

APPENDICULAR SKELETAL LAB EXERCISE

Pectoral Girdle / Upper Limbs

Scapula

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

Clavicle

Sternal End
Acromial End
Costal Tuberosity
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 notch
Olecranon process
Coronoid process
Radial notch
Head
Styloid process

Radius

Head
Radial tuberosity
Styloid process
Ulnar notch

Carpals

*Scaphoid (lateral)
*Lunate (medial)
Triquetrum
Pisiform
Hamate
Capitate
Trapezoid
Trapezium

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
Pubic Symphysis
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
Pubic Tubercle

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
 Medial
 Intermediate
 Lateral
Cuboid

Metatarsals

Digits 1(medial) to 5(lateral)

Phalanges

Digits 1 to 5
Proximal, Middle, and Distal
phalanges
Hallux (Proximal and Distal)