

~~Chapter~~ Chapter 10

Review Sheet - The Appendicular Skeleton

① Bones of the Pectoral Girdle and upper limb

A. The bones that form the pectoral girdle are the Clavicle and the Scapula

B. The upper limb is formed by the arm bone, the Humerus and the ~~two~~² bones of the forearm, the Ulna and the Radius

C. The Carpal bones are the wrist bones. List the Proximal row of Wrist bones from lateral to Medial: Scaphoid, Lunate, Triquetrum, and Pisiform

List the Distal row of Wrist bones from lateral to Medial:

Trapezium, Trapezoid, Capitate, and ~~Hamate~~ Hamate

D. The Metacarpal form the palm of the hand...

E. A single finger bone is called a phalanx. Each hand has ~~3~~³ ~~finger~~ finger bones called phalanges

②¹ Glenoid Scapula Depression in the Scapula that articulates w/ the humerus

② Ulnar Notch Surface on the ~~radius~~ radius that receives the head of the ulna

③ Capitulum lateral rounded knob on the distal humerus

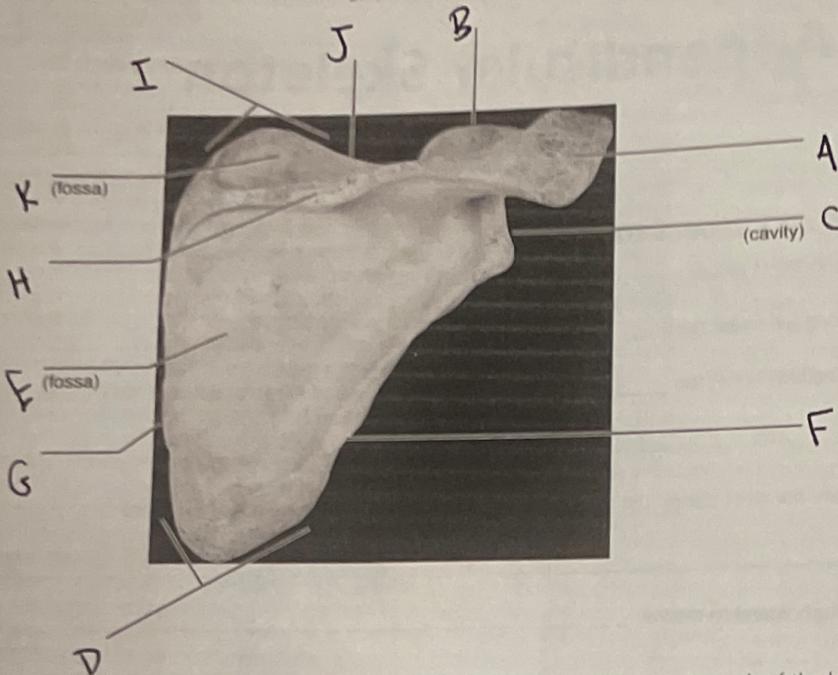
④ Olecranon fossa posterior depression on the distal humerus

⑤ Deltoid tuberosity a ~~roughened~~ roughened area on the lateral humerus, deltoid attachment site



- ⑥ Coracoid process hooklike process; biceps brachii attachment site
- ⑦ Radial notch surface on the ulna that receives the head of the radius
- ⑧ Medial epicondyle medial condyle of the humerus that articulates with the ulna
- ⑨ acromion lateral end of the spine of the scapula; clavicle articulation site
- ⑩ trochlea small bump on the humerus often called the funny bone
- ⑪ Coronoid fossa ~~Anterior~~ Anterior depression; superior to the trochlea; receives part of the ulna when bending at the elbow

