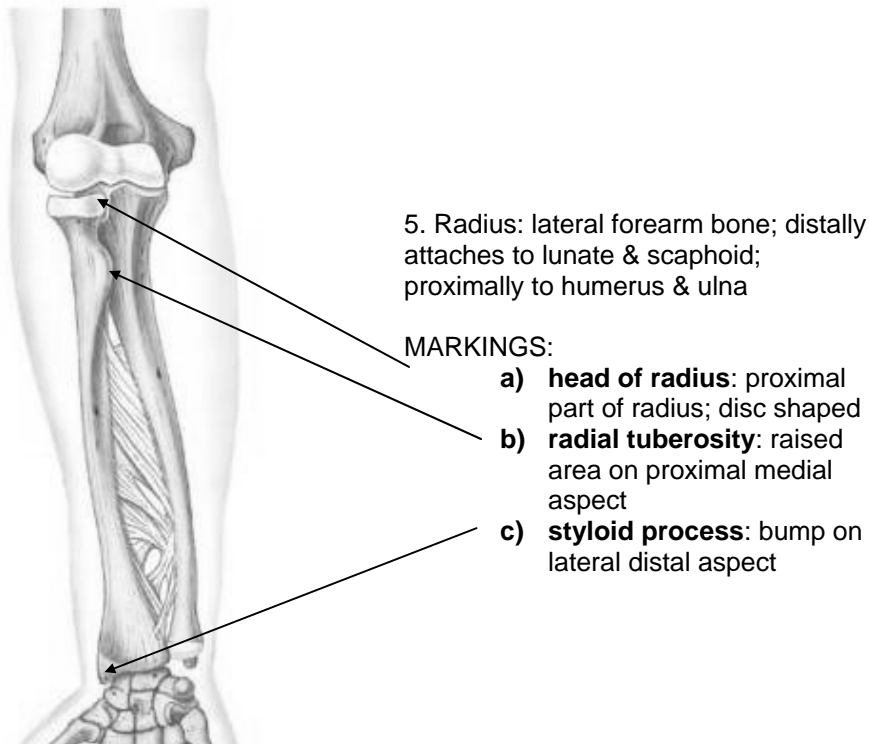
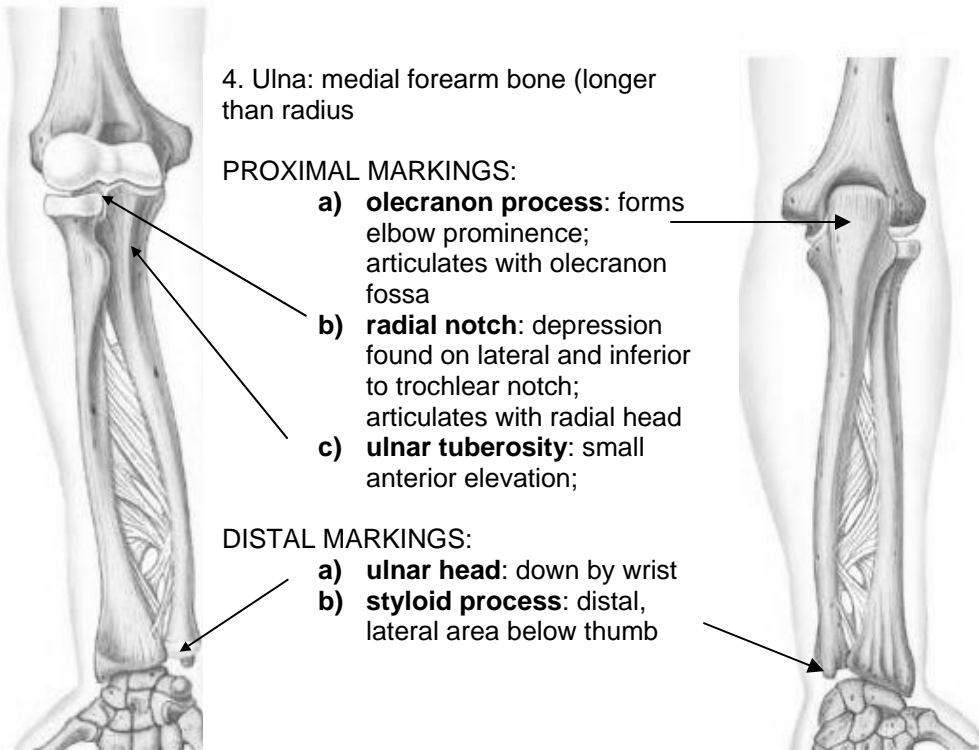


