**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