

HOW TO KNOW IF THE BONE IS RIGHT OR LEFT?

There are 6 things that you should know:

- 1- Lateral
- 2- Medial
- 3- Posterior
- 4- Anterior
- 5- Superior
- 6- Inferior

N.B : you should put the bone on its interior surface and follow the steps that will help you to identify the right side of each bone

○ Bones of the Upper Limb :

Clavicle :

- ❖ Its Medial (Sternal) End is Rounded.
- ❖ Its Lateral (Acromial) End is Flattened.
- ❖ It has two surfaces:
 - Superior Surface
 - Inferior Surface :
 - ✓ Conoid Tubercle
 - ✓ Trapezoid Line

Scapula :

- ❖ Spinous Process on the Posterior Surface.
- ❖ Glenoid Cavity Face Laterally.
- ❖ The Medial Border is Thin
- ❖ The Lateral Border is Thick

Humerus

- ❖ The Anterior surface has the greater and lesser tubercles
- ❖ The head is faced medially.

N.B : *that the greater tubercle will face laterally while lesser tubercle medially.*

Radius: (*lateral bone*)

- ❖ Sharp Medial Interosseous Border.
- ❖ On the Posterior Surface of The Distal End has Dorsal Tubercle .
- ❖ Styloid Process Projects Laterally.

Ulna (Medial Bone) :

- ❖ The Interior Surface has Trochlear Notch .
- ❖ Sharp Lateral Interosseous Border
- ❖ Styloid Process (Medial).

○ BONES OF LOWER LIMB :

Femur :

- ❖ The Head Is Project Medially .
- ❖ Posteriorly : It has, The Linea Aspera.

TIBIA :

- ❖ Medial Condyle : is Larger & Medially
- ❖ Lateral Condyle : is Smaller & Laterally .
- ❖ Posterior : Has Oblique Line, Soleal Line & Vertical Line.
- ❖ Medial Malleolus is Directed Downward & Medially

FIBULA :

- ❖ Lateral Malleolus is Directed Laterally.
- ❖ Posteriorly It has a Malleolar Fossa .