**Appendicular Skeleton Guided Notes**

**Appendicular Skeleton: Consists of:**

-Pectoral \_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_

-\_\_\_\_\_\_\_\_\_\_\_\_\_\_ girdle and \_\_\_\_\_\_\_\_

**Upper Pectoral**

-Clavicle- “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”

-Functions: attachment point for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_ to hold the \_\_\_\_\_\_\_\_ laterally, transmits \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to axial skeleton

**Clavicle**

-Curve-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the \_\_\_\_\_\_\_\_\_\_ is not \_\_\_\_\_\_\_\_\_\_\_\_\_ any blood vessels

-Medially articulates with the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (top part of the sternum)

-Laterally articulates with the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ at the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ process

**Scapulae**

-“Shoulder \_\_\_\_\_\_\_\_\_\_\_”

-Lies on the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ surface of the rib \_\_\_\_\_\_\_\_\_

**Scapulae Markings**

-Posterior:

-Spine

-Acromion process-\_\_\_\_\_\_\_ of the spine that connects to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_- “point of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_”

-Anterior

-Coracoid process-“bent little \_\_\_\_\_\_\_\_\_\_\_\_\_”, anchors the \_\_\_\_\_\_\_\_\_\_\_\_

-Suprascapular notch-\_\_\_\_\_\_\_\_\_\_\_ passage

-Lateral

-Glenoid cavity-a shallow \_\_\_\_\_\_\_\_\_\_\_\_\_\_ that receives the \_\_\_\_\_\_\_\_\_\_ of the \_\_\_\_\_\_\_\_\_\_\_\_\_

-Advantage-the shoulder is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ because it is a loose attachment

-Disadvantage-makes it \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and easy to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Humerus**

-Proximal

-Head: greater \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_ tubercle= muscle \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

-Shaft

-Anterior-\_\_\_\_\_\_\_\_\_\_\_\_\_\_ tuberosity-\_\_\_\_\_\_\_\_\_\_\_\_\_\_

-Posterior-\_\_\_\_\_\_\_\_\_\_\_\_ groove-radial \_\_\_\_\_\_\_\_\_\_\_

**Distal Humerus**

-Trochlea-looks like a \_\_\_\_\_\_\_\_\_\_

-Capitulum- lateral, “\_\_\_\_\_\_\_\_\_\_\_\_\_\_”

-Coronoid fossa-anterior \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ above the trochlea

-Medial and lateral epicondyle= muscle \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Lower Arm- \_\_\_ Bones**

**Radius**-lateral (\_\_\_\_\_\_\_\_\_\_\_\_ side)

-Head-proximal meets \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

-Styloid process-distal \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ bump

**Ulna**-medial (\_\_\_\_\_\_\_\_\_\_\_ side) “wrench”

-Olecranon \_\_\_\_\_\_\_\_\_\_\_\_\_\_

-Trochlear notch

-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ process

-\_\_\_\_\_\_\_\_\_\_\_\_ onto the \_\_\_\_\_\_\_\_\_\_\_\_\_ of the humerus

**Hand**

-Carpus-wrist (\_\_\_\_ bones)

-Lateral to medial-\_\_\_\_\_\_\_ rows of \_\_\_\_\_

-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ -\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

-Lunate -Trapezoid

-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ -\_\_\_\_\_\_\_\_\_\_\_\_\_

-Pisiform -Hamate

-Metacarpals: 1-\_\_\_\_\_\_

-Palm to \_\_\_\_\_\_\_\_\_\_\_\_, lateral to \_\_\_\_\_\_\_\_\_\_\_\_\_

-Phalanges- (\_\_\_\_\_\_) fingers and thumb

-Fingers-\_\_\_\_ bones: proximal, \_\_\_\_\_\_\_\_\_\_\_\_, distal

-Thumb-(pollex) \_\_\_\_\_: proximal, \_\_\_\_\_\_\_\_\_\_

**Pelvic Girdle**

-Functions-\_\_\_\_\_\_\_\_\_\_\_\_\_\_ lower limbs, transmits \_\_\_\_\_\_\_\_\_\_\_\_, supports \_\_\_\_\_\_\_\_\_\_\_ organs

-Secured by the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ ligaments in thebody

-\_\_\_\_\_\_\_\_\_\_\_\_

**Hip**

-Hip= “os coxae”

-\_\_\_\_\_ coxal bones made of \_\_\_\_\_\_\_\_\_ fused \_\_\_\_\_\_\_\_\_

-Fused bones:

1. \_\_\_\_\_\_\_\_\_\_\_ Point

2. Ischium of = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_ fusion

-Acetabulum= “Hip \_\_\_\_\_\_\_\_\_\_\_\_”

Ilium-\_\_\_\_\_\_\_\_\_\_\_ Flaring Bone

-Iliac crest-\_\_\_\_\_\_\_\_\_

-Anterior superior iliac spine-\_\_\_\_\_\_\_\_ of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ superior iliac crest

-Posterior superior iliac spine-end of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ superior \_\_\_\_\_\_\_\_ crest

-Greater \_\_\_\_\_\_\_\_\_\_\_\_ Notch-posterior deep indentation where the \_\_\_\_\_\_\_\_\_ cord like \_\_\_\_\_\_\_\_\_\_ nerve enters the \_\_\_\_\_\_\_\_\_\_\_