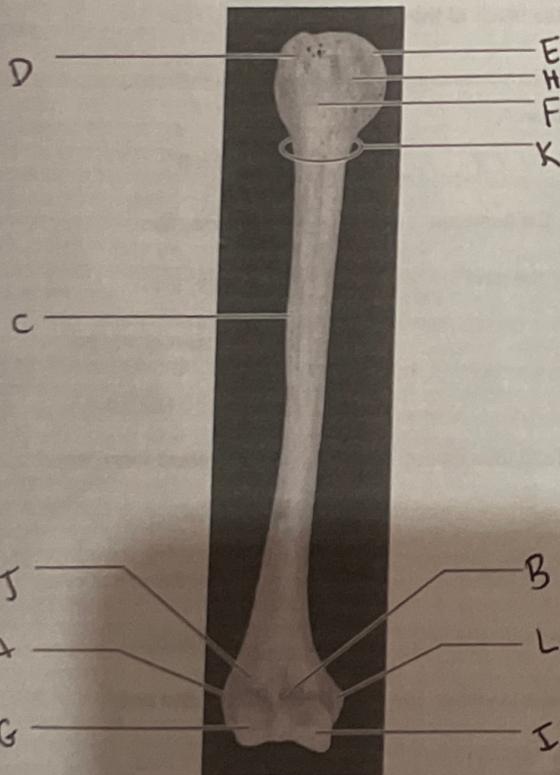
3. Using items from the list at the right, identify the anatomical landmarks and regions of the scapula.



Key:

- a. acromion
- b. coracoid process
- c. glenoid cavity
- d. inferior angle
- e. infraspinous fossa
- f. lateral border
- g. medial border
- h. spine
- i. superior angle
- j. superior border
- k. supraspinous fossa

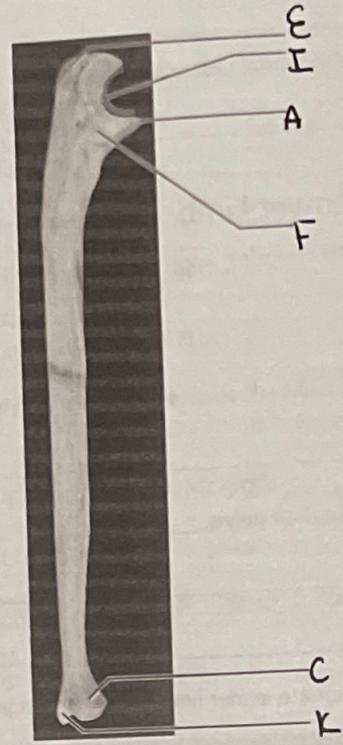
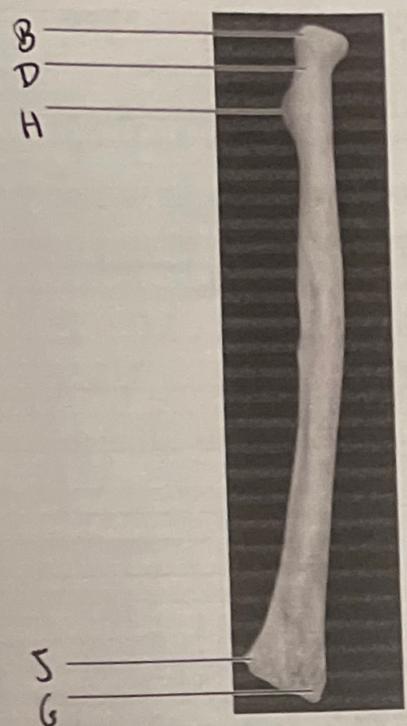
4. Match the terms in the key with the appropriate leader lines on the photograph of the humerus.



