

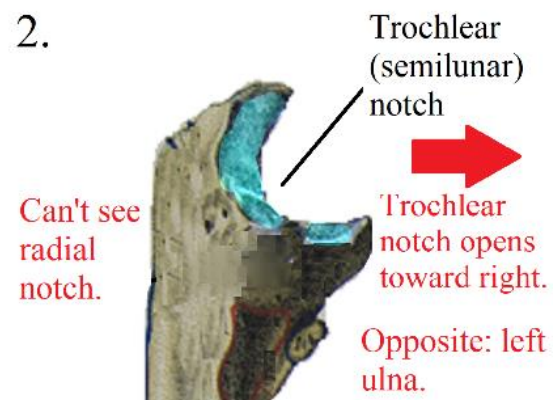
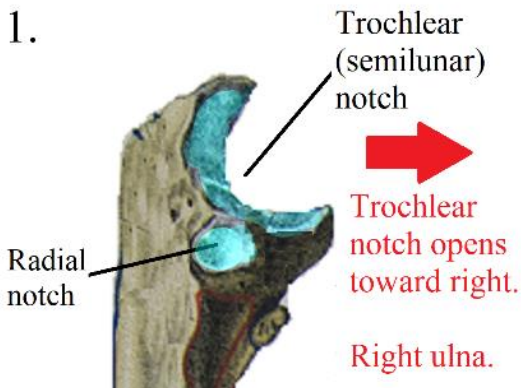
Right or Left Bones?

Clavicle

- Together, the clavicles make a “handlebar” shape (low at the middle of the chest, higher near the shoulders).
- The blunt tip (sternal end) touches the sternum at the middle of the chest.
- The round tip (acromial end) touches the scapula at the shoulder.
- The bumpy side of the clavicle faces the rib cage.
- The smooth side of the clavicle faces outward

Ulna

- Lay the ulna on the table.
- Can you see the radial notch?
 - If yes, the open side of the trochlear (semilunar) notch tells you the bone orientation (see photo 1).
 - If no, the open side of the trochlear (semilunar) notch is the *opposite* of the bone orientation (see photo 2).



Radius

- The styloid process always touches the thumb.
- If the lower end of the radius (near the styloid process) is rough, you are looking at the back of the wrist.
- If the lower end of the radius is smooth, you are looking at the inside of the wrist.

Fibula

- The smoother tip (head of the fibula) touches the knee.
- The rougher tip (lateral malleolus) touches the ankle.
- The point of the lateral malleolus points to the pinkie toe, *not* the middle of the foot.
- The front of the fibula (anterior view) has an edge.
- The back of the fibula (posterior view) is flat.

References:

University of Liverpool Faculty of Health and Life Sciences. (2013). *Radius and ulna (right forearm)* [Digital photograph]. Retrieved from <https://www.flickr.com/photos/liverpoolhls/10819145494>.