

TOPIC: BONES OF THE UPPER LIMB

Overview of the Arm and Forearm

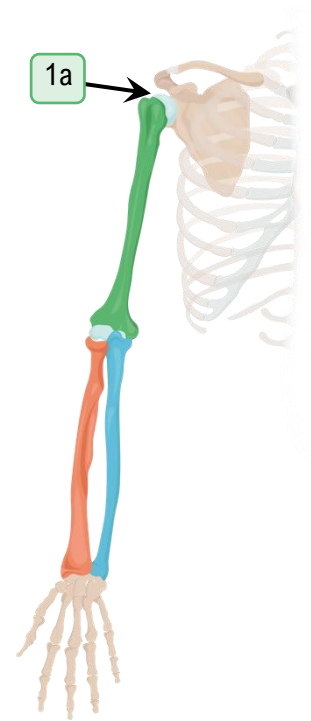
● Arm:

1. **Humerus:** _____ bone of the upper limb.
 - 1a. **Head:** _____ part, fits into the shoulder.

● Forearm:

1. **Radius:** _____ to the Ulna.
 - Same side as the _____.
 - Circular head articulates with humerus. *Circles have a radius.*
 - Allows you to turn your _____.

2. **Ulna:** _____ to the Radius.
 - Makes a _____ in sagittal view. *Ulna makes a "U".*
 - Makes a _____ with the humerus.



PRACTICE: Of the two bones in the forearm, which bone is medial?

- | | |
|-------------|--------------|
| a) Humerus. | c) Ulna. |
| b) Radius. | d) Clavicle. |

PRACTICE: When a person falls, a common reaction is to try to catch themselves by sticking out their hands. This will sometimes lead to a fracture in one or both of the bones of the forearm. Because one forearm bone is larger where it articulates with the wrist, this bone tends to absorb more force from the impact and is broken more often, making it the most commonly broken bone in the body. Where would such a break likely occur?

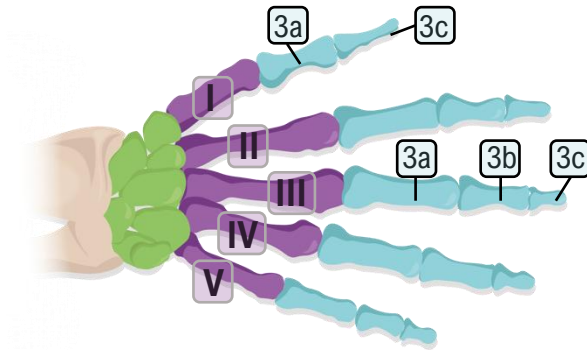
- | | |
|----------------------------------|------------------------------------|
| a) The distal end of the ulna. | c) The distal end of the radius. |
| b) The proximal end of the ulna. | d) The proximal end of the radius. |

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Overview of the Wrist and Hand

- Wrist and hand are made of _____ sets of bones.

1. **Carpals:** 8 _____ bones of the wrist.



3. **Phalanges:** 14 tiny _____ bones.

- Each finger has a:
 - Proximal phalanx (a)
 - _____ phalanx (b)
 - Distal phalanx (c)
- Thumb only has _____.
 - _____ and _____.

2. **Metacarpals:** long bones of the palm.

- Distal epiphyses form the _____.
- Numbered 1: _____ through 5: pinky.

EXAMPLE: Shravya is recently engaged and showing off her ring. Draw an “X” on the diagram below of where the ring would be placed. What is the name of the bone the ring surrounds?



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PRACTICE: Arrange the bones of the upper limb from proximal to distal. Some bones may not be included.

- a) Humerus → Radius & Ulna → Metacarpals → Phalanges
- b) Humerus → Ulna → Phalanges → Metacarpals → Carpals
- c) Humerus → Radius → Ulna → Phalanges
- d) Scapula → Ulna & Radius → Humerus → Phalanges

PRACTICE: Often people will “crack” their knuckle by pulling on their pointer finger. The cracking sound comes from knuckle where the finger meets the hand. What’s another way to describe this location?

- a) Between the first proximal phalanx and the first metacarpal.
- b) Between the first and second phalanges of the proximal digit.
- c) Between the second proximal phalanx and the second metacarpal.
- d) Between proximal and middle phalanges of the second digit.