Key:

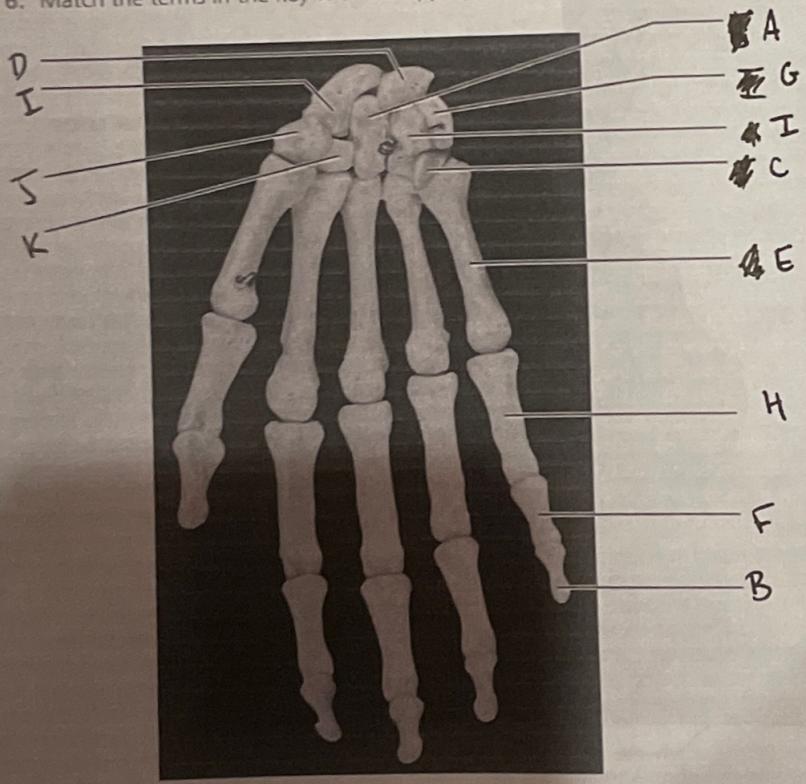
- a. capitulum
- b. coronoid fossa
- c. deltoid tuberosity
- d. greater tubercle
- e. head
- f. intertubercular sulcus
- g. lateral epicondyle
- h. lesser tubercle
- i. medial epicondyle
- j. radial fossa
- k. surgical neck
- l. trochlea

5. Match the terms in the key with the appropriate leader lines on the photographs of the posterior view of the radius on the left and the lateral view of the ulna on the right.



- Key:
- coronoid process
 - head of the radius
 - head of the ulna
 - neck of the radius
 - olecranon
 - radial notch of the ulna
 - radial styloid process
 - radial tuberosity
 - trochlear notch
 - ulnar notch of the radius
 - ulnar styloid process

6. Match the terms in the key with the appropriate leader lines on the photograph of the anterior view of the hand.



- Key:
- capitate
 - distal phalanx
 - hamate
 - lunate
 - metacarpal
 - middle phalanx
 - pisiform
 - proximal phalanx
 - scaphoid
 - trapezium
 - trapezoid
 - triquetrum

