

PECTORAL GIRDLE

Pectoral (shoulder) girdle:

2 scapulae + 2 clavicles: broad range of motion

Sternum: body, manubrium, xiphoid process

Clavicle (collar bone):

- acromial end @ w/ acromion process of scapula
- sternal end @ with sternum

Scapula:

- Borders: lateral, medial, superior
- head, neck
- glenoid cavity (fossa) @ with head of humerus
- coracoid & acromion processes
- scapular spine, supraspinous & infraspinous fossae
- subscapular fossa

Humerus:

- head & surgical neck
- greater & lesser tubercles, intertubercular groove
- medial & lateral epicondyles, deltoid tuberosity
- capitulum, trochlea
- olecranon & coronoid fossae

Ulna:

- olecranon & coronoid processes
- trochlear (semilunar) notch
- radial notch, head, styloid process

Radius:

- head, neck,
- radial tuberosity
- styloid process, ulnar notch

Carpals (8):

- lunate, triquetrum, pisiform, hamate
- scaphoid, trapezium, trapezoid capitate

Metacarpals (5): digits 1-5

Phalanges (14): proximal, middle, distal

PELVIC GIRDLE:

Os coxae (3 pelvic bones: ilium-ischium-pubis)

- iliac crest, iliac fossa
- articular surface @ sacrum (sacroiliac joint)
- pubic ramus, symphysis & tubercle
- greater sciatic notch
- ischial spine, tuberosity, ramus
- obturator foramen
- acetabulum @ head of femur

Sacrum:(5 fused vertebrae)

- body
- sacral canal, hiatus
- median sacral crest
- post. and ventral sacral foramina
auricular & articular surfaces

Coccyx: (~4 fused vertebrae) - "tail bone"

Femur:

- head, fovea, neck
- greater & lesser trochanters
- intertrochanteric crest, linea aspera
- adductor tubercle, medial & lateral epicondyles
- medial & lateral condyles, intercondylar fossa

Patella:

- medial & lateral articular surface(s)
- base & apex

Tibia:

- medial & lateral condyles, intercondylar eminence
- medial malleolus
- tibial tuberosity, anterior crest

Fibula: head, lateral malleolus

Tarsals (5):

- calcaneus, talus, cuboid
- navicular, cuneiform

Metatarsals (5): digits 1-5

Phalanges (14): proximal, middle, distal