

Bone List		
See page 153 and read text that goes with each body section for help in learning bones.		
Dates for quizzes are:		
Date for test over all bones is:		
Location	Bone Name	Helpful Information
Foot	Distal phalanx	
Foot	Intermediate cuneiform	
Foot	Medial phalanx	
Foot	Metatarsals	t is for toe
Foot	Phalanges	
Foot	Proximal phalanx	
Foot	Tarsals	
Foot, tarsal	Calcaneus	heel
Foot, tarsal	Cuboid	cube shaped
Foot, tarsal	Lateral cuneiform	
Foot, tarsal	Medial cuneiform	
Foot, tarsal	Navicular	
Foot, tarsal	Talus	
Hand	Capitate, carpal	top row, capitate = head, decapitate is to behead
Hand	Carpals	Learn riddle. Go thumb to pinkie, bottom to top
Hand	Distal phalanx	
Hand	Hamate, carpal	top row, above pisiform, ham shaped
Hand	Lunate, carpal	bottom row, luna=moon
Hand	Metacarpals	
Hand	Middle phalanx	
Hand	Phalanges	
Hand	Pisiform, carpal	bottom row, pisiform = pea, below the pinkie - metacarpal V
Hand	Proximal phalanx	
Hand	Scaphoid, carpal (navicular)	bottom row
Hand	Trapezium, carpal	top row,
Hand	Trapezoid, carpal	top row
Hand	Triquetrum, carpal	bottom row,
Lower limbs	Patella	
Lower limbs, femur	Femur	
Lower limbs, femur	Greater trochanter	
Lower limbs, femur	Head	
Lower limbs, femur	Lateral condyle	
Lower limbs, femur	Lateral epicondyle	
Lower limbs, femur	Lesser trochanter	
Lower limbs, femur	Linea aspera	
Lower limbs, femur	Medial condyle	
Lower limbs, femur	Neck	
Lower limbs, femur	Patellar surface	
Lower limbs, femur	shaft of femur	
Lower limbs, femur	Surgical neck of femur	
Lower limbs, fibula	Fibula	flimsy

Lower limbs, fibula	Head of fibula	
Lower limbs, fibula	Lateral malleolus	
Lower limbs, tibia	Medial malleolus	
Lower limbs, tibia	Tibia	Tough, big TOE
Lower limbs, tibia	Tibial tuberosity	
Pectoral girdle, clavicle	Acromial end (process) of clavicle	
Pectoral girdle, clavicle	Acromioclavicular joint	
Pectoral girdle, clavicle	Clavicle	
Pectoral girdle, humerus	Head of humerus	
Pectoral girdle, scapula	Acromion process of scapula	
Pectoral girdle, scapula	Coracoid process of scapula	
Pectoral girdle, scapula	Glenoid cavity	
Pectoral girdle, scapula	Infraspinous fossa	The fossa (depression) below the spine of the scapula
Pectoral girdle, scapula	Lateral border	
Pectoral girdle, scapula	Medial border	
Pectoral girdle, scapula	Scapula	
Pectoral girdle, scapula	Scapular Spine	
Pectoral girdle, scapula	Subscapular fossa	The depression beneath the scapula
Pelvic girdle	Acetabulum	
Pelvic girdle	Auricular surface	
Pelvic girdle	Iliac crest	
Pelvic girdle	Ilium	
Pelvic girdle	Ischial spine	
Pelvic girdle	Ischium	Wishium ischium
Pelvic girdle	Obturator foramen	
Pelvic girdle	Pubic symphysis	
Pelvic girdle	Pubis	pointed
Pelvic girdle	Ramus	
Sacrum	Coccyx	
Sacrum	Median sacral crest	
Sacrum	Pelvic foramina	
Sacrum	Sacral canal	
Sacrum	sacral foramina	
Sacrum	sacral hiatus	
Sacrum	Superior articular process	
Skull	Alveolar process	
Skull	Crista gali of ethmoid bone	crista = comb, gallus = rooster
Skull	Ethmoid bone	
Skull	External acoustic (auditory) meatus	acoustic, audio = sound
Skull	Foramen magnum	hole, big
Skull	Frontal bone	
Skull	Inferior nasal concha	shaped like the inside of a conch shell
Skull	Infraorbital foramen	
Skull	Lacrimal bone	the lacrimal gland produces tears
Skull	Mandible	
Skull	Mandibular condyle	
Skull	Mandibular fossa	