7. Name the two bone markings that form the proximal radioulnar joint.

Ulnar radial notch, Annular ligament

8. Name the two bone markings that form the distal radioulnar joint.

Ulnar Notch and Radius

Bones of the Pelvic Girdle and Lower Limb

9. Compare the pectoral and pelvic girdles by choosing appropriate descriptive terms from the key.

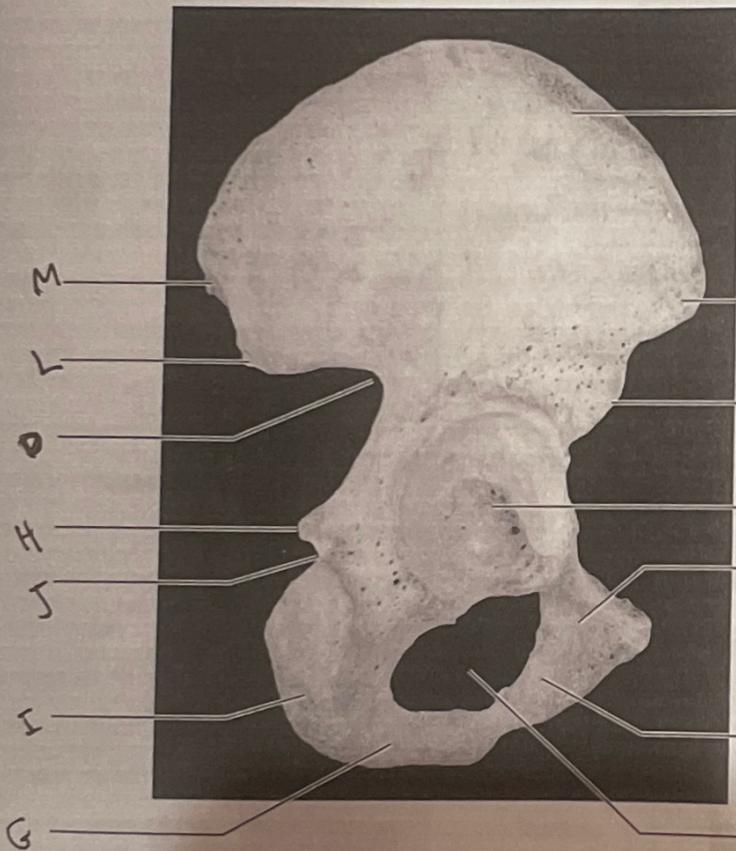
- Key:
- a. flexibility most important
 - b. massive
 - c. lightweight

- d. insecure axial and limb attachments
- e. secure axial and limb attachments
- f. weight-bearing most important

Pectoral: A C D Pelvic: B E F

10. Distinguish between the true pelvis and the false pelvis. The true pelvis is the area below the pelvic brim, it's circled by 1 bone. The false pelvis is the area in the middle of the flaring iliac bones and its on top of the pelvic brim.

11. Match the terms in the key with the appropriate leader lines on the photograph of the lateral view of the hip bone.



Key:

- acetabulum
- anterior inferior iliac spine
- anterior superior iliac spine
- greater sciatic notch
- iliac crest
- inferior pubic ramus
- ischial ramus
- ischial spine
- ischial tuberosity
- lesser sciatic notch
- obturator foramen
- posterior inferior iliac spine
- posterior superior iliac spine
- superior pubic ramus

12 Match the bone ^{names} ~~names~~ by Markings in Column B with the descriptions in ~~Column~~ ^{Column} A. The items in Column B may be used more than once.

1. Ilium, Ischium, Pubis Fuse to form the hip bone
2. Ischial tuberosity rough projection that supports body weight when sitting
3. Pubic Symphysis Point where the hip bones ~~join~~ join anteriorly
4. Iliac Crest ~~superior~~ Superior most margin of the hip bone
5. acetabulum deep socket in the hip bone that receives the head of the thigh bone

