



BONES OF THE SHOULDER

Norse Foundation

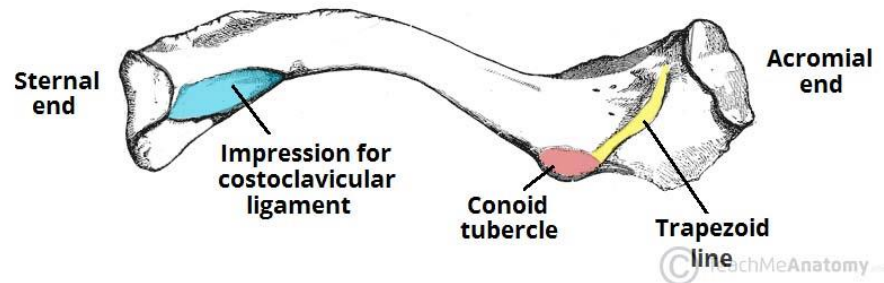
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CLAVICLE

The shoulder girdle is made up from the scapulae and the clavicles.

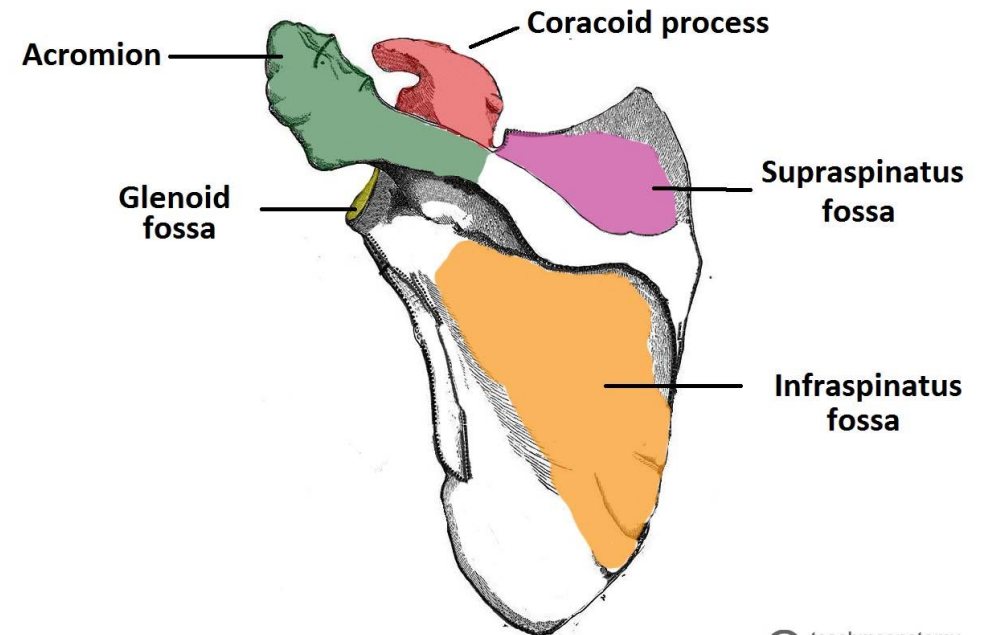


- The clavicle is a long bone, but it atypically does not have a medullary cavity. The bone is relatively short in length, the medial portion is convex anteriorly and the lateral portion is convex posteriorly.
- On the medial side the clavicle articulates with the manubrium sterni and the 1st costal cartilage.
- Laterally the clavicle articulates with the medial aspect of the acromion process to form the acromio – clavicular joint.
- The clavicle is the second bone formed in the uterus.



SCAPULA

- The scapula is a flat triangular bone that is located over the posterior, superior and lateral aspect of the rib cage.
- The scapula has a number of features of interest;
- Superior angle
- Inferior angle
- Coracoid process
- Axillary border
- Vertebral border
- Glenoid cavity
- The spine
- Supraspinous fossa
- Infraspinous fossa
- Costal surface
- Acromion process.



