

## Body Region (Appendicular Skeleton)

**The appendicular skeleton:** contains the bones of:

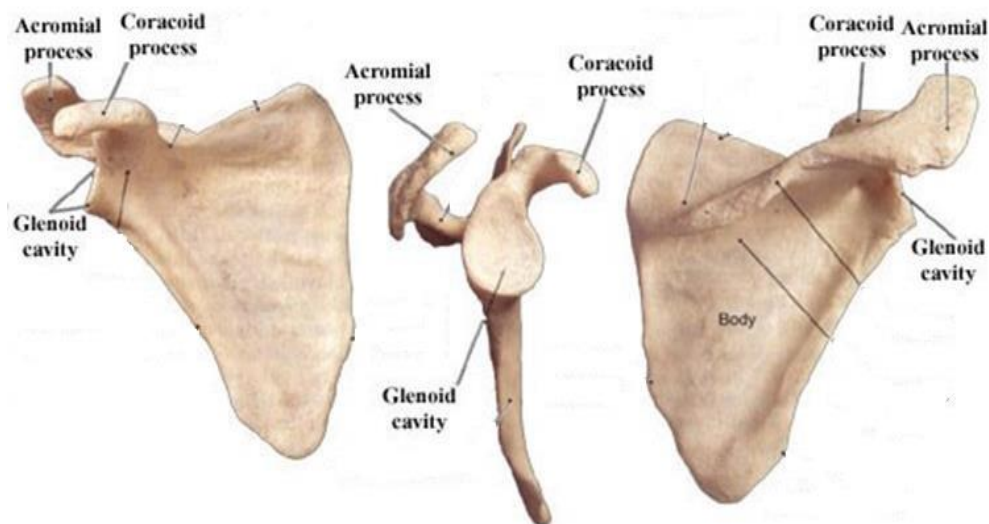
- The **pectoral girdle** and **upper limbs**.
- The **pelvic girdle** and **lower limbs**.

**The pectoral girdle (shoulder girdle):** contains four bones: **two scapulae & two clavicles**.

**A. Scapulae:** is otherwise known as **the shoulder region**. The scapula is **located** on the **posterior side** of the body.

Each scapula has the following features:

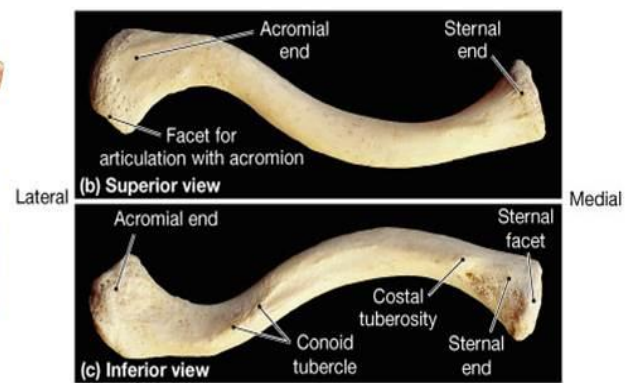
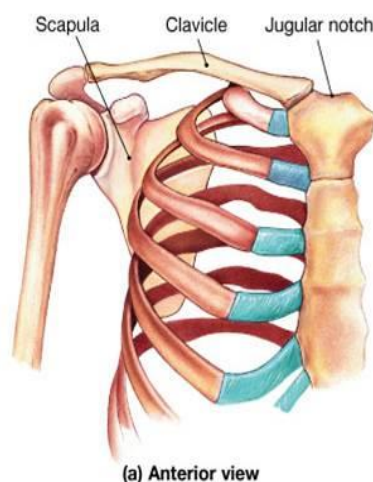
1. **Acromion process:** This articulates with a **clavicle**.
2. **Coracoid process:** This place of attachment for **arm and chest muscles**.
3. **Glenoid cavity:** This articulates with the head of the **arm bone (humerus)**.



**Fig1: The anterior & posterior surface of the scapula**

**B. Clavicle (collarbones):** is slender and S-shaped. Each clavicle articulates with a **scapula** and each clavicle also articulates with the **sternum**.

- The **Lateral** end (acromial end) is articulation with **the scapula**
- The **Medial** end (sternal end) is articulation with **the sternum**



