

### **Lab 6: Appendicular Skeleton**

Be able to name the bones of the entire appendicular skeleton, including the girdles (Exercise 10 & Skeletal Atlases). 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 1<sup>st</sup> & 5<sup>th</sup> metatarsals (they look different).
- Articulated: Know the proper number as well