

Lab 5 (Bonus!)  
Arm and Carpals

**Exercises to Complete (if you choose):**

1. Create your own acronym to help you remember the names of the carpal bones.
2. How can you side fragments of the distal end of the humerus?
3. How can you side the ulna if you have just the olecranon process?
4. *Critical Thinking.* Which bone(s) do you think would break if a person fell forward onto her hands? How about if a person put up her hands to defend herself?

**Vocabulary Review:**

1. The proximal end of the ulna is called the \_\_\_\_\_ process.
2. Just like in the mandible, the ulna has a \_\_\_\_\_ process at the base of the semilunar notch.
3. The radius and ulna articulate at two spots: 1) the \_\_\_\_\_ notch of the ulna, and 2) the \_\_\_\_\_ notch of the radius.
4. The \_\_\_\_\_ process of the ulna can help you if you have to side an isolated distal end.
5. Both the radius and the ulna have an \_\_\_\_\_ crest, which is an attachment site for a fibrous membrane.
6. The biceps brachii muscle attaches to the radius at the \_\_\_\_\_.
7. The head of the radius articulates with the humerus at the \_\_\_\_\_.
8. The rugose bump on the humeral shaft is known as the \_\_\_\_\_.
9. The \_\_\_\_\_ fossa of the humerus receives the proximal end of the ulna.
10. The ball-and-socket shoulder joint is made up of the \_\_\_\_\_ of the humerus and the \_\_\_\_\_ of the scapula.