-Auricular surface-medial rough area that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with the \_\_\_\_\_\_\_\_\_\_\_

Ischium-posterior, inferior

-Lesser \_\_\_\_\_\_\_\_\_\_\_ notch-nerves and blood vessels pass to \_\_\_\_\_\_\_ and genital area

-Ischial spine-attaches \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

-Ischial tuberosity-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, strong when you \_\_\_\_\_\_\_, it holds your \_\_\_\_\_\_\_\_\_\_\_\_\_

**Pubis-Anterior**

-Obturator \_\_\_\_\_\_\_\_\_\_\_\_\_\_-for blood \_\_\_\_\_\_\_\_\_\_\_\_\_, covered in membrane

-Pubic symphysis-\_\_\_\_\_\_\_\_\_\_

-Pubic Arch/Angle-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ males and females

**Female Pelvis**

-\_\_\_\_\_\_\_\_\_\_ pelvis-important for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

-Ischial spine is \_\_\_\_\_\_\_\_\_\_\_\_\_\_

-Pelvis is shallower, \_\_\_\_\_\_\_\_\_\_\_\_\_\_

-Pubic angle is \_\_\_\_\_\_\_\_\_\_\_\_\_

-Pubic arch is more \_\_\_\_\_\_\_\_\_\_\_\_\_

-Iliums flare more \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

-Inlet is \_\_\_\_\_\_\_\_\_\_\_\_ and rounded

**Abnormality**

-\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-the acetabulum is shallow and the \_\_\_\_\_\_\_\_\_\_ of the femur will \_\_\_\_\_\_\_\_\_ out

**Femur-Thigh**

-\_\_\_\_\_\_\_\_\_\_\_\_\_, longest, \_\_\_\_\_\_\_\_\_\_\_\_\_\_ bone

-Head

-Fovea capitas- attachment of a small ligament that \_\_\_\_\_\_\_\_\_\_\_\_\_ the bone into the \_\_\_\_\_\_\_\_\_\_\_\_\_\_-looks like a small \_\_\_\_\_\_ on the top center of the head

-Neck-\_\_\_\_\_\_\_\_\_\_\_\_\_ area, prone to \_\_\_\_\_\_\_\_\_\_\_\_\_\_ (broken hip)

Femur-Proximal

-Greater trochanter-medial, Lesser trochanter-lateral. Both are the site of \_\_\_\_\_\_\_\_\_ and buttocks \_\_\_\_\_\_\_\_\_\_\_\_\_\_

-Gluteal tuberosity-muscle \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Femur-Distal

-Lateral condyle and \_\_\_\_\_\_\_\_\_\_\_ condyle articulates with the \_\_\_\_\_\_\_\_\_\_

-Intercondylar notch-\_\_\_\_\_ shaped between condyles

-Lateral epicondyles-\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to condyles

-Medial epicondyles

**Tibia**

-Proximal

-Medial condyles and \_\_\_\_\_\_\_\_\_\_\_\_\_ condyles articulates with the \_\_\_\_\_\_\_\_\_\_\_\_

-Intercondylar eminence=point between \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

-Tibial tuberosity-anterior attaches \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ligament

-Shaft

-is \_\_\_\_\_\_\_\_\_ posterior than anterior (\_\_\_\_\_\_\_\_)

-Distal

-articulates with the \_\_\_\_\_\_\_\_\_ of the foot

-Medial malleolus-inner medial \_\_\_\_\_\_\_\_\_\_

**Fibula**

-Only stabilizes the \_\_\_\_\_\_\_\_\_\_\_

-Thinner bone in the \_\_\_\_\_\_\_\_, on the \_\_\_\_\_\_\_\_\_\_\_ side

-Proximal=head

-Distal-lateral \_\_\_\_\_\_\_\_\_\_\_\_\_\_-lateral ankle

**Foot**

-Tarsus, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, phalanges

-Function- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, lever to propel \_\_\_\_\_\_\_\_\_\_\_ forward

Tarsus= \_\_\_\_\_ Tarsal Bones

1. Talus-articulates with the \_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_

2. Calcaneus-\_\_\_\_\_\_\_\_ bone

-Calcaneal=Achilles \_\_\_\_\_\_\_\_\_\_\_\_\_\_

-Calcaneal tuberosity-part that touches the \_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_- lateral

4. Navicular-medial

5, 6, 7. Cuniform-\_\_\_\_\_\_\_\_\_\_\_\_, intermediate, lateral

Metatarsus- \_\_\_\_\_ (I-V)

-Starting medial with the big \_\_\_\_\_\_\_ (I)

-Enlarged \_\_\_\_\_\_\_\_\_\_ head forms the “ball of the \_\_\_\_\_\_\_\_\_”

Phalanges (\_\_\_\_\_\_) 14

-Big toe-\_\_\_\_\_ parts: proximal and \_\_\_\_\_\_\_\_\_\_\_

-Toes 2,3,4,5-\_\_\_\_\_ parts: proximal, \_\_\_\_\_\_\_\_\_\_\_, distal

**Arches**

-Maintained by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_

-\_\_\_\_\_\_\_ arches:

-\_\_\_\_\_\_\_\_\_\_\_\_\_ longitudinal

-Lateral \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

-Transverse