

Anatomy Lab Revision

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Sheet #1

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*The shoulder girdle consists of two bones: Clavicle and Scapula.

1- Clavicle
(Anterior in the shoulder girdle)

"S" shaped bone

***Parts:

2 Ends :
Medial(Sternal) End :Articulates with the Sternum.

Lateral(Acromial) End: Articulates with the Acromion of Scapula, we can also call it (Scapular end).

2 Borders : Anterior, Posterior.

2 Surfaces : Superior, Inferior.

2- Scapula
(posterior in the shoulder girdle)

*Triangular in shape with:

3 Angles:
-Inferior angle

-Superio-medial angle

-Lateral angle which is converted to "Glenoid fossa" for articulation with the head of humerus to form the shoulder joint.

3 borders :
lateral, medial, superior.

2 surfaces :

*Anterior

- Subscapular fossa : for subscapularis muscle.

- Glenoid fossa : for articulation with the head of humerus as mentioned before.

*Posterior

It has 3 processes :
Spine, Acromion, Coracoid.

* Because of the Spine of scapula the posterior surface is divided into:

- Supraspinous fossa for Supraspinatus muscle.

- Infraspinous fossa for Infraspinatus muscle.

Bones of Upper limb: Humerus, Radius, Ulna, Carpal bones, Metacarpals and phalanges.

You should keep in your mind that Humerus is a long bone and every long bone has 3 parts:

1. Proximal end
2. Body (Shaft)
3. Distal end.

Proximal end

- Head (Medial) : covered with Hyaline cartilage / Half of a sphere.

- Anatomical head : site of growth of the proximal end.

- Greater tubercle (Lateral).

- Lesser tubercle (Medial).

- Intertubercular groove : Between the greater & lesser tubercle.

*It's divided into 3 parts : Lateral Lip/ Floor/ Medial Lip.

* The long head of biceps passes through it's also called "Bicipital groove".

- Surgical neck

Shaft

3 borders : Lateral, Medial, Anterior.

3 surfaces : Lateral, Medial, Posterior.

* There's a tuberosity on the lateral surface called : Deltoid tuberosity (for attachment with Deltoid Muscle).

Distal end

(Triangular in shape)

1) Medial Epicondyle :
For muscle attachment (Flexors).

2) Medial Condyle :
For articulation with Ulna and we call it Trochlea.

3) Lateral Condyle :
For articulation with Radius and we call it Capitulum.

4) Lateral Epicondyle :
For muscle attachment (Extensors).