


Study Tips for the Bones

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[Bones - Study Tips Audio](#)

- Remember your anatomical terms: medial, lateral, anterior, posterior, superior, inferior, proximal and distal; you will use those frequently
- The bone that makes your forehead is the Frontal Bone.
- The bones located by your ear are the Temporal Bones of the skull.
- The bone located in the back or posterior section of your skull is the Occipital Bone.
- The bones located at the top (or crown) of your skull are the Parietal Bones.
- The bones of the Hand: starting from the thumb: Suzy Left The Party To Take Cathy Home
 - Scaphoid, Lunate, Triquetrum, Pisiform, Trapezium, Trapezoid, Capitate, Hamate
- Flat end of the clavicle is the sternal end, the more rounded end is the acromial end
- The head of all bones (Humerus, Femur), is ALWAYS medial, it will help with distinguishing right from left
- Coracoid process is on the scapula and coronoid fossa is on the ulna
- The Calcaneus is the large bone of the foot that is located on the same side as the pinky toe, also makes your heel.
- The Talus is the Tall bone in the foot, located on the same side as the big toe.
- The Navy floats on the 4C's:
 - Navicular, Medial Cuneiform, Intermediate Cuneiform, Lateral Cuneiform, Cuboid.
- If you make an r with your thumb, that's where the radius is located.
- Styloid Processes: located on the skull, the radius and ulna looks like vampire fangs!
- The medial malleolus on the Tibia makes the inner part of the ankle; that will help you with distinguishing right from left. (The big knot of your ankle!)
- The Acetabulum looks like an , located on the pelvis, that's where the femur sits. The acetabulum is ALWAYS located laterally; this will help distinguishing right from left.
- Osteoblasts build bone, Osteoclasts destroy bone