

ACTIVITY 4: APPENDICULAR SKELETON

OBJECTIVES:

- 1) **How to get ready:** Read Chapter 8, [McKinley et al., Human Anatomy, 4e](#). All text references are for this textbook.
- 2) Identify the bones and bone markings from the upper limb and pectoral girdle.
- 3) Identify the bones and bone markings from the lower limb and pelvic girdle.
- 4) **Before next class:** Preview appendicular (and axial) muscle terms lists from SLCC Anatomy Laboratory website or your printed laboratory manual and your textbook.

Table 1. PECTORAL GIRDLE

BONE	BONE MARKINGS	TEXT REFERENCES, NOTES, & SKETCH
<input type="checkbox"/> CLAVICLE	<input type="checkbox"/> sternal end (medial) <input type="checkbox"/> acromial end (lateral) <input type="checkbox"/> conoid tubercle	fig. 8.2, p. 223
<input type="checkbox"/> SCAPULA	<input type="checkbox"/> superior border <input type="checkbox"/> suprascapular notch <input type="checkbox"/> medial (vertebral) border <input type="checkbox"/> lateral (axillary) border <input type="checkbox"/> superior angle <input type="checkbox"/> inferior angle <input type="checkbox"/> spine <input type="checkbox"/> acromion <input type="checkbox"/> coracoid process <input type="checkbox"/> supraspinous fossa <input type="checkbox"/> infraspinous fossa <input type="checkbox"/> subscapular fossa <input type="checkbox"/> glenoid cavity (fossa) <input type="checkbox"/> supraglenoid tubercle <input type="checkbox"/> infraglenoid tubercle	fig. 8.2, 8.3, pp. 223-224

Table 2. UPPER LIMB

UPPER LIMB -- ARM		
BONE	BONE MARKINGS	TEXT REFERENCES, NOTES, AND SKETCH
<input type="checkbox"/> HUMERUS	<input type="checkbox"/> head (of humerus) <input type="checkbox"/> greater tubercle <input type="checkbox"/> lesser tubercle <input type="checkbox"/> intertubercular sulcus/groove <input type="checkbox"/> anatomical neck <input type="checkbox"/> surgical neck <input type="checkbox"/> deltoid tuberosity <input type="checkbox"/> coronoid fossa <input type="checkbox"/> olecranon fossa <input type="checkbox"/> radial fossa <input type="checkbox"/> medial epicondyle <input type="checkbox"/> lateral epicondyle <input type="checkbox"/> trochlea <input type="checkbox"/> capitulum <input type="checkbox"/> radial groove	fig. 8.4, pp. 226-227
UPPER LIMB -- FOREARM		
BONE	BONE MARKINGS	TEXT REFERENCES, NOTES, AND SKETCH
<input type="checkbox"/> ULNA	<input type="checkbox"/> olecranon (process) <input type="checkbox"/> styloid process (of ulna) <input type="checkbox"/> coronoid process (of ulna) <input type="checkbox"/> trochlear notch <input type="checkbox"/> radial notch of ulna <input type="checkbox"/> head of ulna	fig. 8.5, pp. 228-229
<input type="checkbox"/> RADIUS	<input type="checkbox"/> head (of radius) <input type="checkbox"/> neck (of radius) <input type="checkbox"/> radial tuberosity <input type="checkbox"/> ulnar notch <input type="checkbox"/> styloid process (of radius)	fig. 8.5, pp. 228-229

TABLE 2, CONTINUED. UPPER LIMB

UPPER LIMB -- WRIST AND HAND		
BONE		TEXT REFERENCES, NOTES, AND SKETCH
<input type="checkbox"/> CARPAL BONES (8)	<p>proximal row (lateral to medial)</p> <input type="checkbox"/> scaphoid bone <input type="checkbox"/> lunate bone <input type="checkbox"/> triquetrum bone <input type="checkbox"/> pisiform bone <p>distal row (lateral to medial)</p> <input type="checkbox"/> trapezium bone <input type="checkbox"/> trapezoid bone <input type="checkbox"/> capitate bone <input type="checkbox"/> hamate bone	<p>fig. 8.6, p. 231</p>
<input type="checkbox"/> METACARPAL BONES	<p>1 through 5</p>	
<input type="checkbox"/> PHALANGES	<input type="checkbox"/> proximal phalanx <input type="checkbox"/> middle phalanx <input type="checkbox"/> distal phalanx	