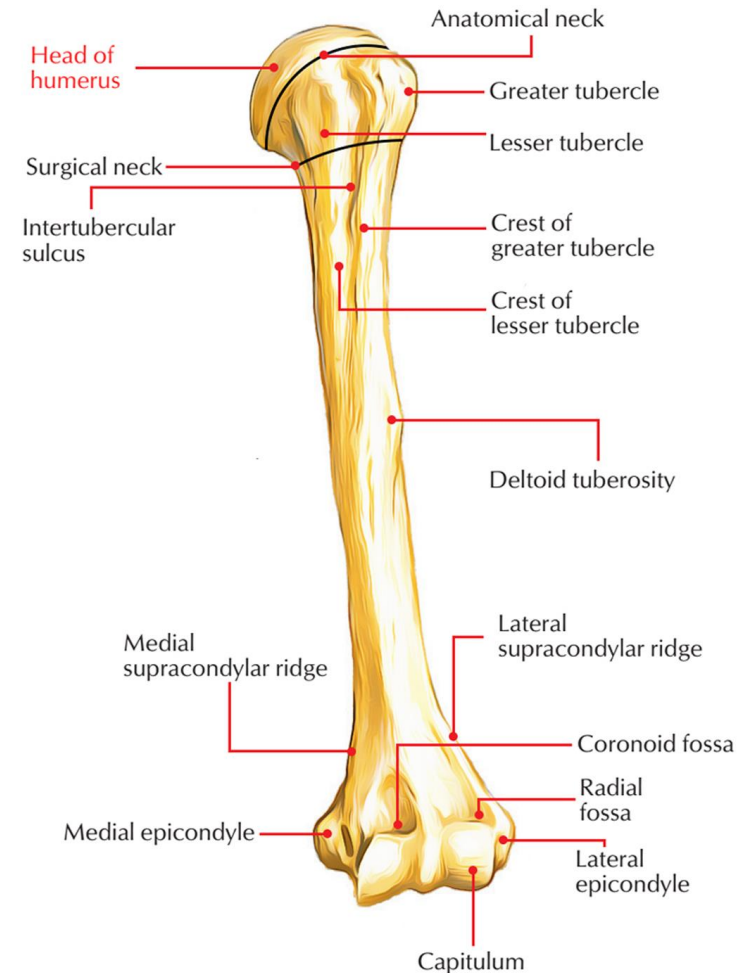
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HUMERUS

The humerus has the following features;

- Shaft
- Head
- Anatomical neck - widest part of the head at the articular margin.
- Surgical neck – the narrow aspect below the greater tuberosity – this is a common site for fractures.
- Greater tuberosity – defined as the most lateral palpable aspect.
- Lesser tuberosity – which is on the anterior side.
- Intertubercular sulcus – AKA the bicipital groove.
- Deltoid tuberosity



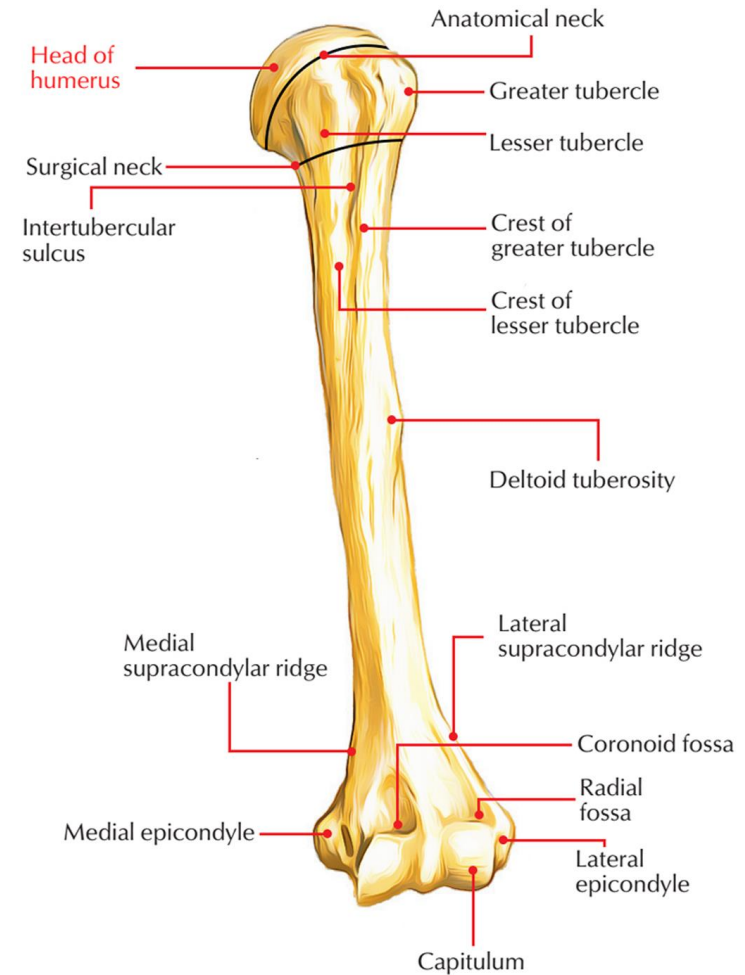
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HUMERUS

