

**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 III

**SKELETON APPENDICULARE
OSSA MEMBRI INFERIORIS**

**APPENDICULAR SKELETON
SKELETON OF THE LOWER LIMB**

CINGULUM MEMBRI INFERIORIS

PELVIC GIRDLE

OS COXAE

Acetabulum
Limbus acetabuli
Fossa acetabuli
Incisura acetabuli
Facies lunata
Foramen obturatum

INNOMINATE(HIP) BONE

Acetabulum

Acetabular fossa
Acetabular notch
Lunate surface
Obturator foramen

OS ILIUM

Corpus ossis ilii
Sulcus supraacetabularis
Ala ossis ilii
Linea arcuata
Crista iliaca
Labium externum
Tuberculum iliacum
Linea intermedia
Labium internum
Spina iliaca ant.sup.
Spina iliaca ant.inf.
Spina iliaca post.sup.
Spina iliaca post.inf.
Fossa iliaca
Facies glutea
Linea glutea anterior
Linea glutea posterior
Linea glutea inferior
Facies sacropelvica
Facies auricularis
Tuberositas iliaca

ILIUM

Body
Supraacetabular groove
Ala
Arcuate line
Iliac crest
External lip
Tubercle of the crest
Intermediate zone
Internal lip
Anterior superior iliac spine
Anterior inferior iliac spine.
Posterior superior iliac spine
Posterior inferior iliac spine
Iliac fossa
Gluteal surface
Anterior gluteal line
Posterior gluteal line
Inferior gluteal line
Sacropelvic surface
Auricular surface
Iliac tuberosity

OS ISCHIUM

Corpus ossis ischii
 Ramus ossis ischii
 Tuber ischiadicum
 Spina ischiadica
 Incisura ischiadica maior
 Incisura ischiadica minor

ISCHIUM

Body
 Ischial ramus
 Ischial tuberosity
 Ischial spine
 Greater sciatic notch
 Lesser sciatic notch

OS PUBIS

Corpus ossis pubis
 Tuberculum pubicum
 Facies symphysialis
 Crista pubica
 Ramus sup. ossis pubis
 Eminentia iliopubica
 Pecten ossis pubis
 Crista obturatoria
 Sulcus obturatorius
 Tuberculum obturatorium ant. (Tbc.obturatorium post.)
 Ramus inferior ossis pubis

PUBIS

Body
 Pubic tubercle
 Symphysial surface
 Pubic crest
 Superior pubic ramus
 Iliopubic eminence
 Pectineal line
 Obturator crest
 Obturator groove
 Ant.obturator tubercle
 (Post.obturator tubercle)
 Inferior pubic ramus

PELVIS

Cavitas pelvis
 Arcus pubis
 Angulus subpubicus
 Pelvis maior
 Pelvis minor
 Linea terminalis
 Apertura pelvis superior
 Apertura pelvis inferior
 Axis pelvis
 Diameter conjugata
 Diameter transversa
 Diameter obliquea
 Incliniatio pelvis

PELVIS

Cavity of the pelvis
 Pubic arch
 Subpubic arch
 Greater pelvis
 Lesser pelvis
 Terminal line
 Superior pelvic aperture(inlet)
 Inferior pelvic aperture(outlet)
 Median curved axis
 Conjugate diameter
 Transverse diameter
 Oblique diameter
 Inclination of the pelvis.

PARS LIBERA MEMBRI INFERIORIS FREE PART OF THE LOWER LIMB

FEMUR

Caput ossis femoris
Fovea capitis ossis femoris
Collum ossis femoris
Trochanter maior
Fossa trochanterica
Trochanter minor
(Trochanter tertius)
Linea intertrochanterica
Crista intertrochanterica
Corpus ossis femoris
Linea aspera
Labium laterale
Labium mediale
Linea pectinea
Tuberositas glutea
Facies poplitea
Linea supracondylaris medialis
Linea supracondylaris lateralis
Condylus medialis
Epicondylus medialis
Tuberculum adductorium
Condylus lateralis
Epicondylus lateralis
Facies patellaris
Fossa intercondylaris
Linea intercondylaris

FEMUR - THIGH BONE

Femoral head
Fovea for lig. of head
Femoral neck
Greater trochanter
Trochanteric fossa
Lesser trochanter
(Third trochanter)
Intertrochanteric line
Intertrochanteric crest
Femoral shaft
Linea aspera
Lateral lip
Medial lip
Spiral line(Pectinel line)
Gluteal tuberosity
Popliteal surface
Medial supracondylar line
Lateral supracondylar line
Medial condyle
Medial epicondyle
Adductor tubercle
Lateral condyle
Lateral epicondyle
Patellar surface
Intercondylar fossa
Intercondylar line

PATELLA

Basis patellae
Apex patellae
Facies articularis
Facies anterior

PATELLA(KNEE-CAP)

Base of the patella
Apex
Articular surface
Anterior surface.

