

* Notes *

* Humerus is the bone of the Arm (upper) (long bone)

Upper end Shaft Lower end.
(body)

* Humerus is the only bone of the arm, the longest and largest bone of the upper limbs.

* Upper end \Rightarrow Head of humerus (round part)

Anatomical neck (constriction following the head)

Surgical neck (circle under the upper end) (It's called that name

because of the common fractures at that area)

Great tubercle (^(سر) projection at the upper end) (the bigger one) (lateral)

Lesser tubercle (the smaller projection at the upper end) (Anterior).

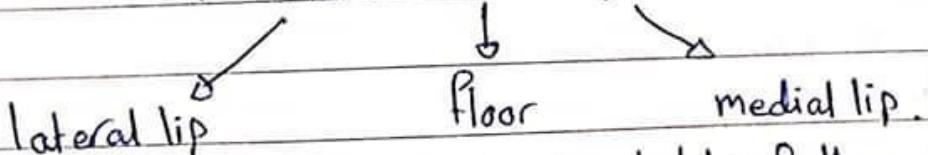
Intertubercular groove

Or Bicipital groove \Rightarrow (the structure between the tubercles)

Lo (^(سر) It's called that because of the tendon of the long head of biceps

which passes in it)

* Intertubercular groove *


lateral lip Floor medial lip.

* How to differentiate between the lateral and medial lips? the medial lip

is always in line with the humerus head.

\Rightarrow to be continued

* Humerus bone *

* There are three muscles attached to the Intertubercular groove :-

① the pectoralis major muscle to the lateral lip

② teres major muscle to the medial lip ③ latissimus dorsi muscle to the floor (lady)
(a lady between two men !)

* The great tubercle of the upper end (SIT)

receives insertion of 3 muscles :-

Supraspinatus Infraspinatus Teres minor

* The lower end (distal end) ↗ medial epicondyle

↘ lateral epicondyle

* (epi means above) * (the medial epicondyle is much larger than the lateral one)

* the head of humerus is always medial therefore the medial epicondyle is in line with it.

* Lower end has 2 condyles

Capitulum (head)(round)



Articulates with the radius bone
(head of radius)

Trochlea (The area beside capitulum)



Articulates with the Ulna
(notch of the Ulna)

* during Flexion the head of radius comes in contact with the (Radial fossa)

(the area above and in line with the capitulum)

* during flexion the coronoid process of Ulna comes in contact with the
Coronoid fossa (the area above and in line with the trochlea).

* In the posterior side we have the (Olecranon fossa)

* Humerus bone *

* Anatomical position of Humerus :-

* the head of humerus is superior and medial and comes in contact with the
glenoid cavity.

* Olecranon fossa is posterior. * Radial fossa is Anterior.

* Shaft of the humerus :-

* In a cross section It looks like a triangle

* Rough area in the middle of humerus on the lateral side is V-shaped for the
Insertion of deltoid muscle.

* Clavicle * (الزَّوْدَةُ)

* It's the only bony attachment between the trunk (body) and the upper limb.

* If it fractures the patient would carry his upper limb with his other hand.

* Function :- it transmits the weight of the upper limb to the sternum to the trunk.

* the superior surface is smooth while the inferior has rough areas due to the attachment

* the medial end is ^(huge) bulky while the lateral is flat (small) of subclavius muscle and other ligaments

* there is an anterior and posterior borders. that stabilize joints.

* the medial end is called sternal end because it's attached to the sternum forming
the sternoclavicular joint.

* the lateral end is attached to the Acromion of the scapula forming the
Acromio clavicular joint.

* The Anterior border is medially ^(concave) convex and laterally ^(convex) concave

* Posterior = = = Concave = = Convex.

* Some text books = concave Anteriorly, convex posteriorly.

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* Clavicle *

At the part that is attached to the medial end is convex because behind it very important structures are passing and this makes the shape of the upper part of the Thorax (joust)

* Clavicle is a subcutaneous bone (Under all layers of skin)

* Scapula * (shoulder bone)

- * The scapula is a large flat bone
- * The scapula is the bone of 3 : 3 borders
 - lateral border (outside)
 - medial border (close to vertebral column)
 - superior border
- * 3 Angles
 - superior
 - inferior
 - lateral (glenoid cavity, where the humerus gets attached).
- * 3 processes
 - the spine
 - to form shoulder joint. (ball and socket)
(glenohumeral joint)
 - Achromion process (extension of the spine)
 - coracoid process.

* Scapula *

* 2 surfaces. → Anterior (costal), It has (subscapular fossa)

↳ Posterior (dorsal), It's divided by the spine into:

① supraspinous fossa ② infraspinous fossa (larger)

* Acromion is Anteriorly lateral

* Coracoid process has 3 muscles attached to it:-

① pectoralis minor ② short head of biceps ③ coracobrachialis muscle.

AS

* If u see any tubercle, process, projection it means that there is other structures attached to it.

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* the long head of biceps is attached to the supraglenoid tubercle

* the long head of triceps is attached to the infraglenoid tubercle.

* Supraspinatus muscle is attached to supraspinous fossa

* Infraspinatus muscle is attached to infraspinous fossa.

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* The scapula's medial end is thin, sharp, continuous.

* The scapula's lateral end is thick and above it there is the glenoid cavity.