

Lab 8: Appendicular Skeleton

Be able to name the bones of the entire appendicular skeleton, including the girdles (Exercise 10). You will also have to be able to determine which side of the body a particular bone came from.

Scapula:

- Glenoid Cavity, Subscapular, Infraspinous, and Supraspinous Fossae, Spine, Acromion & Coracoid Processes

Humerus:

- Head, Deltoid Tuberosity, Olecranon Fossa, Trochlea, Capitulum, Lateral & Medial Epicondyles

Ulna:

- Olecranon Process, Coronoid Process, Head, Styloid Process

Radius:

- Head, Radial Tuberosity, Styloid Process

Carpals, Metacarpals and Phalanges:

- Mnemonic: **Some Lovers Try Positions That They Can't Handle**
- Disarticulated: Know which phalanges are distal (they look different).
- Articulated: Know the proper number as well

Coxal Bone:

- Acetabulum, and Obturator Foramen
- Three bones fused together:
 - Ilium – Iliac Crest, Greater Sciatic Notch, Articular Surface/Sacroiliac Joint
 - Ischium – Ischial Tuberosity
 - Pubis – Pubic Crest, Pubic Symphysis

Femur:

- Head, Fovea Capitis, Neck, Greater and Lesser Trochanter, Lateral and Medial Epicondyles, Lateral and Medial Condyles, Patellar Surface

Patella:

- Know right from left.

Tibia:

- Tibial Tuberosity, Anterior Crest/Border, Medial Malleolus

Fibula:

- Head, Lateral Malleolus

Tarsals, Metatarsals and Phalanges:

- Mnemonic: **Tiger Cubs Need MILC.**
- Disarticulated: Know which phalanges are distal (they look different). Identify the 1st & 5th metatarsals (they look different).
- Articulated: Know the proper number as well