APPENDICULAR SKELETON

Appendicular skeleton: [“toward, hand”] upper and lower limbs & bones which articulate with axial skeleton.

Pectoral Girdle: clavicle and scapula (only contact proximally with axial thru manubrioclavicular joint.)
243 clavicle articulates with acromion process on scapula

Clavicle: [“key little”]
244 medial end enlarged, blunt, articulates with manubrium
lateral end flattened, articulates with acromion process. Acts as brace.

If you break clavicle, whole shoulder collapses.

Scapula [“shovel”]: lies over 2nd to 7th ribs.
245 borders superior, axillary, vertebral (or medial and lateral)
angles superior and inferior

supra glenoid tubercle [“above” and “bump little”] anchor for biceps long head

Humerus: [“shoulder’] proximal head forms “ball and socket” of shoulder
246 head ball-like, articulates with glenoid fossa

necks anatomical (rim of head) & surgical: can break

tubercles greater: lateral; lesser: medial. intertubercular groove
deltoid tuberosity insertion of deltotoid
epicondyles medial and lateral at distal end
capitulum [“head little”] articulates with radius
trochlea [“pulley”] articulates with ulna

dermore fossa [“elbow”] on posterior side, receives olecranon process
coronoid fossa [“crown like”] on anterior side, receives coronoid process

FOREARM:
Ulna: [“elbow”]
248 olecranon [“elbow”] proximal projection:
olecranon features: troclear notch articulates with trochlea
coronoid fossa possesses radial notch
head
styloid process

Radius: lateral forearm bone, articulates with humerus, ulna and carpals. Tied to ulna by interosseus membrane.
head articulates with radial notch
radial tuberosity insertion of biceps brachii
styloid process [“pencil like”] projects laterally

WRIST: eight bones in two rows: (carpus) carpals [“wrist”]
proximal, lat to med: scaphoid [“boat shape”] (alias navicular)
249 lunate [“moon like”]
triquetrum [“triangular”]
pisiform [“pea shaped”]
distal, lat to medial trapèzium [“irregular, 4 sided”] 1st metacarpal [saddle joint of thumb”]
trapezoid [“2 parallel sides”] 2nd metacarpal
capitate [“head shaped”] 3rd metacarpal
hamate [“hooked”] 4th and 5th metacarpal

scaphoid and lunate articulate with radius, forming wrist joint. 70% of carpal fractures are of scaphoid

Back of hand metacarpals numbered 1-5 fr lateral [thumb”] to medial

fingers: proximal, middle and distal phalanges. Phalanx [“finger”]. numbered as metacarpals.
the thumb has only prox and distal phalanges