

The Skeleton

<ul style="list-style-type: none"> • FRONTAL BONE (1 or 2 bones): <ul style="list-style-type: none"> • Supraorbital Notch / Foramen <ul style="list-style-type: none"> • CN V₁: Ophthalmic Division of the Trigeminal Nerve (hole 2 of 2) • Frontal Sinuses (drains into Middle Nasal Meatus) 	<ul style="list-style-type: none"> • ETHMOID BONE (1 bone): <ul style="list-style-type: none"> • Perpendicular Plate • Crista Galli • Cribriform Plate <ul style="list-style-type: none"> • CN I: Olfactory Nerve • Ethmoid Sinuses (drains into Superior Nasal Meatus) • Superior Nasal Conchae • Middle Nasal Conchae
<ul style="list-style-type: none"> • TEMPORAL BONE (left & right): <ul style="list-style-type: none"> • Mandibular Fossa • External Acoustic Meatus • Internal Acoustic Meatus <ul style="list-style-type: none"> • CN VII: Facial Nerve (hole 1 of 2) • CN VIII: Vestibulocochlear Nerve • Styloid Process • Mastoid Process • Stylomastoid Foramen <ul style="list-style-type: none"> • CN VII: Facial Nerve (hole 2 of 2) • Jugular Foramen (shares border with Occipital Bone) <ul style="list-style-type: none"> • CN IX: Glossopharyngeal Nerve • CN X: Vagus • CN XI: Spinal Accessory (hole 2 of 2) 	<ul style="list-style-type: none"> • MANDIBLE (1 bone): <ul style="list-style-type: none"> • Mandibular Foramen <ul style="list-style-type: none"> • CN V₃ Mandibular Division of the Trigeminal Nerve (hole 2 of 3) • Mental Foramen <ul style="list-style-type: none"> • CN V₃ Mandibular Division of the Trigeminal Nerve (hole 3 of 3) • Mandibular Condyle • Coronoid Process
<ul style="list-style-type: none"> • SPHENOID BONE (1 bone): <ul style="list-style-type: none"> • Sella Turcica <ul style="list-style-type: none"> • Pituitary Gland • Sphenoid Sinus (under the Sella Turcica) (drains into Superior Nasal Meatus) • Optic Canal <ul style="list-style-type: none"> • CN II: Optic Nerve • Superior Orbital Fissure <ul style="list-style-type: none"> • CN III: Oculomotor Nerve • CN IV: Trochlear Nerve • CN V₁: Ophthalmic Division of the Trigeminal Nerve (hole 1 of 2) • CN VI: Abducens Nerve • Inferior Orbital Fissure <ul style="list-style-type: none"> • CN V₂ Maxillary Division of the Trigeminal Nerve (hole 2 of 3) • Foramen Rotundum <ul style="list-style-type: none"> • CN V₂ Maxillary Division of the Trigeminal Nerve (hole 1 of 3) • Foramen Ovale <ul style="list-style-type: none"> • CN V₃: Mandibular Division of the Trigeminal Nerve (hole 1 of 3) • Foramen Spinosum • Foramen Lacerum <ul style="list-style-type: none"> • deep inside it is a "sideways connection" to the carotid canal, but nothing passes directly through it. 	<ul style="list-style-type: none"> • SUTURES: <ul style="list-style-type: none"> • Coronal Suture (1 bone) • Sagittal Suture (1 bone) • Lambdoid Suture (1 bone) • Squamosal Suture (left & right)
	<ul style="list-style-type: none"> • OCCIPITAL BONE (1 bone): <ul style="list-style-type: none"> • Foramen Magnum <ul style="list-style-type: none"> • CN XI Spinal Accessory (hole 1 of 2) • Spinal Cord • Hypoglossal Canal <ul style="list-style-type: none"> • CN XII Hypoglossal Nerve • Occipital Condyles
	<ul style="list-style-type: none"> • MAXILLA (left & right): <ul style="list-style-type: none"> • Infraorbital Foramen <ul style="list-style-type: none"> • CN V₂ Maxillary Division of the Trigeminal Nerve (hole 3 of 3) • Maxillary Sinuses (drains into Middle Nasal Meatus)

