

Bones and Joints of the lower limb

Objectives:

By the end of this lab students are expected to be able to **IDENTIFY** the following structures:

➤ Hip bone

- Ilium
 1. Iliac crest/tubercle
 2. Anterior superior iliac spine (ASIS)
 3. Greater sciatic notch
- Ischium
 1. Ischial tuberosity
 2. Ischial spine
 3. Lesser sciatic notch
- Pubis
 1. Superior/Inferior ramus
 2. Pubic tubercle
 3. Symphysis pubis
- Important landmarks
 1. Acetabulum/acetabular notch
 2. Obturator foramen
 3. Sacrotuberous/Sacrospinous ligaments
 4. Greater/lesser sciatic foramina

➤ Femur:

- Upper end
 1. Head / Fovea capitis
 2. Neck
 3. Greater and lesser trochanters
 4. Intertrochanteric line (anterior)
 5. Intertrochanteric crest (posterior)
- Shaft
- Lower end
 1. Lateral (larger) and medial condyles
 2. Intercondylar notch (posterior)

➤ Patella

➤ Tibia

- Upper end
 1. Lateral and medial condyles (tibial plateaus)
 2. Tuberosity
- Shaft
- Lower end
 - medial malleolus

- **Fibula**
 - Upper end
 - Shaft
 - Lower end
 - Lateral malleolus
- **Tarsal bones**
- **Hip Joint:**
 1. Acetabulum of the hip bone
 2. Head of the femur
 3. Joint capsule
- **Knee:**
 - Bones forming it:
 1. femur (Lower end)
 2. Tibia (upper end)
 3. Patella
 - Important structures:
 1. patellar ligament
 2. lateral and medial condyles (plateau)
 3. lateral and medial menisci
 4. cruciate ligaments
- **Ankle:**