

APPENDICULAR SKELETON :

Pectoral Girdle

Scapula

acromion process
coracoid process
glenoid fossa (cavity)
suprascapular notch
spine
superior border
axillary border
vertebral border
infraspinous fossa
supraspinous fossa
superior angle
inferior angle

Clavicle

medial (sternal) end
lateral (acromial) end

Bones of the arm:

Humerus

head, neck
lesser & greater tubercles
intertubercular groove
deltoid tuberosity
radial groove
radial fossa
medial & lateral epicondyles
coronoid fossa
olecranon fossa
trochlea
capitulum

Radius

head & neck
radial tuberosity
styloid process

Ulna

olecranon process
trochlear (semilunar) notch
styloid process
coronoid process
styloid process

Pelvic Girdle (Os coxae)

Ilium

iliac crest
ant. sup. iliac spine
post. sup. iliac spine
ant. inf. iliac spine
post. inf. iliac spine
iliac fossa, arcuate lines, auricular surface
greater sciatic notch

Ischium

ischial spine
lesser sciatic notch
ischial tuberosity
ischial body, ischial ramus

Pubis

superior ramus
inferior ramus
pubic crest
pubic symphysis, pubic arch
Acetabulum
Obturator foramen

Bones of the wrist & hand:

Carpals

scaphoid
lunate
triquetral
pisiform
trapezium
trapezoid
capitate
hamate

Metacarpals

Phalanges

proximal
middle
distal

Bones of the leg:

Femur

- head & neck
- fovea capitis
- greater & lesser trochanter
- intertrochanteric crest & line
- gluteal tuberosity
- linea aspera
- medial & lateral epicondyles
- medial & lateral condyles
- intercondylar fossa, adductor tubercle

Tibia

- medial & lateral condyles
- intercondylar eminence
- tibial tuberosity
- medial malleolus

Fibula

- head
- anterior crest
- lateral malleolous

Bones of the foot:

Tarsals

- calcaneus*
- talus*
- navicular
- cuboid
- medial cuneiform
- intermediate cuneiform
- lateral cuneiform

Metatarsals

Phalanges

- proximal
- middle
- distal