Distal humerus

- Medial epicondyle
- Trochlea
- Capitulum
- Lateral epicondyle
- Coronoid fossa
- Olecranon fossa



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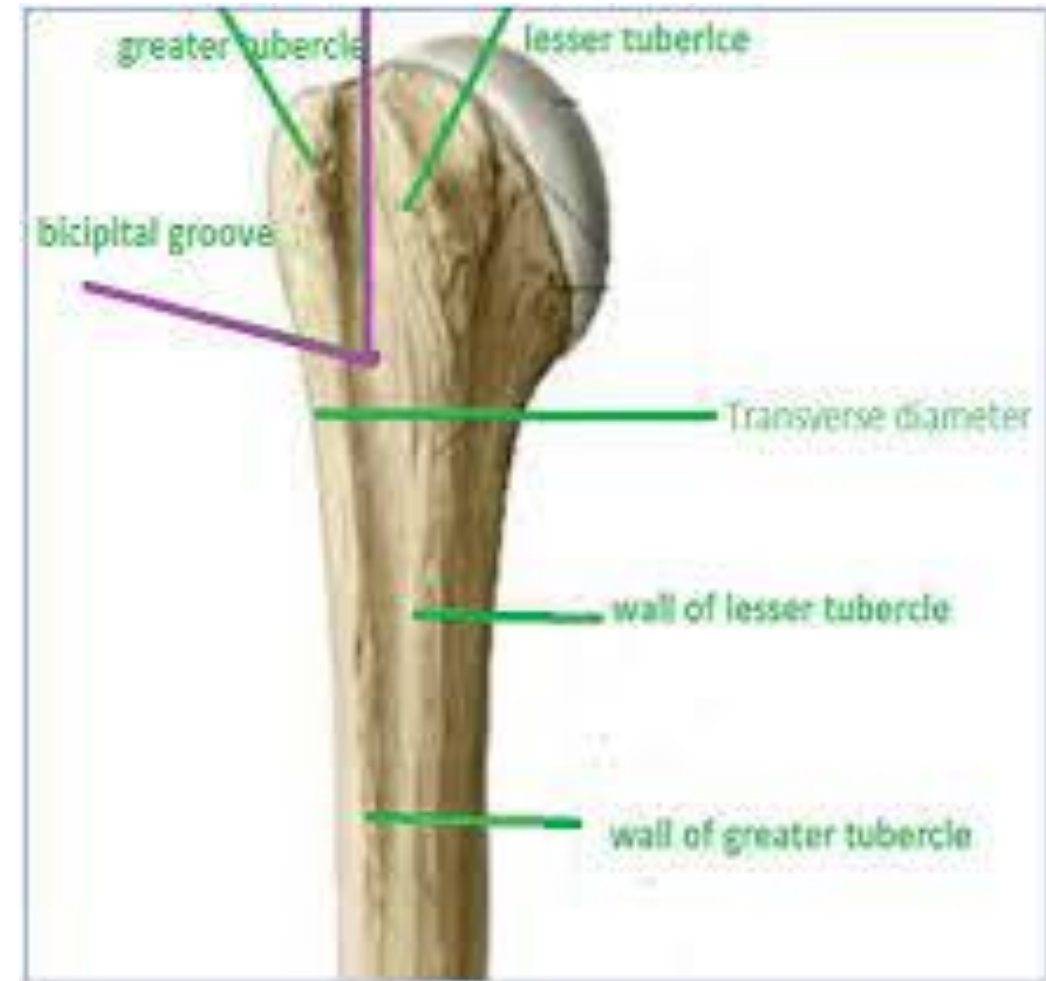


