

Skeleton of the upper limb

I. Bones of the shoulder girdle

Clavicula (Clavicle)

Scapula

II. Bones of the free upper extremity

Humerus

Radius

Ulna

Ossa carpi – (Carpal bones)

Ossa metacarpi – (Metacarpal bones)

Phalanges – (Bones of digits)

Clavicula (clavicle)

Medial (sternal) end (extremitas sternalis) with sternal articular facet (facies articularis sternalis)

Impression for the costoclavicular ligament (impressio ligamenti costoclavicularis)

Lateral (acromial) end (extremitas acromialis) with acromial articular facet (facies articularis acromialis)

Conoid tubercle (tuberculum conoideum)

Trapezoid line (linea trapezoidea)

Scapula

Posterior surface of scapula (facies dorsalis):

Spine of the scapula (spina scapulae) with end = acromion with articular surface (facies articularis clavicularis) for articulation with the clavicle

Supraspinous fossa (fossa supraspinata)

Infraspinous fossa (fossa infraspinata)

Medial border (margo medialis scapulae)

Lateral border (margo lateralis scapulae)

Superior border (margo superior scapulae)

Scapular notch (incisura scapulae)

Coracoid process (processus coracoideus)

Inferior angle of scapula (angulus inferior scapulae)

Superior angle of scapula (angulus superior scapulae)

Lateral angle of scapula (angulus lateralis scapulae)

Costal surface of scapula (facies costalis scapulae) with lineae musculares = subscapular fossa (fossa subscapularis)

Coracoid process (processus coracoideus)

Glenoid cavity (cavitas glenoidalis)

Supraglenoid tubercle (tuberculum supraglenoidale)

Infraglenoid tubercle (tuberculum infraglenoidale)

Neck of scapula (collum scapulae)

Humerus

Proximal end

Head of the humerus (caput humeri)

Anatomical neck (collum anatomicum humeri)

diaphysis

Surgical neck (collum chirurgicum humeri)
Lesser tubercle (tuberculum minus humeri)
Greater tubercle (tuberculum majus humeri)
Intertubercular groove (sulcus intertubercularis humeri)
Deltoid tuberosity (tuberositas deltoidea)
Radial (spiral) groove (sulcus nervi radialis)

Distal end
Lateral epicondyle (epicondylus lateralis humeri)
Medial epicondyle (epicondylus medialis humeri)
Groove for the ulnar nerve (sulcus n. ulnaris)
Capitulum of the humerus (capitulum humeri)
Trochlea of the humerus (trochlea humeri)
Radial fossa (fossa radialis humeri)
Coronoid fossa (fossa coronoidea humeri)
Olecranon fossa (fossa olecrani)

Radius

Proximal end
Head of the radius (caput radii)
Articular circumference (circumferentia radii)
Articular fovea (fovea capitis radii)

Diaphysis
Neck (collum radii)
Radial tuberosity (tuberositas radii)
Interosseous margin (margo interosseus)
Pronator tuberosity (tuberositas pronatoria)

Distal end
Styloid process (processus styloideus)
Ulnar notch of the radius (incisura ulnaris radii)
Carpal articular surface of the radius (facies carpea radii)

Ulna

Proximal end
Olecranon (olecranon ulnae)
Trochlear notch (incisura trochlearis ulnae)
Coronoid process (processus coronoideus ulnae)
Radial notch of the ulna (incisura radialis ulnae)

Diaphysis
Ulnar tuberosity (tuberositas ulnae)
Supinator crest of the ulna (crista m. supinatoris)
Interosseous margin (margo interosseus)

Distal end
Head of the ulna (caput ulnae)
Articular circumference of the ulna (circumferentia ulnae)
Styloid process of the ulna (processus styloideus ulnae)

Skeleton of the hand

I. Carpal bones – 8 (ossa carpi)

wrist joint (articulatio radiocarpea)

Proximal row from lateral to medial side:

Scaphoid (os scaphoideum – tuberculum ossis scaphoidei)

Lunate (os lunatum)

Triquetrum (os triquetrum)

Pisiform (os pisiforme)

Distal row from lateral to medial side:

Trapezium (os trapezium – tuberculum ossis trapezii)

Trapezoid (os trapezoideum)

Capitate (os capitatum)

Hamate (os hamatum – hamulus ossis hamati)

Both rows of carpal bones form together an arch (arcus carpi) and with a ligament form carpal tunnel (canalis carpi) for a course of tendons of flexor muscles.

II. Metacarpal bones – 5 (ossa metacarpi)

Metacarpal bones (ossa metacarpi) I. – V.

Head (caput ossis metacarpi)

Shaft (corpus ossis metacarpi)

Base [basis ossis metacarpi – I. metacarpal with trapezium (os trapezium), II. metacarpal with trapezium, trapezoid, and capitate (os trapezium, trapezoideum a capitatum), III. metacarpal with capitate (os capitatum), IV. and V. metacarpals with hamate (os hamatum)].
III. metacarpal has styloid process (processus styloideus)

III. Bones of the digits – 14 (ossa digitorum manus) = (phalanges)

each digit consists of three phalanges (proximal, medial and distal) (phalanx proximalis, media and distalis), only the thumb has two phalanges (proximal and distal) (phalanx proximalis and distalis).

Two sesamoid bones are found regularly in the joints between metacarpal bone and the proximal phalanx of the thumb.