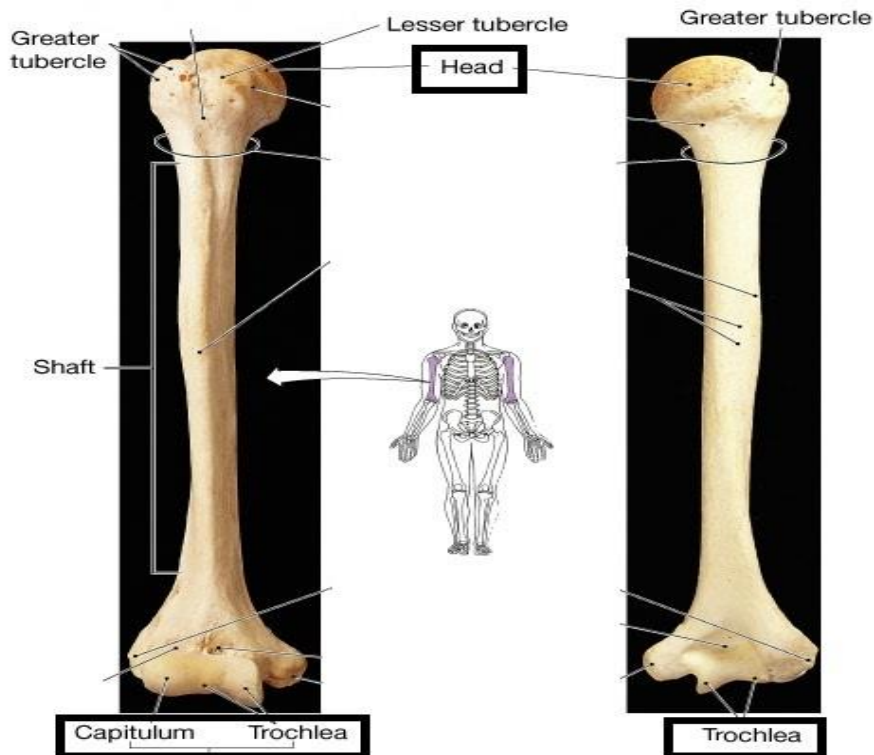
**Fig2: Clavicle Bone**

**Upper limbs:** are includes the following bones:

1. The arm (**humerus**),
2. The forearm (**radius and ulna**),
3. The hand (**carpals, metacarpals and phalanges**).

**1. Arm ( Humerus):** It is a long bone between the **shoulder** and the **elbow joint** with the following features.

- **The proximal end** of the humerus consists of the **head** articulates with **the scapula**
- **The distal end** of the humerus a **triangular shape** articulates with **the radius & ulna**

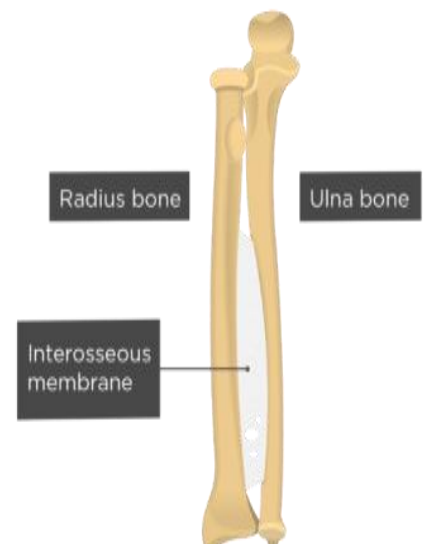


**Fig3: Humerus**

**2. Forearm (radius and ulna) :** the upper ends of both radius and ulna articulate with the lower end of humerus to form **elbow joint**.

**A. Radius:** is on the lateral side of the forearm (**thumb side**)

**B. Ulna:** is the **long bone** of the forearm.



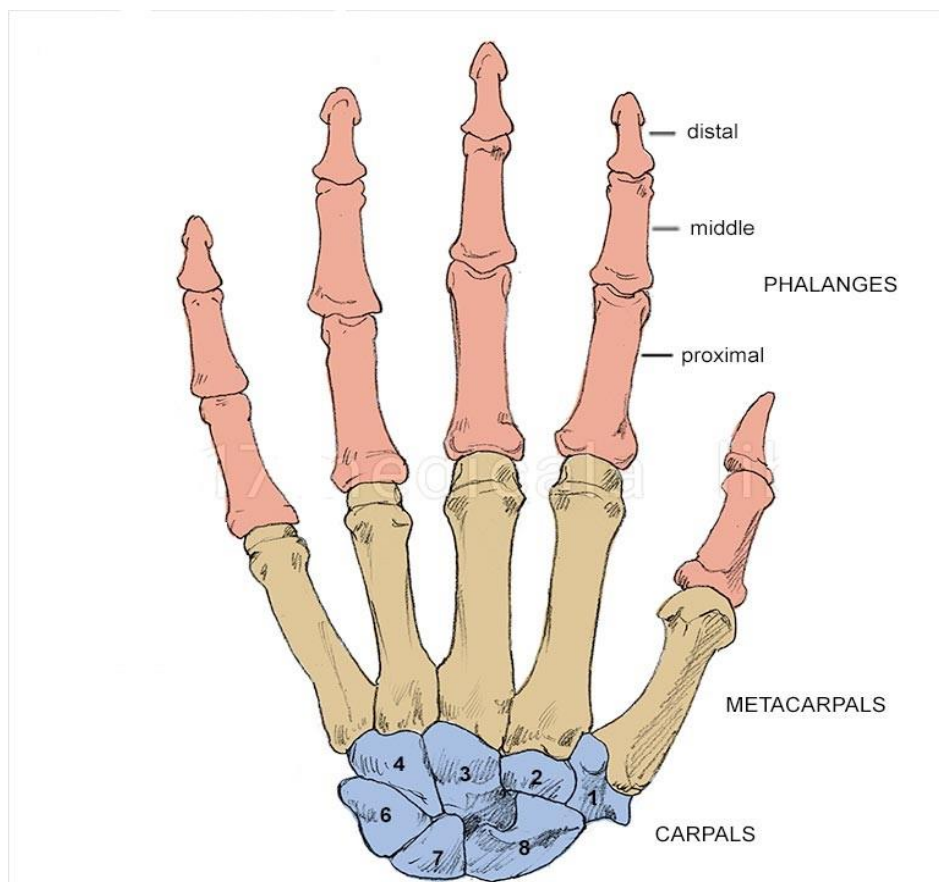
**Fig 4: Radius and Ulna**

### 3. The hand (carpals, metacarpals and phalanges):

**A. Carpal (wrist) bones:** or carpus contains eight small carpal bones which articulate with distal end of the of the forearm forms **the wrist joint**

**B. Metacarpal bones:** Five metacarpal bones, numbered 1 to 5 from the thumb side of the hand toward the little finger, to form **the palm**.

**C. Phalanges:** are bones of the fingers the **thumb** has only **two phalanges** but the other fingers have **three phalanges** (proximal, middle, and distal).



**Fig5: The hand (carpals, metacarpals and phalanges)**