6. Sacroiliac joint Joint b/w ~~axial~~ axial skeleton & pelvic girdle

7. Femur longest, strongest bone in the body

8. Fibula thin, lateral leg bone

9. Greater sciatic notch Permits passage of the sciatic nerve

10. lesser sciatic notch Notch located inferior to the ischial spine

11. tibial tuberosity Point where the patellar ligament attaches

12. Patella Kneecap

13. tibia Shinbone

14. Medial Malleolus Medial ankle projection

15. Lateral Malleolus lateral ankle projection

16. Calcaneus largest tarsal bone

17. Tarsals ankle bones

18. Metatarsals bones forming the instep of the foot

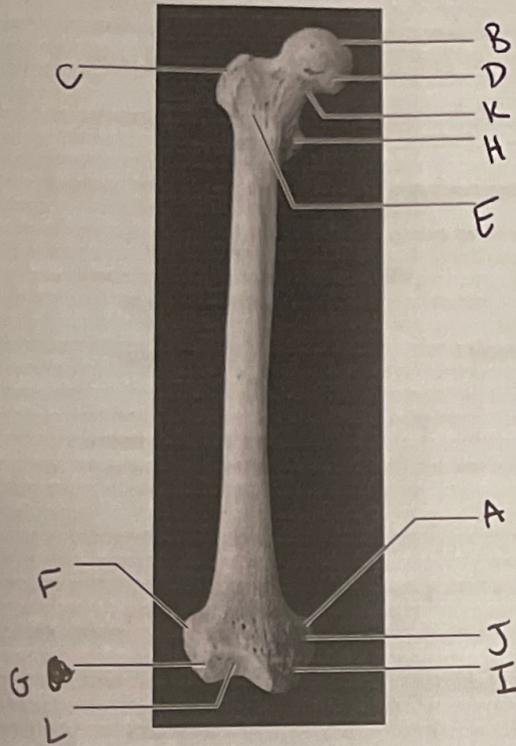


19. Obturator foramen opening in hip bone formed by the ~~Pubic~~ ^{Pubic} and Ischial rami
20. Gluteal tuberosity & Greater & lesser trochanters Sites of muscle attachment

on the proximal femur

21. talus tarsal ~~bone~~ bone that "sits" on the calcaneus
22. tibia weight-bearing bone of the leg
23. talus tarsal bone that articulates with the tibia

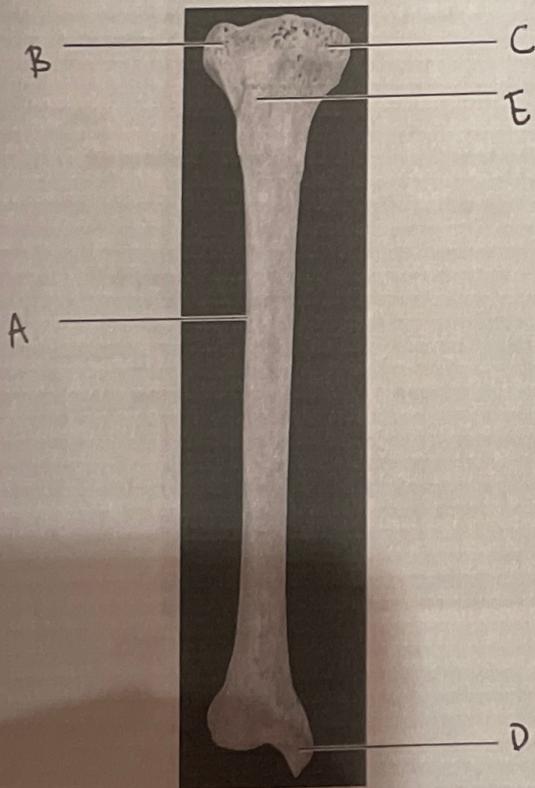
13. Match the terms in the key with the appropriate leader lines on the photograph of the anterior view of the femur.



Key:

- a. adductor tubercle
- b. fovea capitis
- c. greater trochanter
- d. head
- e. intertrochanteric line
- f. lateral condyle
- g. lateral epicondyle
- h. lesser trochanter
- i. medial condyle
- j. medial epicondyle
- k. neck
- l. patellar surface

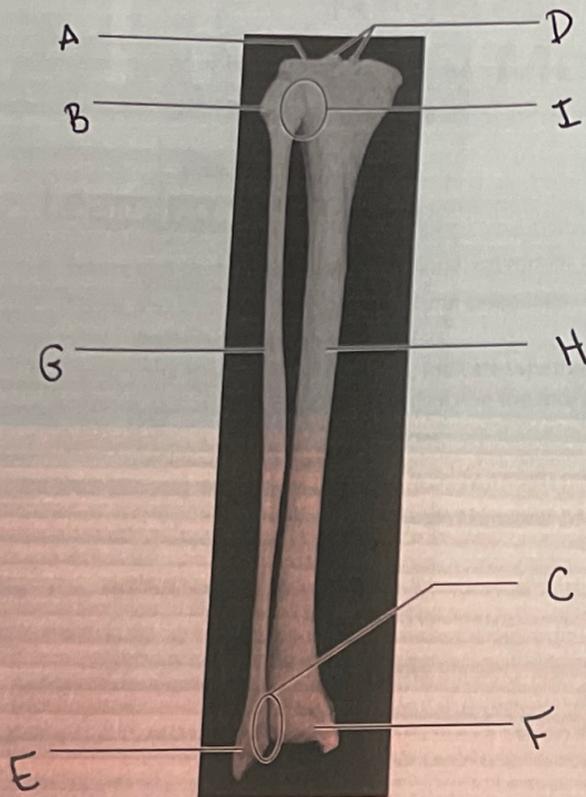
14. Match the terms in the key with the appropriate leader lines on the photograph of the anterior view of the tibia.



