

**WSKAZÓWKI DO ĆWICZEŃ
DLA STUDENTÓW ODDZIAŁU FIZJOTERAPII
Zakład Anatomii Prawidłowej i Klinicznej CB WUM
w Warszawie**

B.Ciszek

Wymienione poniżej miana anatomiczne wskazują struktury anatomiczne, które należy umieć rozpoznać i omówić. Obowiązujące są miana łacińskie. Część angielska stanowi nieobowiązkowe uzupełnienie związane z rozpowszechnieniem tego języka jako uniwersalnego systemu komunikacji w medycynie

OSTEOLOGIA & ARTHROLOGIA II

**SKELETON APPENDICULARE
OSSA MEMBRI SUPERIORIS**

**APPENDICULAR SKELETON
SKELETON OF THE UPPER LIMB**

CINGULUM MEMBRI SUPERIORIS

PECTORAL GIRDLE

SCAPULA

SCAPULA - SHOULDER BLADE

Facies costalis	Costal surface
Fossa subscapularis	Subscapular fossa
Facies dorsalis	Dorsal surface
Spina scapulae	Scapular spine
Fossa supraspinata	Supraspinous fossa
Fossa infraspinata	Infraspinous fossa
Acromion	Acromion
Facies articularis acromii	Clavicular facet
Angulus acromialis	Acromial angle
Margo medialis	Medial border
Margo lateralis	Lateral border
Margo superior	Superior border
Incisura scapulae	Suprascapular notch
Angulus inferior	Inferior angle
Angulus lateralis	Lateral angle
Angulus superior	Superior angle
Cavitas glenoidalis	Glenoid cavity
Tuberculum supraglenoidale	Supraglenoid tubercle
Tuberculum infraglenoidale	Infraglenoid tubercle
Collum scapulae	Neck of the scapula
Processus coracoideus	Coracoid process

CLAVICULA

Extremitas sternalis
 Facies articularis sternalis
 Impressio ligamenti costo-
 clavicularis
 Corpus claviculae
 Sulcus musculi subclavii
 Extremitas acromialis
 Facies articularis acromialis
 Tuberculum conoideum
 Linea trapezoidea

CLAVICLE - COLLAR BONE

Sternal end
 Sternal articular facet
 Impression for costocla-
 vicular ligament
 Shaft
 Groove for subclavius muscle
 Acromial end
 Acromial articular facet
 Conoid tubercle
 Trapezoid line

PARS LIBERA MEMBRI SUPERIORIS FREE PART OF THE UPPER LIMB**HUMERUS**

Caput humeri
 Collum anatomicum
 Collum chirurgicum
 Tuberculum maius
 Tuberculum minus
 Sulcus intertubercularis
 Crista tuberculi maioris
 Crista tuberculi minoris
 Corpus humeri
 Facies anteromedialis
 Facies anterolateralis
 Facies posterior
 Sulcus nervi radialis
 Margo medialis
 Crista supraepicondylaris med.
 (Processus supraepicondylaris)
 Margo lateralis
 Crista supraepicondylaris
 Tuberositas deltoidea
 Condylus humeri
 Capitulum humeri
 Trochlea humeri
 Fossa olecrani
 Fossa coronoidea
 Fossa radialis
 Epicondylus medialis
 Sulcus nervi ulnaris
 Epicondylus lateralis

HUMERUS

Head
 Anatomical neck
 Surgical neck
 Greater tubercle
 Lesser tubercle
 Intertubercular sulcus Bicipital groove
 Crest of the greater tubercle
 Crest of the lesser tubercle
 Humeral shaft
 Anteromedial surface
 Anterolateral surface
 Posterior surface
 Sulcus for the radial nerve
 Medial border
 Medial supracondylar ridge
 (Supracondylar process)
 Lateral border
 Lateral supracondylar ridge
 Deltoid tuberosity
 Condyle
 Capitulum
 Trochlea
 Olecranon fossa
 Coronoid fossa
 Radial fossa
 Medial epicondyle
 Sulcus for ulnar nerve
 Lateral epicondyle

RADIUS

Caput radii
 Fovea articularis
 Circumferentia articularis
 Collum radii
 Corpus radii
 Tuberositas radii
 Facies anterior
 Facies posterior
 Facies lateralis
 Margo interosseus
 Margo anterior
 Margo posterior
 Processus styloideus
 Tuberculum dorsale
 Incisura ulnaris
 Facies articularis carpea

RADIUS

Head
 Proximal articular surface
 Articular circumference
 Neck
 Shaft
 Radial tuberosity
 Anterior surface
 Posterior surface
 Lateral surface
 Interosseus border
 Anterior border
 Posterior border
 Styloid process
 Dorsal tubercle
 Ulnar notch
 Carpal articular surface

ULNA

Olecranon
 Processus coronoideus
 Tuberositas ulnae
 Incisura trochlearis
 Incisura radialis
 Corpus ulnae
 Facies anterior
 Facies posterior
 Facies medialis
 Margo interosseus
 Margo anterior
 Margo posterior
 Crista musculi supinatoris
 Caput ulnae
 Circumferentia articularis
 Processus styloideus

ULNA

Olecranon
 Coronoid process
 Tuberosity of the ulna
 Trochlear notch
 Radial notch
 Shaft
 Anterior surface
 Posterior surface
 Medial surface
 Interosseus border
 Anterior border
 Posterior border
 Supinator crest
 Head
 Articular circumference
 Styloid process

OSSA CARPI

(Os centrale)
 Os scaphoideum
 Tuberculum ossis scaphoidei
 Os lunatum
 Os triquetrum
 Os pisiforme
 Os trapezium
 Tuberculum ossis trapezii
 Os trapezoideum
 Os capitatum