BICIPITAL GROOVE – INTERTUBERCULAR SULCUS

The bicipital groove is often a site of pain in shoulder pathologies. The main reason for this, is that it is a junction of multiple muscles. The groove is an attachment for;

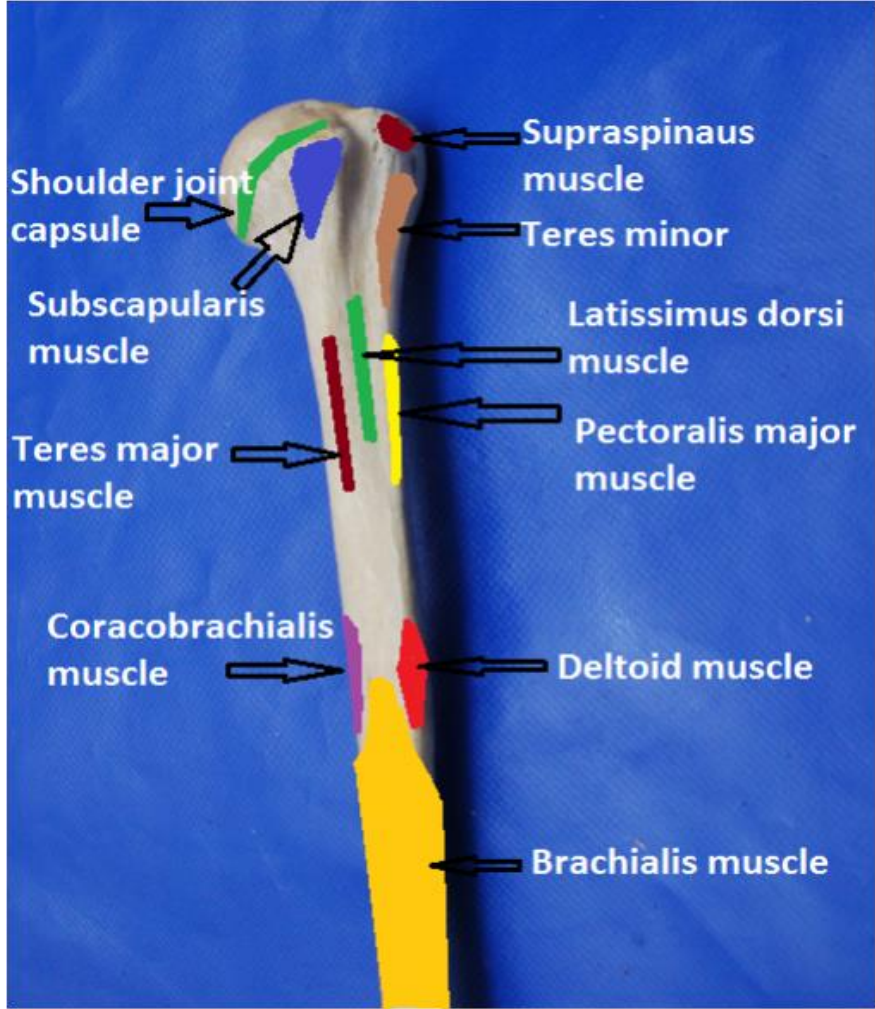
- Pectoralis major
- Latissimus dorsi
- Teres major

In order to remember “ **Lady Dorothy lies in a bed between two majors**”.





BICIPITAL GROOVE – INTERTUBERCULAR SULCUS



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SURFACE ANATOMY

- Scapula
- ILA
- Superior angle
- Coracoid process
- Lateral border
- Medial border
- Spine of scapula
- Infraspinous fossa
- Supraspinous fossa
- Acromion
- Greater tubercle
- Lesser tubercle
- Bicipital groove
- Deltoid tubercle

