**Humerus**

Which side is medial- Look for Smooth and round head

Which side is anterior- The olecranon fossa is POSTERIOR

Head- proximal side

Neck- attaches head to Rest of bone

Greater Tubercle- larger rough spot near the head.  
Lesser Tubercle- smaller rough spot near head.

Medial Epicondyle- distal side and same side as head

Lateral Epicondyle- distal side

Olecranon fossa- posterior and distal hole for olecranon process of ulna.

**Ulna**

Proximal versus distal side- Olecranon ‘U” shape is proximal

Which finger does it attach to?- pinky side

Anterior versus posterior- olecranon process is the posterior side

Lateral versus medial- the side of the styloid process is MEDIAL

Olecranon – big projection on the proximal side.

Styloid process- pointed projection on the head, distal side.

Head- rounded off region with the styloid

**Radius**

Proximal and Distal Side- the rounded head is Proximal

Lateral and Medial side

Styloid process- the pointed projection is the LATERAL side of the bone and distal.

Head- rounded part

**Foot**

Metatarsals- labelling 1-5

Calcaneus- largest bone in foot

Talus- above the calcaneus , large

Navicular- connects to the three cuneiforms

Cuboid- most lateral bone in the midfoot

Cuneiforms- lateral, medial, intermediate- look for the big toe (2 bones instead of three) for medial

Phalanges- Distal Proximal Intermediate- Big toe is 1st and pinky is 5th.

* Labelling 1-5

**Hand**

Eight bones of the wrist- two rows of 4: start at the bottom row and thumb and move counterclockwise

“SO LONG TO PINKY, HERE COMES THE THUMB”

Hamate

Triquetrum

Trapezium

Trapezoid

Scaphoid

Pisiform

Capitate

Lunate

Metacarpals- labelling 1-5 – The first metacarpal is the thumb and the fifth is the pinky.

Phalanges- distal / proximal / intermediate

* Labelling 1-5 - The first phalange is the thumb and the fifth is the pinky.

**Femur**

Left or right- hold up to your body

Proximal and distal side- the large head is proximal

Medial and Lateral- the large head is MEDIAL

Anterior versus posterior- you can get your hand under the posterior side if you lay it on the table.

Head- smooth and round projection

Greater trochanter- largest bump near the head.

Lesser trochanter- smaller bump under the greater trochanter.

Neck- connects head to rest of bone

Medial epicondyle- head side, anterior large area

Lateral epicondyle

Medial condyle- head side posterior of bone, smooth

Lateral condyle

**Tibia**

Anterior and Posterior- you can get your hand under the posterior side.

Medial and Lateral- the Medial Malleolus is Distal and Medial side of the bone

Medial condyle- Proximal part of the bone on same side as medial malleolus

Lateral condyle- Proximal part of the bone on opposite side as medial malleolus

Tibial tuberosity- on front of bone near the top.

Medial malleolus – sticks off the bottom of the bone, forming your ankle.

**Fibula**

Head- square shaped

Lateral malleolus- flatter side.

Distal versus proximal side- the head is proximal and malleolus is distal and forms the ankle.

**Pelvis**

Ilium-largest bone

Ischium- look for the larger ischial tuberosity.

Pubis-opposite the ischium (more pointy)

Acetabulum- where the femur head connects

Iliac crest- flattened area on the ilium.

Pubic symphysis- where the two sides of the pelvis connect

Obturator foramen- The hole in the pelvis bone

ASIS- anterior superior iliac spine- towards the acetabulum side.

PSIS- posterior superior iliac spine.- on the same side as ischium

**Scapula**

Lateral versus medial border- lateral side has the attachment for the humerus. Medial side is a curve

Anterior versus posterior- the spine is posterior

Spine- sticks out

Acromion- large process attached to the spine

Left versus right

**Sternum**

Body- main part

Manubrium- top part

Xiphoid process- bottom part

**Skull**

Mandible

Maxilla

Zygomatic bone

Temporal bone

Parietal bone

Frontal bone

Occipital bone

Lambdoidal suture

Coronal suture

Sagittal suture

Foramen Magnum

Mastoid Process

**Vertebrae**

Spinous process

Body

Transverse process

Vertebral foramen

Lumbar versus thoracic versus cervical

Atlas

Axis

Other Bones everyone should be able to identify

Sacrum

Coccyx

Hyoid

Rib

Clavicle