

APPENDICULAR SKELETAL LAB EXERCISE

Pectoral Girdle / Upper Limbs

Scapula

Superior border
Vertebral (medial) border
Axillary (lateral) border
Spine
Acromion Process
Supraspinous Fossa
Infraspinous Fossa
Coracoid process
Subscapular fossa
Glenoid cavity
Supraglenoid tubercle
Infraglenoid tubercle

Clavicle

Sternal End
Acromial End
Costal Tubercle
Conoid Tubercle

Humerus

Head and shaft
Greater tubercle
Lesser tubercle
Intertubercular groove
Deltoid tuberosity
Trochlea
Capitulum
Lateral and medial epicondyles
Olecranon fossa
Coronoid fossa
Surgical and anatomical neck

Ulna

Trochlear (semilunar) notch
Olecranon process
Coronoid process
Radial notch
Head
Styloid process

Radius

Head
Radial tuberosity
Styloid process
Ulnar notch

Carpals

Scaphoid (lateral)
Lunate (medial)

Metacarpals

Digits numbered 1(lateral) to 5(medial)

Phalanges

Digits numbered 1-5
Proximal, middle, distal phalanges
Pollex (proximal and distal)

Pelvic Girdle / Lower Limbs

Acetabulum

Symphysis Pubis

Obturator Foramen

Ilium

Iliac Fossa

Iliac Crest

Anterior Superior iliac spine

Anterior Inferior iliac spine

Posterior Superior Iliac spine

Posterior Inferior Iliac spine

Auricular surface

Greater Sciatic notch

Ischium

Ischial Tuberosity

Ischial spine

Lesser sciatic notch

Ramus of Ischium

Pubis

Body

Superior Ramus

Inferior Ramus

Pubic Crest

Femur

Head

Fovea Capitis

Neck

Greater Trochanter

Lesser Trochanter

Linea Aspera

Medial and Lateral Condyles

Intercondylar fossa

Medial and lateral epicondyles

Tibia

Medial and lateral condyles

Intercondylar eminence

Tibial tuberosity

Shaft

Anterior Crest

Medial Malleolus

Fibula

Head

Shaft

Lateral Malleolus

Patella

Tarsals

Calcaneus

Calcaneus Tuberosity

Talus

Navicular

Cuneiforms (3)

Cuboid (lateral)

Metatarsals

Digits 1(medial) to 5(lateral)

Phalanges

Digits 1 to 5

Proximal, Middle, and Distal phalanges

Hallux (Proximal and Distal)