TIBIA

Condylus medialis
Condylus lateralis
Facies articularis fibularis
Facies articularis superior
Area intercondylaris anterior
Area intercondylaris posterior
Eminentia intercondylaris
Tuberculum intercondylare med.
Tuberculum intercondylare lat.
Corpus tibiae

TIBIA(SHIN-BONE)

Medial condyle
Lateral condyle
Fibular facet
Proximal articular surface
Anterior intercondylar area
Posterior intercondylar area
Intercondylar eminence
Medial intercondylar tubercle
Lateral intercondylar tubercle
Shaft

Tuberositas tibiae	Tibial tuberosity
Facies medialis	Medial surface
Facies posterior	Posterior surface
Linea musculi solei	Soleal line
Facies lateralis	Lateral surface
Margo anterior	Anterior border
Margo medialis	Medial border
Margo interosseus	Interosseous border
Malleolus medialis	Medial malleolus
Sulcus malleolaris	Groove for tibialis post.tendon
Facies articularis malleoli	Art.surf.of the malleolus
Incisura fibularis	Fibular notch
Facies articularis inferior	Inferior articular surface

FIBULA

Caput fibulae
Facies art.capitis fibulae
Apex capitis fibulae
Collum fibulae
Corpus fibulae
Facies lateralis
Facies medialis
Facies posterior
Crista medialis
Margo anterior
Margo interosseus
Margo posterior
Malleolus lateralis
Facies articularis malleoli
Fossa malleoli lateralis
Sulcus malleolaris

FIBULA(SPLINTER-BONE)

Head
Facet of the fibular head
Apex
Neck
Shaft
Lateral surface
Medial surface
Posterior surface
Medial crest
Anterior border
Interosseous border
Posterior border
Lateral malleolus
Articular facet
Malleolar fossa
Groove for peroneal tendons

OSSA TARSII

TALUS

Caput tali	Talar head
Facies articularis navicularis	Distal surface
Collum tali	Talar neck
Corpus tali	Talar body
Trochlea tali	Talar trochlea
Facies superior	Trochlear surface for tibia
Facies malleolaris medialis	Facet for medial malleolus
Facies malleolaris lateralis	Facet for lateral malleolus
Processus lateralis tali	Lateral process
Facies articularis calcanea post.	Post.calcanean articular srf.
Sulcus tali	Sulcus tali
Facies articularis calcanea med.	Middle calcanean articular srf.

BONES OF THE TARSUS

TALUS(ANKLE BONE)

Facies articularis calcanea ant.	Ant.calcanean articular srf.
Processus posterior tali	Posterior process
Sulcus tendinis musculi flexoris halucis longi	Groove for lexor halucis longus
Tuberculum mediale	Medial tubercle
Tuberculum laterale (Os trigonum)	Lateral tubercle (Triangular bone)

CALCANEUS

Tuber calcanei	Calcanean tuberosity
Processus medialis tuberis calcanei	Medial process of the tuberosity
Processus lateralis tuberis calcanei	Lat.proc.of the tuberosity
Tuberculum calcanei	Anterior tubercle
Sustentaculum tali	Sustentaculum tali
Sulcus tendinis musculi flexoris halucis longi	Groove for flexor halucis longus
Sulcus calcanei	Sulcus calcanei
Sinus tarsi	Sinus tarsi
Facies articularis talaris ant.	Ant.articular srf.for talus
Facies articularis talaris media	Middle articular srf.for talus
Facies articularis talaris post.	Post.articular srf.for talus
Sulcus tendinis musculi peronei longi	Groove for the tendon of peroneus longus
Trochlea peronealis	Peronaeal trochlea
Facies articularis cuboidea	Facet for cuboid bone

