Clavicle: the clavicle connects to the manubrium of the sternum and the acromion of the scapula.

Scapula: is also called the shoulder blade. The **glenoid cavity** is the lateral edge of the scapula and is the socket portion of the ball-and-socket joint of the shoulder. The acromion of the scapula connects to the clavicle.

Humerus: the head of the humerus fits into the glenoid cavity of the scapula. Lateral to the head is the greater tubercle. At the inferior (distal) end of the humerus are two condyles. These have special names, the lateral condyle is the **capitulum** (which articulates with the radius) and the medial condyle is the **trochlea** (which articulates with the ulna). Lateral to the capitulum is a rather large bump called the **lateral epicondyle**. Medial to the trochlea is the **medial epicondyle**. There is a groove between the medial epicondyle and the trochlea, when people hit this area. They say they've hit their "funny bone". There is a nerve that passes through that area, which is the ulnar nerve. On the anterior side of the humerus, at the distal end, there is a depression called the **coronoid fossa**. On the opposite side is a large depression called the **olecranon fossa**.

Radius: there are two bones comprising the lower arm. The **radius** is the lateral bone and the **ulna** is the medial bone. When the hand is in the supinate position, the radius and ulna are parallel to each other. When the hand is pronated, the radius crosses over the ulna. The head of the radius pivots on the capitulum.

Ulna: the ulna has large bulge on the posterior side called the **olecranon process**. This is the elbow. Anterior to the olecranon process is a huge notch called the **trochlear notch**. The trochlear notch pivots on the trochlea of the humerus.

Mnemonics:
 • **Elbow joint:** radius vs. ulna ends **CRA**zy **TUL**ips

   - **C**apitulum = **RA**dius
   - **T**rochlea = **UL**na

 • **Wrist:** radial side vs. ulnar side
   - Make a fist with your thumb in the air and say "**RAD!**", your thumb is now pointing to your **RAD**ius