

BONES OF UPPER LIMB WITH CORRESPONDING MUSCLE LOCATIONS

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KGMC

CLAVICLE

- Lateral third part of clavicle – insertion of trapezius
Origin of deltoid
- Medial half of clavicle – origin of pectoralis major
- Groove on inferior surface of clavicle – insertion of subclavius

SCAPULA

- Acromion and spine – insertion of trapezius
Origin of deltoid
- Medial border and superior angle – insertion of levator scapulae
- Medial border – Insertion of rhomboid major and minor
- Supraspinous fossa – origin of supraspinatus
- Infraspinous fossa – origin of infraspinatus
- Lateral border (upper two-third) – Origin of teres minor
- Dorsal surface of inferior angle and lower part of lateral border – origin of teres major
- Infraglenoid tubercle – origin of long head of triceps brachii
- Supraglenoid tubercle – origin of long head of biceps brachii
- Costal surface of medial border – insertion of serratus anterior
- Subscapular fossa – origin of subscapularis
- Inferior angle – origin of latissimus dorsi
- Coracoid process – insertion of pectoralis mior
Origin of short head of biceps brachii
Origin of coracobrachialis

HUMERUS

- Deltoid tuberosity – insertion of deltoid
- Superior facet of greater tubercle – insertion of supraspinatus
- Middle facet of greater tubercle – insertion of infraspinatus

- Inferior facet of greater tubercle – insertion of teres minor
- Lesser tubercle of humerus – insertion of subscapularis
- Medial lip of intertubercular sulcus – insertion of teres major
- Floor of intertubercular sulcus – insertion of latissimus dorsi
- Lateral lip of intertubercular sulcus – insertion of pectoralis major
(Mnemonic : Lady Doris between two majors)
- Upper half of posterior surface of shaft – origin of lateral head of triceps brachii
- Lower half of posterior surface of shaft – origin of medial head of triceps brachii
- Medial aspect of humerus shaft – insertion of coracobrachialis
- Distal half of anterior aspect of humerus – insertion of brachialis
- Lateral epicondyle – origin of supinator
 - Origin of anconeus
 - Origin of extensor carpi radialis brevis
 - Origin of extensor digitorum
 - Origin of extensor digiti minimi
 - Origin of extensor carpi ulnaris
- Medial epicondyle – origin of palmaris longus
 - Origin of flexor carpi radialis
 - Origin of flexor carpi ulnaris
 - Origin of flexor digitorum superficialis
- Lateral supraepicondylar ridge – origin of brachioradialis
 - Origin of extensor carpi radialis longus

RADIUS

- Tuberosity of radius – insertion of biceps brachii
- Neck and shaft – insertion of supinator
- Lateral surface of shaft of radius – insertion of pronator teres
- Lower anterior surface of radial shaft – insertion of pronator quadratus
- Anterior surface of radial shaft – origin of flexor pollicis longus
- Distal end of radius – insertion of brachioradialis
- Posterior surface of radius – origin of abductor pollicis longus
 - Origin of extensor pollicis brevis

ULNA

- Posterior surface of olecranon process – insertion of triceps brachii
- Ulnar tuberosity – insertion of brachialis
- Supinator crest – origin of supinator
- Coronoid process – origin of ulnar head of pronator teres
- Linear ridge on anterior surface of lower end of ulna – origin of pronator quadratus

- Lateral surface of olecranon – insertion of anconeus
- Olecranon process – origin of flexor carpi ulnaris
- Anterior and medial surface of ulna – origin of flexor digitorum profundus
- Posterior border of ulna – origin of extensor carpi ulnaris
- Posterior surface – origin of abductor pollicis longus
 - Origin of extensor pollicis longus
 - Origin of extensor indices

CARPALS

- Capitate – origin of oblique head of adductor pollicis
- Tubercle of trapezium - origin of opponens pollicis
 - Origin of flexor pollicis brevis
- Tubercle of scaphoid and trapezium – origin of abductor pollicis brevis
- Hook of hamate – origin of opponens digiti minimi
 - Origin of flexor digiti minimi brevis
- Pisiform - origin of abductor digiti minimi

METACARPALS

- Lateral side of base of metacarpal I – insertion of abductor pollicis longus
- Lateral margin and adjacent palmar surface of metacarpal I – insertion of opponens pollicis
- Dorsal surface of base of metacarpal II - insertion of extensor carpi radialis longus
- Dorsal surface of base of metacarpal II and III- insertion of extensor carpi radialis brevis
- Base of metacarpal II and III- insertion of flexor carpi radialis
 - Origin of oblique head of adductor pollicis
- Adjacent sides of metacarpals – origin of dorsal interossei (four muscles)
- Base of metacarpal V – insertion of flexor carpi ulnaris
- Medial side of base of metacarpal V – insertion of extensor carpi ulnaris
- Medial aspect of metacarpal V – insertion of opponens digiti minimi

PHALANGES

- Palmar surface of distal phalanx of thumb – insertion of flexor pollicis longus
- Dorsal surface of base of distal phalanx of thumb – insertion of extensor pollicis longus
- Dorsal surface of base of proximal phalanx of thumb – insertion of extensor pollicis brevis
- Base of proximal phalanx of thumb – insertion of adductor pollicis
- Proximal phalanx of thumb – insertion of abductor pollicis brevis
- Proximal phalanx of thumb – insertion of flexor pollicis brevis
- Extensor hood of index finger – insertion of extensor indices

- Extensor hood of little finger – insertion of extensor digiti minimi
- Proximal phalanx of little finger – insertion of abductor digiti minimi
- Proximal phalanx of little finger – insertion of flexor digiti minimi brevis
- Extensor hoods of index, middle, ring and little fingers – insertion of lumbricals
- Base of proximal phalanges of index, middle, ring and little fingers – insertion of dorsal interossei (four muscles)
- Middle phalanges of index, middle, ring and little fingers – insertion of tendons of flexor digitorum superficialis
- Dorsal aspect of bases of middle and distal phalanges of index, middle, ring and little fingers – insertion of extensor digitorum
- Distal phalanges of index, middle, ring and little fingers – insertion of tendons of flexor digitorum profundus