Table 3. PELVIC GIRDLE

BONE	BONE MARKINGS	TEXT REFERENCES, NOTES, AND SKETCH
<input type="checkbox"/> OS COXA (2) (composed of fused ilium, ischium, and pubis)	<input type="checkbox"/> acetabulum <input type="checkbox"/> obturator foramen	fig. 8.7, 8.9, 8.10, pp. 232-237, table 8.1
<input type="checkbox"/> ILIUM	<input type="checkbox"/> iliac crest <input type="checkbox"/> anterior superior iliac spine <input type="checkbox"/> anterior inferior iliac spine <input type="checkbox"/> posterior superior iliac spine <input type="checkbox"/> posterior inferior iliac spine <input type="checkbox"/> greater sciatic notch <input type="checkbox"/> iliac fossa <input type="checkbox"/> auricular surface (of ilium)	
<input type="checkbox"/> ISCHIUM	<input type="checkbox"/> body (of ischium) <input type="checkbox"/> ischial spine <input type="checkbox"/> lesser sciatic notch <input type="checkbox"/> ramus (of ischium) <i>or</i> ischial ramus <input type="checkbox"/> ischial tuberosity	
<input type="checkbox"/> PUBIS	<input type="checkbox"/> body (of pubis) <input type="checkbox"/> pubic tubercle <input type="checkbox"/> pubic crest <input type="checkbox"/> superior pubic ramus <input type="checkbox"/> inferior pubic ramus	

Table 4. LOWER LIMB

LOWER LIMB -- THIGH AND KNEE		
BONE	BONE MARKINGS	TEXT REFERENCES, NOTES, AND SKETCH
<input type="checkbox"/> FEMUR		fig. 8.11, 8.12, pp. 238-240
	<input type="checkbox"/> head (of femur)	
	<input type="checkbox"/> fovea	
	<input type="checkbox"/> neck (of femur)	
	<input type="checkbox"/> greater trochanter	
	<input type="checkbox"/> lesser trochanter	
	<input type="checkbox"/> intertrochanteric crest	
	<input type="checkbox"/> shaft (of femur)	
	<input type="checkbox"/> gluteal tuberosity	
	<input type="checkbox"/> linea aspera	
	<input type="checkbox"/> medial condyle (of femur)	
	<input type="checkbox"/> medial epicondyle (of femur)	
	<input type="checkbox"/> adductor tubercle	
	<input type="checkbox"/> lateral condyle (of femur)	
	<input type="checkbox"/> lateral epicondyle (of femur)	
	<input type="checkbox"/> intercondylar fossa	
<input type="checkbox"/> PATELLA		
LOWER LIMB -- LEG AND FOOT		
BONE	BONE MARKINGS	TEXT REFERENCES, NOTES, AND SKETCH
<input type="checkbox"/> TIBIA		fig. 8.13, 8.14, pp. 242-244
	<input type="checkbox"/> medial condyle (of tibia)	
	<input type="checkbox"/> lateral condyle (of tibia)	
	<input type="checkbox"/> intercondylar eminence	
	<input type="checkbox"/> tibial tuberosity	
	<input type="checkbox"/> medial malleolus	
	<input type="checkbox"/> anterior border (crest)	
<input type="checkbox"/> FIBULA		
	<input type="checkbox"/> head (of fibula)	
	<input type="checkbox"/> neck (of fibula)	
	<input type="checkbox"/> lateral malleolus	
<input type="checkbox"/> TARSAL BONES (7 bones)		
	<input type="checkbox"/> talus bone	
	<input type="checkbox"/> calcaneus bone	
	<input type="checkbox"/> navicular bone	
	<input type="checkbox"/> medial cuneiform bone	
	<input type="checkbox"/> intermediate cuneiform bone	
	<input type="checkbox"/> lateral cuneiform bone	
	<input type="checkbox"/> cuboid bone	
<input type="checkbox"/> METATARSAL BONES	1 through 5	
<input type="checkbox"/> PHALANGES		
	<input type="checkbox"/> proximal phalanx	
	<input type="checkbox"/> middle phalanx	
	<input type="checkbox"/> distal phalanx	