CARPUS - WIRST

(central bone)
 Scaphoid bone
 Tubercle
 Lunate bone
 Triquetral bone
 Pisiform bone
 Trapezium bone
 Tubercle
 Trapezoid bone
 Capitate bone

Os hamatum	Hamate bone
Hamulus ossis hamati	Hamulus(hook)
Sulcus carpi	Carpal groove

OSSA METACARPI

Basis metacarpalis
Corpus metacarpale
Caput
Os metacarpale tertium
Processus styloideus

METACARPUS

Base
Shaft
Head
Third metacarpal bone
Styloid process

OSSA DIGITORUM

PHALANGES

Phalanx proximalis
Phalanx media
Phalanx distalis
Tuberositas phalangis distalis
Basis phalangis
Corpus phalangis
Caput phalangis
Ossa sesamoidea

BONES OF THE FINGERS

PHALANGES OF THE HAND

Proximal phalanx
Middle phalanx
Distal phalanx
Tuberosity
Base
Shaft
Head
Sesamoid bones

IUNCTURAE CINGULI MEMBRI JOINTS OF PECTORAL GRIDLE SUPERIORIS

ARTICULATIO STERNO CLAVICULARIS

Discus articularis
Lig.sternoclaviculare ant.
Lig.sternoclaviculare post.
Lig.costoclaviculare
Lig.interclaviculare

STERNOCLAVICULAR JOINT

Articular disc
Anterior sternoclavicular lig.
Posterior sternoclavicular lig.
Costoclavicular ligament
Interclavicular ligament

ARTICULATIO ACROMIO CLAVICULARIS

Lig.acromioclaviculare
Discus articularis
Lig.coracoclaviculare
Ligamentum trapezoideum
Ligamentum conoideum

ACROMIOCLAVICULAR JOINT

Acromioclavicular ligament
Articular disc
Coracoclavicular ligament
Trapezoid ligament
Conoid ligament

SYNDESMOSES SCAPULAE

Lig.coracoacromiale
Lig.transversum scapulae sup.
Lig.trsv.scapulae inf.

SYNDESMOSES OF THE SCAPULA

Coracoacromial ligament
Superior transverse scapular lig. (suprascapular)
Inferior transverse scapular lig. (spinoglenoid)

**IUNCTURAE MEMBRI SUPERIORIS JOINTS OF THE FREE PART OF
LIBERI THE UPPER LIMB**

ARTICULATIO HUMERI

Labrum glenoidale
Ligamenta glenohumeralia
Ligamentum coracohumerale

HUMERAL(SHULDER)JOINT

Glenoidal labrum
Glenohumeral ligaments
Coracohumeral ligament Transverse humeral ligament

ARTICULATIO CUBITI

Articulatio humeroulnaris
Articulatio humeroradialis
Articulatio radioulnaris
Proximalis
Ligamentum collaterale
ulnare
Ligamentum collaterale
radiale
Ligamentum anulare radii
Membrana interossea
antebrachii
Chorda obliqua

CUBITAL(ELBOW)JOINT

Humeroulnar joint
Humeroradial joint
Proximal radioulnar joint
Ulnar collateral ligament
Radial collateral ligament
Annular ligament
Interosseus membrane
Oblique cord

ARTICULATIO RADIOULNARIS DISTALIS DISTAL RADIOULNAR JOINT

Discus articularis
Recessus sacciformis

Articular disc
Recessus sacciformis

ARTICULATIO RADIOCARPALIS RADIOCARPAL(WIRST) JOINT

ARTICULATIONES CARPI

INTERCARPAL AND MIDCARPAL JOINTS

Lig.radiocarpale dorsale
Lig.radiocarpale palmare
Lig.ulnocarpale palmare
Lig.carpi radiatum
Lig.collaterale carpi ulnare
Lig.collat. carpi radiale
Lig.intercarpalia dorsalia
Lig.intercarpalia palmaria
Lig.intercarpalia interossea
Articulatio ossis pisiformis
Lig.pisohamatum
Lig.pisometacarpale
Canalis carpi

Dorsal radiocarpal ligament
Palmar radiocarpal ligament
Palmar ulnocarpal ligament
Radiate carpal ligament
Ulnar collateral ligament
Radial collateral ligament
Dorsal intercarpal ligaments
Palmar intercarpal ligaments
Interosseus intercarpal lig.
Pisotriquetral joint
Pisohamate ligament
Pisometacarpal ligament
Carpal tunel

ARTICULATIONES CARPO METACARPALES CARPOMETACARPAL JOINTS

Lig.carpometacarpalia dors.	Dorsal carpometacarpal ligaments
Lig.carpometacarpalia palm.	Palmar carpometacarpal ligaments
Articulatio carpometacarpea pollicis	Carpometacarpal joint of the pollex (thumb)

ARTICULATIONES INTER METACARPALES INETRMETACARPAL JOINTS

Lig.metacarpalia dorsalia	Dorsal metacarpal ligaments
Lig.metacarpalia palmaria	Palmar metacarpal ligaments
Lig.metacarpalia interossea	Interosseus metacarpal lig.
Spatia interossea metacarpi	Interosseus metacarpal spaces

ARTICULATIONES METACARPO PHALANGEALES METACARPOPHALANGEAL JOINTS

Ligamenta collateralia	Collateral ligaments
Ligamenta palmaria	Palmar ligaments
Ligamentum metacarpeum transversum profundum	Deep transverse metacarpal lig.

ARTICULATIONES INTER PHALANGEALES MANUS INTERPHALANGEAL JOINTS

Ligamenta collateralia	Collateral ligaments
Ligamenta palmaria	Palmar ligaments