

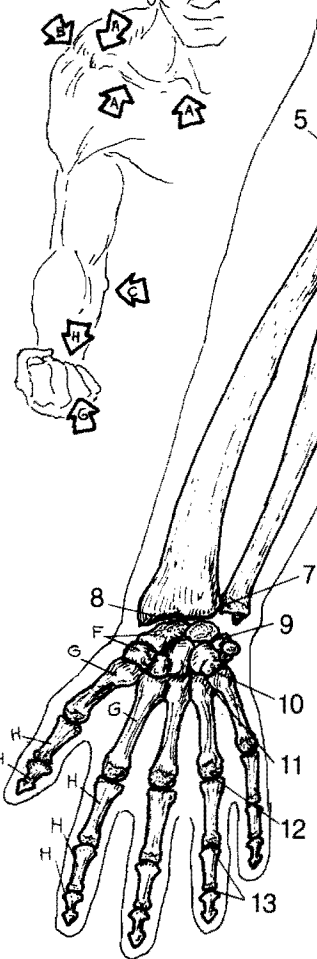
III. SKELETAL SYSTEM / UPPER LIMB

BONES IN REVIEW

CN: For all of these bones, except the carpals (F), use the same colors you used for them on Plates 25, 26, 27. Select a new, light color for F. (1) Color the arrows pointing to places where these bones can be seen or palpated on the surface of the body. (2) You may wish to test your knowledge of joints by writing their names in the spaces provided below. The answers are listed in the Appendix.

- CLAVICLE **A**
- SCAPULA **B**
- HUMERUS **C**
- ULNA **D**
- RADIUS **E**
- CARPALS **F**
- METACARPAL **G**
- PHALANX **H**

BONE SURFACE MARKINGS



ANTERIOR VIEW
(Right upper limb)

REVIEW OF JOINTS*

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

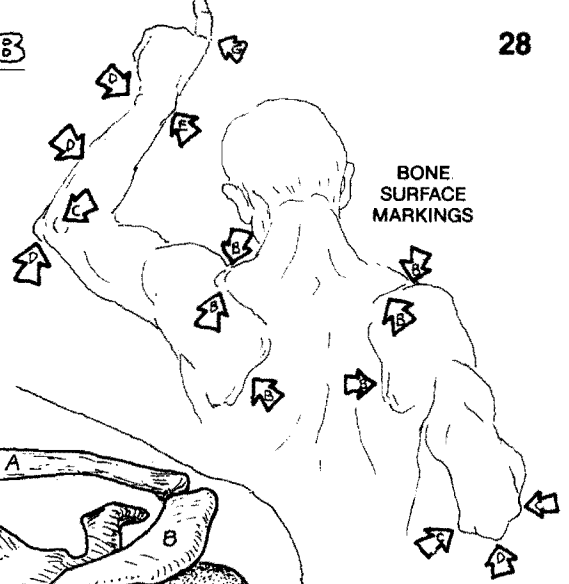
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____
- 11 _____
- 12 _____
- 13 _____

(See appendix for answers)

The upper limb is remarkable for its mobility. The mechanism for this begins with the scapula which is dynamically tethered by muscle to the posterior thoracic wall. On yourself, reach over your shoulder to palpate the scapular spine and acromion (recall Plate 25). Looking into a mirror over your shoulder, move your shoulders up and down, wrap your arms around yourself and stretch them out, reach upward then downward to see the scapula move.

The humerus can be palpated easily just distal to the shoulder on down to the elbow. There the medial and lateral epicondyles, as well as the olecranon, can be felt. Can you feel the ulnar nerve under the medial epicondyle? Feel hard enough and it might "speak" to you, all the way down to your little finger! Starting with that little finger and working to the thumb and up, move each joint of the upper limb that you can, identify it, and test its range of motion.

BONE SURFACE MARKINGS



POSTERIOR VIEW
(Right upper limb)

