

# 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 brachii long head tendon  
Surgical neck- under tubercles, region which often get fractured  
Shaft of humerus  
Anterior, medial, lateral border

Distal end is expanded 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 coronoid fossa which receive head of radius and coronoid process of ulna in full extension of elbow.

## Palpation:

Greater and lesser tubercle  
Sulcus  
Medial and lateral side of shaft  
Medial epicondyle  
Medial supracondylar ridge  
Lateral epicondyle  
Olecranon fossa

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