Skull	Mastoid process of temporal bone	
Skull	Maxilla	Max has a mustache, the maxilla is above the lip
Skull	Middle nasal concha of ethmoid bone	
Skull	Nasal bone	
Skull	Occipital bone	
Skull	Occipital condyle	
Skull	Optic canal	
Skull	Optic foramen	optic = eye
Skull	Orbit	orbit = circular
Skull	Palatine bone	
Skull	Palatine process of maxilla	
Skull	Parietal bone	think of parental, have two above you
Skull	Perpendicular plate of ethmoid bone	
Skull	Sella turcica of sphenoid bone	Saddle of a turk
Skull	Sphenoid bone	
Skull	Styloid process of temporal bone	stylus is a pointed tool
Skull	Superior orbital fissure	
Skull	Supraorbital foramen	
Skull	Temporal bone	
Skull	Temporal process of zygomatic bone	
Skull	Vomer	sounds like Gomer who had a big nose, and talked in a nasal tone
Skull	Zygomatic arch	
Skull	Zygomatic bone	
Skull	Zygomatic process of temporal bone	
Skull, suture	Coronal suture	coronal = crown
Skull, suture	Lambdoidal suture	
Skull, suture	sagittal suture	
Skull, suture	Squamosal suture	
Thoracic cage	Body	
Thoracic cage	Costal cartilages	
Thoracic cage	False ribs	
Thoracic cage	Floating ribs	
Thoracic cage	Head	
Thoracic cage	Manubrium	
Thoracic cage	Shaft	
Thoracic cage	Sternum	
Thoracic cage	True ribs	
Thoracic cage	Tubercle	
Thoracic cage	Xiphoid process	
Upper limbs, humerus	Capitulum	capitate = head, ulum = little
Upper limbs, humerus	Coronoid fossa	
Upper limbs, humerus	Deltoid tuberosity	Greek letter D

Upper limbs, humerus	Greater tubercle of humerus	
Upper limbs, humerus	Lateral epicondyle	
Upper limbs, humerus	Lesser tubercle of humerus	
Upper limbs, humerus	Medial epicondyle	
Upper limbs, humerus	Olecranon fossa	
Upper limbs, humerus	Surgical neck	
Upper limbs, humerus	Trochlea	
Upper limbs, radius	Head of radius	
Upper limbs, radius	Radial tuberosity	
Upper limbs, radius	Radius	
Upper limbs, radius	Styloid process of radius	
Upper limbs, radius	Ulnar notch of radius	
Upper limbs, ulna	Coronoid process	
Upper limbs, ulna	Head of ulna	
Upper limbs, ulna	Olecranon process	
Upper limbs, ulna	Radial notch of ulna	
Upper limbs, ulna	Styloid process of ulna	
Upper limbs, ulna	Trochlear notch	
Upper limbs, ulna	Ulna	
Vertebra/Spine	Atlas	In mythology Atlas holds up the world
Vertebra/Spine	Axis	
Vertebra/Spine	Body	
Vertebra/Spine	Cervical vertebra	
Vertebra/Spine	Facet that articulates with occipital condyle	facet = little face, facet of a diamond
Vertebra/Spine	Facet that articulates with odontoid	
Vertebra/Spine	Lamina	
Vertebra/Spine	Lumbar vertebra	
Vertebra/Spine	Odontoid process	odon = tooth
Vertebra/Spine	Pedicle	ped = foot, a foot like process
Vertebra/Spine	Spinous process	
Vertebra/Spine	Superior articular facet	
Vertebra/Spine	Superior articular process	
Vertebra/Spine	Thoracic vertebra	
Vertebra/Spine	Transverse process	
Vertebra/Spine	Vertebral arch	
Vertebra/Spine	Vertebral foramen	