Key:

- a. anterior border
- b. lateral condyle
- c. medial condyle
- d. medial malleolus
- e. tibial tuberosity

15. Match the terms in the key with the appropriate leader lines on the photograph of the posterior view of the articulated tibia and fibula.



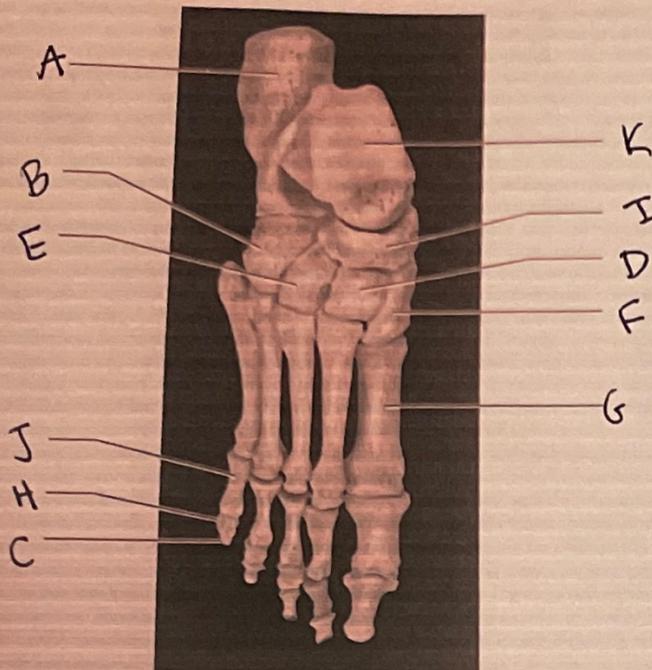
Key:

- articular surface of the lateral condyle
- head of the fibula
- inferior tibiofibular joint
- intercondylar eminence
- lateral malleolus
- medial malleolus
- shaft of the fibula
- shaft of the tibia
- superior tibiofibular joint

16. Are the bones of the leg shown above from the left or from the right leg? They are shown from the right leg

Explain how you can tell which side of the body they are from. If you observe the Setup of the fibula. The fibula is always facing outside so if its on the right side it is the right leg.

17. Match the terms in the key with the appropriate leader lines on the photograph of the superior view of the articulated foot.



Key:

- a. calcaneus
- b. cuboid
- c. distal phalanx
- d. intermediate cuneiform
- e. lateral cuneiform
- f. medial cuneiform
- g. metatarsal
- h. middle phalanx
- i. navicular
- j. proximal phalanx
- k. talus

18. **+** FOOSH is an acronym that stands for Fall on Outstretched Hand. Discuss possible fractures and dislocations that might occur with an injury of this type.

① Epiphyseal fracture on distal aspect of radius bone ② Fracture of Carpal bones ③ Ulnar Styloid fracture ④ Olecranon fracture

19. **+** Describe some of the features of the female pelvis that provide for compatibility with vaginal birth. ① Round or oval pelvic inlet ② Thin and light bones ③ Wide & shallow pelvic cavity ④ large ~~sub~~ subpubic angle ⑤ Flexible Coccyx bone

20. **+** Your X-ray exam reveals that you have fractured your fibula. Your physician remarks, "Well, it's better than breaking your

tibia." Explain why a fracture of the tibia would be worse than a fracture of the fibula. The tibia is the

most important weight-bearing bone located in the lower leg. It contributes greatly in bearing weight of entire body. The Fibula does not function to bear weight.