



APPENDICULAR SKELETON

PECTORAL GIRDLE

To view the Pectoral Girdle:

- from the main menu
- select “skeletal” from the top menu
- select “shoulder girdle”

Part 1		
Outside Partner: Have the partner in VR identify and then point to the following. They need to give a description about its location, what it is attached to, and any distinguishing features.		
Partner 1	Partner 2	Parts to Identify
		Clavicle (collarbone)
		The clavicle articulates with which two bones?
		Find the sternal end of the clavicle (it articulates with the manubrium). Describe its shape.
		Find the acromial end of the clavicle (it articulates with the scapula). Describe its shape.

Part 2		
Outside Partner: Have your partner point to and identify the following structures, describe their shape and location, and speculate as to their functions.		
Partner 1	Partner 2	Parts to Identify
		Locate the scapula (shoulder blade)
		The scapula articulates with which 2 bones?
		What are some distinguishing features of the scapula?
		Spine (posterior surface)
		Acromion process (articulates with the clavicle)
		Coracoid process (projects anteriorly)
		Glenoid cavity (articulates with the humerus)
		To view the motion of the Pectoral Girdle: <ul style="list-style-type: none"> ▪ from the main menu select “Actions” from the right hand menu ▪ select “Circumduction of shoulder joint”

UPPER LIMBS

To view the Upper Limbs:

- from the main menu select “skeletal” from the top menu
- select “upper limb”

Part 3		
Outside Partner: Have your partner locate, identify, and answer the following questions.		
Partner 1	Partner 2	Parts to Identify
		Locate the humerus. What part of the body is the humerus?
		Locate the radius. What part of the body is the radius?
		Locate the ulna. What part of the body is the ulna?
		Locate and classify the carpal bones type (i.e. long, short, flat, or irregular)
		Locate and describe the metacarpal bones type (i.e. long, short, flat, or irregular)
		Locate and describe the phalange bones type (i.e. long, short, flat, or irregular)
Find and isolate the humerus		
		At the proximal end of the humerus, locate and describe the shape of the head . <ul style="list-style-type: none"> • This articulates with which bone?
		At the distal end of the humerus, locate the trochlea and describe its shape. <ul style="list-style-type: none"> • This articulates with which bone?
		At the distal end of the humerus, locate the capitulum and describe its shape. <ul style="list-style-type: none"> • This articulates with which bone?
Find and isolate the Radius		
		At the proximal end of the radius, locate and describe the shape of the head .
		What is the function of the radial styloid process ?
Find and isolate the Ulna		
		What is the purpose of the trochlear notch ?
		What is the function of the ulnar styloid process ?
Find and isolate the hand		
		Find the carpals. How many are there? Where are they located?
		What part of the hand do the metacarpals make up?
		What part of the hand are the phalanges?
Let's examine the Carpals		
		Name the <u>four</u> in the proximal row? List them here
		Name the <u>four</u> in the distal row? List them here

Part 3 (cont.)		
Outside Partner: Answer the following questions.		
Partner 1	Partner 2	Research questions
		How are the metacarpals numbered? Be specific as to the direction they are labeled.
		How are the phalanges numbered and described? Be specific as to the direction they are labeled.

PELVIC GIRDLE

To view the Pelvic Girdle:

- from the main menu
- select “skeletal” from the top menu
- select “pelvic girdle”

Part 4		
Outside Partner: Have your partner locate, identify, and answer the following questions.		
Partner 1	Partner 2	Parts to Identify
		Locate, identify, and describe the pelvic bones
		Using your book, what is the common name of the pelvic bones? List the 3 bones that fuse together to form the pelvis?
		What is the pubic symphysis ? (enable connective tissue) <ul style="list-style-type: none"> ▪ What type of cartilage forms the pubic symphysis?
		To view the motion of the Pelvic Girdle: <ul style="list-style-type: none"> ▪ from the main menu select “Actions” from the right hand menu ▪ select “Circumduction of hip joint”

LOWER LIMBS

To view the Lower Limbs:

- from the main menu select “skeletal” from the top menu
- select “lower limb”

Part 5		
Outside Partner: Have your partner locate, identify, and answer the following questions.		
Partner 1	Partner 2	Parts to Identify
		Locate the femur. What part of the body is the femur?
		Locate the patella. What part of the body is the patella?
		Locate the tibia. What part of the body is the tibia?
		Locate and fibula. What part of the body is the fibula?
		Locate and classify the tarsal bones type (i.e. long, short, flat, or irregular)
		Locate and describe the metatarsal bones type (i.e. long, short, flat, or irregular)
		Locate and describe the phalange bones type (i.e. long, short, flat, or irregular)
Find and isolate the femur		
		On the proximal end of the femur, locate and describe the shape of the head . <ul style="list-style-type: none"> • This articulates with which bone?
		On the distal end of the femur, locate the lateral and medial condyles . <ul style="list-style-type: none"> • These articulates with which bone?
Find and isolate the tibia		
		On the tibia, locate the lateral and medial condyles . <ul style="list-style-type: none"> • These articulates with which bone?
		Locate the medial malleolus .
Find and isolate the fibia		
		Locate and describe the head
		Locate the lateral malleolus
Find and isolate the foot		
		Find the tarsals. What part of the body do they make up?
		What part of the foot do the metatarsals make up?
		What part of the foot are the phalanges?
Let’s examine the tarsals and metatarsals		
		Name the <u>seven</u> bones. List them here.