CALCANEUS

Tuber calcanei	Calcanean tuberosity
Processus medialis tuberis calcanei	Medial process of the tuberosity
Processus lateralis tuberis calcanei	Lat.proc.of the tuberosity
Tuberculum calcanei	Anterior tubercle
Sustentaculum tali	Sustentaculum tali
Sulcus tendinis musculi flexoris halucis longi	Groove for flexor halucis longus
Sulcus calcanei	Sulcus calcanei
Sinus tarsi	Sinus tarsi
Facies articularis talaris ant.	Ant.articular srf.for talus
Facies articularis talaris media	Middle articular srf.for talus
Facies articularis talaris post.	Post.articular srf.for talus
Sulcus tendinis musculi peronei longi	Groove for the tendon of peroneus longus
Trochlea peronealis	Peronaeal trochlea
Facies articularis cuboidea	Facet for cuboid bone

OS NAVICULARE

Tuberositas ossis navicularis	Tuberosity
-------------------------------	------------

NAVICULAR BONE

OS CUNEIFORME MEDIALE

MEDIAL CUNEIFORM BONE

OS CUNEIFORME INTERMEDIUM

INTERMEDIATE CUNEIFORM BONE

OS CUNEIFORME LATERALE

LATERAL CUNEIFORM BONE

OS CUBOIDEUM

CUBOID BONE

Sulcus tendinis musculi peronei longi	Groove for peroneus longus tendon
Tuberositas ossis cuboidei	Cuboid's tuberosity
Processus calcaneus	Calcanean process

OSSA METATARSI

METATARSUS(METATARSAL BONES)

Basis metatarsalis	Base
Corpus metatarsale	Shaft
Caput metatarsale	Head
Tuberositas o.metatarsalis (I)	Tuberosity of the (I) metatarsal
Tuberositas q.metatarsalis (V)	Tuberosity of the (V) metatarsal

OSSA DIGITORUM

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

BONES OF THE FINGERS

Proximal phalanx
 Middle phalanx
 Distal phalanx
 Tuberosity of the distal phalanx
 Base
 Shaft
 Head
 Sesamoid bones

**IUNCTURAE CINGULI MEMBRI
INFERIORIS****JOINTS OF THE PELVIC GIRDLE**

Symphysis pubica
 Membrana obturatoria
 Canalis obturatorius
 Ligamentum sacrotuberale
 Processus falciformis
 Ligamentum sacrospinale
 Foramen ischiadicum maius
 Foramen ischiadicum minus

Pubic symphysis
 Obturator membrane
 Obturator canal
 Sacrotuberous ligament
 Falciform process
 Sacrospinous ligament
 Greater sciatic foramen
 Lesser sciatic foramen

ARTICULATIO SACROILIACA**SACROILIAC JOINT**

Ligamenta sacroiliaca ventr.
 Ligamenta sacroiliaca inter
 ossea
 Ligamenta sacroiliaca dors.

Ventral sacroiliac ligaments
 Interosseous sacroiliac
 ligaments
 Dorsal sacroiliac ligaments

**IUNCTURAE MEMBRI INFERIORIS
LIBERI****JOINTS OF THE FREE PART OF
THE LOWER LIMB****ARTICULATIO COXAE****COXAL (HIP) JOINT**

Zona orbicularis
 Ligamentum iliofemorale
 Ligamentum ischiofemorale
 Ligamentum pubofemorale
 Labrum acetabulare
 Lig.transversum acetabuli
 Ligamentum capitis femoris

Zona orbicularis
 Iliofemoral ligament
 Ischiofemoral ligament
 Pubofemoral ligament
 Acetabular labrum
 Transverse acetabular ligament
 Lig. of the femoral head

ARTICULATIO GENUS**GENUAL(KNEE)JOINT**

Meniscus lateralis
 Lig.meniscofemorale ant.
 Lig.meniscofemorale post.
 Meniscus medialis
 Ligamentum transversum genus

Lateral meniscus
 Anterior meniscofemoral lig.
 Posterior meniscofemoral lig.
 Medial meniscus
 Transverse ligament

Ligamenta cruciata genus	Cruciate ligaments
Lig.cruciatum anterius	Anterior cruciate ligament
Lig.cruciatum posterius	Posterior cruciate ligament
Plica synovialis infra patellaris	Infrapatellar synovial fold
Plicae alares	Alar folds
Lig.collaterale fibulare	Fibular collateral ligament
Lig.collaterale tibiale	Tibial collateral ligament
Lig.popliteum obliquum	Oblique popliteal ligament
Lig.popliteum arcuatum	Arcuate popliteal ligament
Ligamentum patellae	Ligamentum patella
Retinaculum patellae med.	Medial patellar retinaculum
Retinaculum patellae lat	Lateral patellar retinaculum
Corpus adiposum infra patellare	Infrapatellar pad of fat

