

ACTIVITY 4: APPENDICULAR SKELETON

OBJECTIVES:

- 1) How to get ready: Read Chapter 8, **McKinley et al., Human Anatomy, 5e**. 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
☐ CLAVICLE	<input type="checkbox"/> sternal end (medial)	fig. 8.2, p. 223
	<input type="checkbox"/> acromial end (lateral)	
	<input type="checkbox"/> conoid tubercle	
☐ SCAPULA	<input type="checkbox"/> superior border	fig. 8.2, 8.3, pp. 223-224
	<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		

Table 2. UPPER LIMB

UPPER LIMB -- ARM		
BONE	BONE MARKINGS	TEXT REFERENCES, NOTES, AND SKETCH
☐ HUMERUS	<input type="checkbox"/> head	fig. 8.4, pp. 226-227
	<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		
UPPER LIMB -- FOREARM		
BONE	BONE MARKINGS	TEXT REFERENCES, NOTES, AND SKETCH
☐ ULNA	<input type="checkbox"/> olecranon (process)	fig. 8.5, pp. 228-229
	<input type="checkbox"/> styloid process	
	<input type="checkbox"/> coronoid process	
	<input type="checkbox"/> trochlear notch	
	<input type="checkbox"/> radial notch	
	<input type="checkbox"/> head	
☐ RADIUS	<input type="checkbox"/> head	fig. 8.5, pp. 228-229
	<input type="checkbox"/> neck	
	<input type="checkbox"/> radial tuberosity	
	<input type="checkbox"/> ulnar notch	
	<input type="checkbox"/> styloid process	

TABLE 2, CONTINUED. UPPER LIMB

UPPER LIMB -- WRIST AND HAND		
BONE		TEXT REFERENCES, NOTES, AND SKETCH
<input type="checkbox"/> CARPAL BONES (8)	proximal row (lateral to medial)	fig. 8.6, p. 231
	<input type="checkbox"/> scaphoid bone	
	<input type="checkbox"/> lunate bone	
	<input type="checkbox"/> triquetrum bone	
	<input type="checkbox"/> pisiform bone	
	distal row (lateral to medial)	
	<input type="checkbox"/> trapezium bone	
	<input type="checkbox"/> trapezoid bone	
	<input type="checkbox"/> capitate bone	
	<input type="checkbox"/> hamate bone	
<input type="checkbox"/> METACARPAL BONES	I - V	
<input type="checkbox"/> PHALANGES	<input type="checkbox"/> proximal phalanx	
	<input type="checkbox"/> middle phalanx	
	<input type="checkbox"/> distal phalanx	
	<input type="checkbox"/> pollex (has no middle phalanx)	

Table 3. PELVIC GIRDLE: **Each os coxa (pl. ossa coxae) is composed of three fused bones: ilium, ischium, and pubis.**

BONE	BONE MARKINGS	TEXT REFERENCES, NOTES, AND SKETCH
❑ OS COXA (2)	❑ acetabulum	fig. 8.7, 8.9, 8.10, pp. 232-237, table 8.1
	❑ obturator foramen	
❑ ILIUM	❑ iliac crest	
	❑ anterior superior iliac spine	
	❑ anterior inferior iliac spine	
	❑ posterior superior iliac spine	
	❑ posterior inferior iliac spine	
	❑ greater sciatic notch	
	❑ iliac fossa	
❑ ISCHIUM	❑ body	
	❑ ischial spine	
	❑ lesser sciatic notch	
	❑ ramus <u>or</u> ischial ramus	
	❑ ischial tuberosity	
❑ PUBIS	❑ body	
	❑ pubic tubercle	
	❑ superior pubic ramus	
	❑ inferior pubic ramus	

Table 4. LOWER LIMB

LOWER LIMB -- THIGH AND KNEE		
BONE	BONE MARKINGS	TEXT REFERENCES, NOTES, AND SKETCH
<input type="checkbox"/> FEMUR	<input type="checkbox"/> head	fig. 8.11, 8.12, pp. 238-240
	<input type="checkbox"/> fovea	
	<input type="checkbox"/> neck	
	<input type="checkbox"/> greater trochanter	
	<input type="checkbox"/> lesser trochanter	
	<input type="checkbox"/> intertrochanteric crest	
	<input type="checkbox"/> shaft	
	<input type="checkbox"/> gluteal tuberosity	
	<input type="checkbox"/> linea aspera	
	<input type="checkbox"/> medial condyle	
	<input type="checkbox"/> medial epicondyle	
	<input type="checkbox"/> adductor tubercle	
	<input type="checkbox"/> lateral condyle	
<input type="checkbox"/> lateral epicondyle		
<input type="checkbox"/> intercondylar fossa		
<input type="checkbox"/> PATELLA		fig. 8.12, p. 240
LOWER LIMB -- LEG AND FOOT		
BONE	BONE MARKINGS	TEXT REFERENCES, NOTES, AND SKETCH
<input type="checkbox"/> TIBIA	<input type="checkbox"/> medial condyle	fig. 8.13, pp. 240-243
	<input type="checkbox"/> lateral condyle	
	<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	
	<input type="checkbox"/> neck	
	<input type="checkbox"/> lateral malleolus	

LOWER LIMB -- LEG AND FOOT

LOWER LIMB -- LEG AND FOOT		
BONES	INDIVIDUAL BONES	TEXT REFERENCES, NOTES, AND SKETCH
<input type="checkbox"/> TARSAL BONES (7 bones)	<input type="checkbox"/> talus bone	fig. 8.14, 8.15, pp. 244-245
	<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 (I - V)		
<input type="checkbox"/> PHALANGES	<input type="checkbox"/> proximal phalanx	
	<input type="checkbox"/> middle phalanx	
	<input type="checkbox"/> distal phalanx	
	<input type="checkbox"/> hallux (has no middle phalanx)	