- **Rest of the AXIAL SKELETON Bones** _____ :
- **Parietal** (left & right)
- **Zygomatic** (left & right)
- **Nasal** (left & right)
- **Palatine** (left & right)
- **Inferior Nasal Conchae** (left & right)
- **Vomer** (1 bone)
- **Hyoid** (1 bone)
- **Manubrium** (1 bone)
- **Body of Sternum** (1 bone)
- **Xiphoid Process** (1 bone)
- **Ribs** (12 left & 12 right)
 - **Costal Groove**
- **Cervical Vertebrae** (7 bones)
 - **Atlas (C₁)**
 - **Axis (C₂)**
 - **Odontoid Process / Dens**
- **Thoracic Vertebrae** (12 bones)
- **Lumbar Vertebrae** (5 bones)
- **Sacrum** (1 bone: 5 fused bones)
- **Coccyx** (1 bone: 3 to 5 fused bones)
- **Other Vertebra Parts** _____ :
- **Spinous Process**
- **Transverse Process & Transverse Foramen** (if present)
- **Vertebral Foramen**
- **Body**
- **Intervertebral Disc**
- **Anterior & Posterior Fontanelles on Fetal Skull**

- **CLAVICLE** _____ (left & right):
- **Sternal (Medial) End***
 - **last epiphyseal plate to close (age 23–28 years old)!*
- **Acromial (Lateral) End**

- **SCAPULA** _____ (left & right):
- **Subscapular Fossa**
- **Supraspinous Fossa**
- **Infraspinous Fossa**
- **Spine**
- **Suprascapular Notch**
- **Glenoid Cavity**
- **Acromion**
- **Coracoid Process**

- **HIP (COXAL) BONE** _____ (left & right):
- **ILIUM**
 - **Anterior Superior Iliac Spine**
 - **Iliac Crest**
 - **Auricular Surface**
 - **Greater Sciatic Notch**
 - **Acetabulum*** (*all three coxal bones contribute)
- **ISCHIUM**
 - **Ischial Spine**
 - **Ischial Tuberosity**
 - **Obturator Foramen*** (*Ischium & Pubis contribute)
- **PUBIS**
 - **Pubic Symphysis**
 - **Pubic Tubercle**

- **HUMERUS** (left & right):
 - Head
 - Greater Tubercle
 - Lesser Tubercle
 - Intertubercular Sulcus
 - Medial Epicondyle
 - Capitulum
 - Trochlea

- **FEMUR** (left & right):
 - Head
 - Fovea Capitis
 - Greater Trochanter
 - Lesser Trochanter
 - Lateral Condyle
 - Medial Condyle
 - Patellar Surface

- **RADIUS** (left & right):
 - Head

- **PATELLA** (left & right)

- **ULNA** (left & right):
 - Olecranon
 - Coronoid Process
 - Trochlear Notch
 - Styloid Process

- **TIBIA** (left & right):
 - Tibial Tuberosity
 - Medial Malleolus

- **FIBULA** (left & right):
 - Lateral Malleolus

- **BONES OF THE WRIST** (left & right):
 - Scaphoid
 - Lunate
 - Triquetrum
 - Pisiform
 - Trapezium
 - Trapezoid
 - Capitate
 - Hamate

- **BONES OF THE ANKLE** (left & right):
 - Talus
 - Calcaneus
 - Navicular
 - Medial Cuneiform
 - Intermediate Cuneiform
 - Lateral Cuneiform
 - Cuboid

- **FINGERS** (left & right):
 - Metacarpal (1st, 2nd, 3rd, 4th, 5th)
 - Phalanges (Proximal, Middle, Distal), (1st, 2nd, 3rd, 4th, 5th)

- **TOES** (left & right):
 - Metatarsal (1st, 2nd, 3rd, 4th, 5th)
 - Phalanges (Proximal, Middle, Distal), (1st, 2nd, 3rd, 4th, 5th)