Bones

I. Sternum (G. sternon, the chest)
   A. Manubrium (L. handle)
      attachments – pectoralis major m.
      1. Clavicular notch (L. clavicula, small key)
         function – articulates with clavicle
      2. Jugular notch (L. jugulm, throat)
   B. Body
      attachments – pectoralis major m.
   C. Xiphoid process (G. xiphos, sword)

II. Clavicle
   A. Acromial end (G. akromion, tip + osmos, shoulder)
      function – articulates with acromion
   B. Sternal end
      function – articulates with sternum
   C. Superior surface
      attachments – sternocleidomastoid muscle m.
   D. Inferior surface
      1. Conoid tubercle (cone shaped; L. tuber, swelling)
         attachments – conoid lig.
      2. Trapezoid line
         attachments – trapezoid lig.
   E. Anterior border
      attachments – pectoralis major & deltoid m.
   F. Posterior border
      attachments – trapezius m.

III. Scapula
   A. Borders
      1. Medial
         attachments – rhomboids & serratus anterior m.
      2. Superior
         attachments – omohyoid m. & transverse scapular lig.
         a. Suprascapular notch (indentation at the edge of a bone)
            function – transmits suprascapular n.
      3. Lateral
         attachments – teres minor m.
   B. Angles
      1. Superior
         attachments – levator scapulae m.
      2. Inferior
         attachments – teres major m.
      3. Lateral
   C. Fossa (L. trench or ditch)
      1. Subscapular
         attachments – subscapularis m.
      2. Supraspinous
         attachments – supraspinatus m.
      3. Infraspinous
         attachments – infraspinatus m.
   D. Spine (short, sharp thorn-like process of a bone)
      1. Crest (L. crista, bony ridge)
         attachments – trapezius m.
      2. Acromion
         attachments – deltoid m.
         function – articulates with clavicle
      3. Spinoglenoid notch
         function – transmits the suprascapular n., a. & v.
   E. Glenoid cavity (G. glenoeides, resembles eye)

function – articulates with head of humerus
1. Supraglenoid tubercle (L. tuber, swelling)
   attachments – biceps (long) m.
2. Infraglenoid tubercle
   attachments – triceps (long) m.

F. Coracoid process (G. korakodes, like a raven's beak)
attachments – conoid & trapezoid lig., pectoralis minor, coracobrachialis & biceps (short) m.

IV. Humerus (L. shoulder)
A. Proximal end
1. Head
   function – articulates with the glenoid cavity
2. Anatomical neck
   attachments – glenoid capsule & glenohumeral lig.
3. Greater tubercle
   attachments – supraspinatus, infraspinatus & teres minor m.
4. Lesser tubercle
   attachments – subscapularis m.
5. Intertubercular sulcus (L. a furrow or ditch)
   function – accommodates the biceps long head tendon
   a. Lateral lip
      attachments – pectoralis major m.
   b. Medial lip
      attachments – teres major & latissimus dorsi m.

B. Shaft
attachments – brachialis, coracobrachialis, triceps (lateral) & triceps (medial)
1. Surgical neck
2. Sulcus for the radial nerve (or spiral groove)
3. Deltoid tuberosity (G. deltoeides, shaped like the letter delta)
   attachments – deltoid m.

C. Distal end
1. Capitulum (L. caput, head)
   function – articulates with radius
2. Trochlea (L. pully)
   function – articulates with trochlear notch of ulna
3. Lateral epicondyle (G. kondylos, knuckle)
   attachments – common extensor tendon & supinator m.
   a. Lateral supracondylar ridge
      attachments – extensor carpi radialis longus & brachioradialis m.
4. Coronoid fossa (G. korone, hooked or curved)
   function – accommodates the coronoid process
5. Medial epicondyle
   attachments – common flexor tendon & pronator teres m.
   a. Medial supracondylar ridge
6. Olecranon fossa (G. olene, ulna + kranion, head)
   function – accommodates the olecranon process of the ulna

V. Radius (L. spoke of wheel)
A. Proximal end
1. Head
   function – articulates with capitulum of humerus
2. Neck
3. Radial tuberosity
   attachments – biceps m.

B. Shaft
attachments – abductor pollicis longus, extensor pollicis brevis, flexor pollicis longus, pronator teres & supinator m.
1. Interosseous border
   attachments – interosseous membrane

C. Distal end
attachments – pronator quadratus m.
1. Carpal articular surface
2. Styloid process (G. stylos, pillar or post)

attachments – brachioradialis
3. Dorsal tubercle
function – redirects tendon of extensor pollicis longus m.

VI. Ulna (L. elbow)
A. Proximal end
attachments – supintor m.
1. Olecranon process
attachments – triceps m.
2. Trochlear notch
function – articulates with trochlea
3. Coronoid process
attachments – brachialis & pronator teres m.
4. Radial notch
function – articulates with the head of the radius
5. Ulnar tuberosity
attachments –brachialis m.
B. Shaft
attachments – abductor pollicis longus, extensor indicis, extensor pollicis longus, flexor carpi ulnaris & flexor digitorum profundus m.
1. Interosseous border
attachments – interosseous membrane
C. Distal end
attachments – pronator quadratus m.
1. Styloid process

VII. Carpals (G. karpos, wrist)
A. Scaphoid (G. skaphe, skiff, boat)
1. Radial surface
2. function – articulates with radius
B. Lunate (L. luna, moon)
1. Radial surface
function – articulates with radius
C. Triquetral (L. triquetrus, triangular)
D. Pisiform (L. pisum, pea)
attachments – abductor digiti minimi, flexor carpi ulnaris m. & flexor retinaculum
E. Trapezium (G. trapezion, four sided)
attachments – abductor pollicis brevis, abductor pollicis longus, flexor pollicis brevis, opponens pollicis m. & flexor retinaculum
F. Trapezoid (G. trapezoeides, table shaped)
G. Capitate
attachments – adductor pollicis m.
H. Hamate (L. hook)
1. Hamulus
attachments – fl. digiti minimi, opponens digiti minimi m. & flexor retinaculum

VIII. Metacarpal
A. Head
function – articulates with phalangeal base
B. Shaft
attachments – adductor pollicis (2–3), dorsal interossei (2–5), opponens digiti minimi (5), opponens pollicis (1) & palmar interossei (2,4,5) m.
C. Base
function – articulates with carpal
attachments – abductor pollicis longus (1), extensor carpi radialis brevis (3), extensor carpi radialis longus (2), extensor carpi ulnaris (5) & flexor carpi radialis (2–3) m.

IX. Phalanges (G. phallanx, line of soldiers)
attachments – extensor digitorum (2–5), extensor digiti minimi (5) & extensor indicis (2) m.
A. Head
B. Shaft
attachments – flexor digitorum superficialis (2–5) m.
C. Base
attachments – abductor digiti minimi (5), abductor pollicis brevis (1), adductor pollicis (1), dorsal interossei (2–4), extensor pollicis brevis (1), extensor pollicis longus (1), flexor digiti minimi (5), flexor

digitorum profundus (2–5), flexor pollicis brevis & flexor pollicis longus (1) m.