anterior

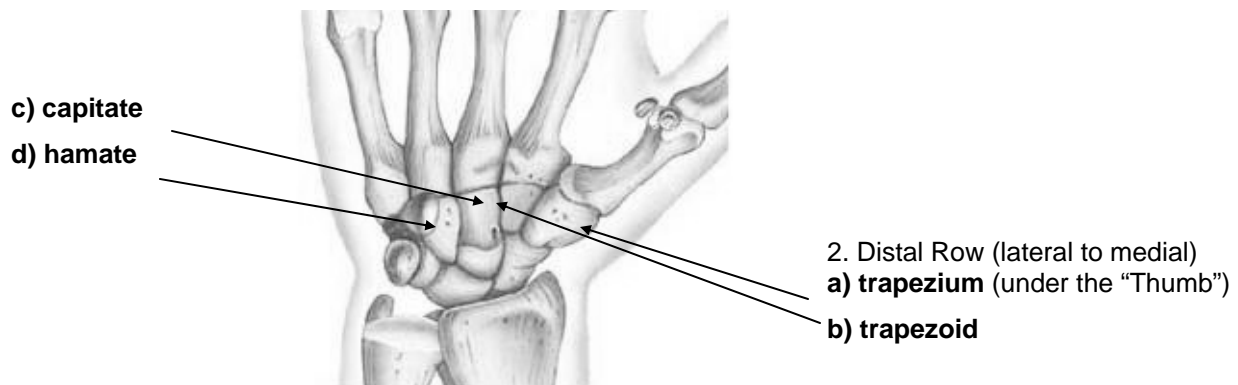
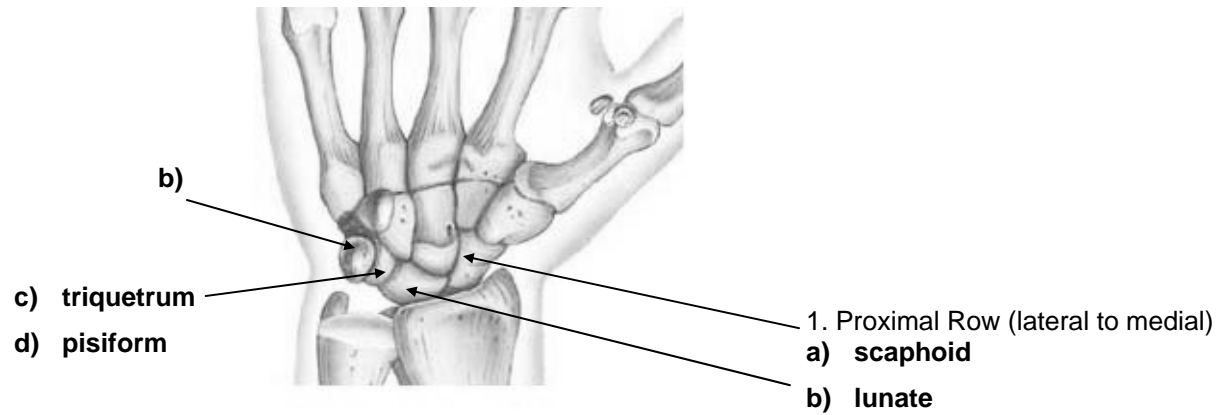
DISTAL MARKINGS:

- a) **medial epicondyle:** muscle attachment
- b) **lateral epicondyle:** muscle attachment
- c) **capitulum:** knob-like; articulates with head of radius
- d) **trochlea:** spool-shaped surface; articulates with ulna
- e) **olecranon fossa:** posterior depression for olecranon; allows for full elbow extension

Ulna & Radius (forearm)



Carpal bones (wrist)



Memory Tip for Carpal Bones (lateral to medial, proximal to distal):

Sally Left The Party To Take Cathy Home

HAND