ARTICULATIO TIBIOFIBULARIS PROXIMAL AND DISTAL TIBIOFIBULAR JOINTS

Lig.capitis fibulae anterius	Anterior ligament
Lig.capitis fibulae posterius	Posterior ligament
Membrana interossea cruris	Crural interosseous membrane
Syndesmosis tibiofibularis	Distal tibiofibular joint
Lig.tibiofibulare ant.	Anterior tibiofibular ligament
Lig.tibiofibulare post.	Posterior tibiofibular ligament

ARTICULATIO TALOCRURALIS TALOCRURAL (ANKLE) JOINT

Ligamentum mediale (deltoideum)	Medial(deltoid)ligament
Pars tibionavicularis	Tibionavicular part
Pars tibiocalcanea	Tibiocalcanean part
Pars tibiotalaris ant.	Anterior tibiotalar part
Pars tibiotalaris post.	Posterior tibiotalar part
Ligamentum talofibulare ant.	Anterior talofibular lig.
Ligamentum talofibulare post.	Posterior talofibular lig.
Ligamentum calcaneofibulare	Calcaneofibular ligament

ARTICULATIONES PEDIS JOINTS OF THE FOOT

ARTICULATIO TARSII TRANSVERSA TRANSVERSAL TARSAL JOINT
ARTICULATIO TALOCALCANEONAVICULARIS TALOCALCANEONAVICULAR JOINT

Articulatio subtalaris	Subtalar joint
Lig.talocalcaneare lat.	Lateral talocalcaneal lig.
Lig.talocalcaneare med.	Medial talocalcaneal lig.

ARTICULATIO CALCANEOCUBOIDEA CALCANEOCUBOID JOINT

Ligamenta tarsi interossea	Tarsal interosseous ligaments
Lig.talocalcaneum inteross.	Interosseous talocalcaneal lig.
Lig calcaneocuboideum interosseum	Interosseous calcaneocuboid lig.
Lig.intercuneiformia interossea	Interosseous intercuneiform lig.
Ligamenta tarsi dorsalia	Dorsal talar ligaments
Lig.talonaviculare	Talonavicular ligament
Lig.intercuneiformia dors.	Dorsal intercuneiform lig.
Lig.cuneocboideum dors.	Dorsal cuneocuboid lig.
Lig.cuboideonaviculare dors.	Dorsal cuboideonavicular lig.
Lig.bifurcatum	Bifurcated ligament
Lig.calcaeonaviculare	Calcaneonavicular lig.
Lig.calcaenocuboideum	Calcaneocuboid lig.
Lig.cuneonavicularia dors.	Cuneonavicular ligaments
Ligamenta tarsi plantaria	Plantar tarsal ligaments
Ligamentum plantare longum	Long plantar ligament
Lig.calcaenocuboideum plant.	Plantar calcaneocuboid lig.
Lig.calcaeonaviculare plant.	Plantar calcaneonavicular lig.
Lig.cuneonavicularia plant.	Plantar cuneonavicular ligaments
Lig. cuboideonaviculare plant.	Plantar cuboideonavicular lig.
Art. intercuneiformes	Intercuneiform joints
Lig.intercuneiformia plant.	Intercuneiform ligaments
Art.cuneocuboidea	Cuneocuboid joint
Lig.cuneocubideum plantare	Plantar cuneocuboid lig.
ART. TARSOMETATARSALIA	TARSOMETATARSAL JOINTS
Lig.tarsometatarsalia dors.	Dorsal tarsometatarsal lig.
Lig.tarsometatarsalia plant.	Plantar tarsometatarsal lig.
Lig.cuneometatarsalia interos.	Interosseous cuneometatarsal lig.
ARTICULATIONES INTER METATARSALIA	INTERMETATARSAL JOINTS
Lig.metatarsalia interos.	Interosseous metatarsal lig.
Lig.metatarsalia dors.	Dorsal metatarsal lig.
Lig.metatarsalia plant.	Plantar metatarsal lig.
Spatia interossea metatarsi	Metatarsal interosseous spaces
ARTICULATIONES METATARSO PHALANGEALES	METATARSOPHALANGEAL JOINTS
Ligamenta collateralia	Collateral ligaments
Ligamenta plantaria	Plantar ligaments
Lig.metatarsale trsv.prof.	Deep transverse metatarsal lig.
ARTICULATIONES INTER PHALANGEALES	INTERPHALANGEAL JOINTS
Ligamenta collateralia	Collateral ligaments
Ligamenta plantaria	Plantar ligaments