Humerus

Typical long bone 
Largest in upper limb 

Proximally articulates with glenoid fossa in shoulder joint 
Head of humerus = smooth, covered with hyaline cartilage, larger than ‘socket’, 
separated from tubercles with anatomical neck 
Greater tubercle = prominence on lateral part of bone, has three muscle attachments 
Lesser tubercle 
Intertubercular groove (sulcus, bicipital groove) home for biceps brachiilong head 
tendon 
Surgical neck- under tubercles, region which often get fractured 
Shaft of humerus 
Anterior, medial, lateral border 

Distal end is expended laterally. Has two articular surfaces separated by a ridge 
Capitulum (laterally) articulates with radius, convex, small in size 
Trochlea (medially) articulates with ulna. Groove-like surface which forms carrying 
angle between humerus and ulna. 
Medial epicondyle – shallow groove for ulnar nerve 
Olecranon fossa – for olecranon process of ulna when elbow is extended 
Radial fossa and coranoid fossa which receives head of radius and coranoid process 
of ulna in full extension of elbow. 

Palpation: 
Greater and lesser tubercle 
Sulcus 
Medial and lateral side of shaft 
Medial epicondyle 
Medial supercondylar ridge 
Lateral epicondyle 
Olecranon fossa