

## Lab Hand Out 4 - Appendicular Skeleton and Knee Joint

### Superior Appendicular Skeleton

#### I. Clavicle

- A. Acromial End
- B. Conoid Tubercle
- C. Shaft
- D. Sternal End

#### II. Scapula (Left or Right?)

- A. Borders
  - 1. Superior border (superior margin)
  - 2. Medial border (vertebral margin)
  - 3. Lateral border (axillary margin)
- B. Scapular notch (suprascapular notch)
- C. Acromion Process
- D. Coracoid Process
- E. Infraglenoid tubercle
- F. Angles
  - 1. Superior angle
  - 2. Inferior Angle
- G. Scapular Spine
- H. Glenoid Fossa (cavity)
- I. Fossa
  - 1. Subscapular fossa
  - 2. Supraspinous Fossa
  - 3. Infraspinous Fossa

#### III. Humerus (Left or Right?)

- A. Head of Humerus
- B. neck
  - 1. Anatomical Neck
  - 2. Surgical Neck
- C. Tubercle
  - 1. Greater Tubercle
  - 2. Lesser Tubercle
- D. Intertubercular groove
- E. Deltoid Tuberosity
- F. Epicondyle
  - 1. Lateral Epicondyle
  - 2. Medial Epicondyle
- G. Fossa
  - 1. Olecranon Fossa
  - 2. Radial Fossa
  - 3. Coronoid Fossa
- H. Capitulum
- I. Trochlea

#### IV. Radius (Left or Right?)

- A. Head of Radius
- B. Neck
- C. Radial Tuberosity
- D. Styloid Process of radius
- E. Ulnar Notch of radius

#### V. Ulna (Left or Right?)

- A. Olecranon Process
- B. Coronoid Process of ulna
- C. Trochlear Notch of ulna
- D. Radial Notch of ulna
- E. Head of Ulna
- F. Styloid Process

#### VI. Carpals (8)

- A. Proximal row (4): Scaphoid, Lunate, Triquetrum, Pisiform
  - B. Distal row (4): Trapezium, Trapezoid, Capitate, Hamate
- <Say Loudly To Pam, Time To Come Home> OR  
<Sally Left The Party; To Take Carmen Home>

#### VII. Metacarpals: Numbered 1-5

- A. Base
- B. Shaft
- C. Head

#### VIII. Phalanges

- A. Proximal Phalanx
- B. Middle Phalanx
- C. Distal Phalanx

### Inferior Appendicular Skeleton

#### IX. Coxal bone (Left or Right?)

Be able to distinguish between a male and female pelvis

- A. Acetabulum
- B. Obturator Foramen
- C. Ilium
  - 1. Ala
  - 2. Iliac Crest
  - 3. Spines
    - i. Anterior Superior Iliac Spine
    - ii. Posterior Superior iliac Spine

iii. Anterior Inferior Iliac Spine

iv. Posterior Inferior Iliac Spine

4. Auricular Surface (sacroiliac Joint)
5. Iliac Fossa
6. Pelvic Brim (Arcuate Line)
7. Greater Sciatic Notch

**D. Ischium**

1. Ischial body
2. Ischial Spine
3. Ischial Ramus
4. Ischial Tuberosity
5. Lesser Sciatic Notch

**E. Pubic Bone**

1. Pubic Body
2. Pubic Crest
3. Pubic tubercle
4. Ramus
  - i. Superior Pubic Ramus
  - ii. Inferior Pubic Ramus

**X. Femur (Left or Right?)**

- A.** Head of Femur
  1. Fovea Capitis
- B.** Neck of Femur
- C.** Trochanter
  1. Greater Trochanter
  2. Lesser Trochanter
- D.** Trochanteric fossa
- E.** Intertrochanteric Line
- F.** Intertrochanteric Crest
- G.** Gluteal Tuberosity
- H.** Shaft of femur
- I.** Linea Aspera
- J.** Intercondylar fossa
- K.** Condyle
  1. Lateral Condyle
  2. Medial Condyle
- L.** Epicondyle
  1. Lateral Epicondyle
  2. Medial Epicondyle
- M.** Patellar surface

**XI. Patella** – 1. Base and 2. Apex

**XII. Tibia (Left or Right?)**

- A.** Condyle

1. Lateral Condyle

2. Medial Condyle

- B.** Intercondylar Eminence
- C.** Tibial Tuberosity
- D.** Anterior Crest (shin)
- E.** Shaft of Tibia
- F.** Medial Malleolus
- G.** Articulating Surface for Fibular Head

**XIII. Fibula**

- A.** Head of Fibula
- B.** Shaft of Fibula
- C.** Lateral Malleolus

**XIV. Tarsals (7)**

- A.** Calcaneus
  - B.** Talus
  - C.** Navicular
  - D.** Medial, intermediate, & lateral Cuneiform (3)
  - E.** Cuboid
- <Children That Never March In Line Cry>

**XV. Metatarsals:** Numbered 1-5

- A.** Base
- B.** Shaft
- C.** Head

**XVI. Phalanges**

- A.** Proximal Phalanx
- B.** Middle Phalanx
- C.** Distal Phalanx

**Knee Joint**

- A.** Quadriceps Tendon
- B.** Patellar Ligament
- C.** Medial (Tibial) Collateral Ligament (MCL)
- D.** Lateral (Fibular) Collateral Ligament (LCL)
- E.** Anterior Cruciate Ligament (ACL)
- F.** Posterior Cruciate Ligament (PCL)
- G.** Lateral Meniscus
- H.** Medial Meniscus