Attachments

* Sternum
	+ Lateral Border of sternum
		- Pectoralis Major- sternocostal head (Origin)
	+ Manubrium
		- Superior surface- interclavicular ligament
		- Ant, Sup, Lateral Surface- Anterior sternoclavicular ligament
		- Posterior, Superior, Lateral Surface- Posterior sternoclavicular ligament
		- Articular Capsule
* Clavicle
	+ Shaft
		- Lateral shaft-Deltoid (Origin); Trapezius(Insertion)
		- Inferior Medial Shaft- Pectoralis Major-clavicular head (Origin)
		- Middle Inferior Shaft- Subclavius (Insertion)
	+ Sternal End
		- Inferior surface- Costoclavicular ligament
		- Superior Surface- Interclavcular Ligament
		- Anterior Surface- Anterior sternoclavicular ligament
		- Posterior Surface-Posterior sternoclavicular ligament
		- Articular capsule
		- Articular Disc
	+ Acromial End
		- Conoid Tubercle- Coraclavicular Ligament-Conoid part
		- Trapezoid Line- Coraclavicular Ligament-Trapezoid part
		- Superior, Lateral Surface- Acromioclavicular ligament
* Scapula
	+ Coracoid
		- Coracobrachialis (Origin)
		- Short head of Biceps(Origin)
		- Pectoralis Minor (Insertion)
		- Coracoacromial Ligament
		- Coracoclavicular Ligament
		- Coracohumeral Ligament
	+ Spine of Scapula
		- Deltoid (Origin)
		- Trapezius (Insertion)
	+ Acromion
		- Deltoid (Origin)
		- Trapezius (Insertion)
		- Coracoacromial Ligament
	+ Infraspinatus fossa
		- Infraspinatus (Origin)
	+ Inferior Angle
		- Latissiumus Dorsi (Origin)
		- Serratus Anterior (Insertion)
	+ Infraglenoid Tubercle
	+ Long Head of Triceps (Origin)
	+ Supraglenoid Tubercle
		- Long head of Biceps (Origin)
	+ Subscapular Fossa
		- Subscapularis (Origin)
	+ Supraspinatus Fossa
		- Supraspinatus (Origin)
	+ Lateral Border of Scapular
		- Teres Major (Origin)
		- Teres Minor(Origin)
	+ Medial Border of Scapular
		- Levator Scapulae (Insertion)
		- Rhomboids (Insertion)
		- Serratus Anterior (Insertion)
* Humerus
	+ Anterior Shaft
		- Brachialis (Origin)
	+ Posterior Shaft
		- Lateral Head of Triceps(Origin)
		- Medial Head of Triceps (Origin)
	+ Medial Shaft
		- Coracobrachialis (Insertion)
	+ Medial Epicondyle
		- Pronator Teres: Superficial Head (Origin)
		- Flexor Carpi Radialis (Origin)
		- Palmaris Longus(Origin)
		- Flexor Carpi Ulnaris: Humeral Head (Origin)
		- Flexor Digitorum Superficialis (Origin)
		- Medial Collateral Ligament
	+ Lateral Supracondylar Ridge
		- Brachioradialis (Origin)
		- Extensor Carpi Radialis Longus (Origin)
	+ Lateral Epicondyle
		- Extensor Carpi Radialis Brevis(Origin)
		- Extensor Digitiorum(Origin)
		- Extensor Digiti Minimi (Origin)
		- Extensor Carpi Ulnaris (Origin)
		- Anconeus (Origin)
		- Supinator (Origin)
		- Lateral Collateral Ligament
	+ Greater Tuberosity
		- Supraspinatus (Insertion)
		- Infraspinatus (Insertion)
		- Teres Minor (Insertion)
		- Coracohumeral Ligament
	+ Lesser Tuberosity
		- Subscapularis (Insertion)
		- Superior Glenohumeral Ligament
		- Middle Glenohumeral Ligament
	+ Between Lesser and Greater Tubercle
		- Transverse humeral ligament
	+ Anatomical Neck
		- Inferior Glenohumeral ligament
	+ Crest of Greater Tubercle
		- Pectoralis Major (Insertion)
	+ Crest of Lesser Tubercle
		- Teres Major (Insertion)
	+ Deltoid Tuberosity
		- Deltoid (Insertion)
	+ Bicipital Groove
		- Latissimus Dorsi (Insertion)
* Radius
	+ Anterior Oblique Line
		- Flexor Digitorum Superficialis (Origin)
	+ Shaft
		- Flexor Pollicis Longus (Origin)
		- Abductor Pollicis Longus (Origin)
		- Extensor Pollicis Brevis (Origin)
		- Pronator Teres (Insertion)
		- Pronator Quadratus(Insertion)
		- Supinator (Insertion)
		- Interosseous Membrane
	+ Radial Tuberosity
		- Biceps Brachii
	+ Styloid Process
		- Brachioradialis
	+ Distal End
		- Articular Disc
		- Dorsal Radiocarpal Ligament
		- Palmar Radiocarpal Ligament
		- Radial Collateral
* Ulna
	+ Coronoid Process
		- Flexor Digitorum Profundas (Origin)
		- Pronator Teres-Deep Head (Origin)
		- Brachialis (Insertion)
		- Ulnar Collateral Ligament-Anterior Part & Oblique band
	+ Shaft
		- Supinator (Origin)
		- Abductor Pollicis Longus (Origin)
		- Extensor Pollicis Longus (Origin)
		- Extensor Indicis( Origin)
		- Flexor Digitorum Profundus (Origin)
		- Flexor Carpi Ulnaris- ulnar head (Origin)
		- Extensor Carpi Ulnaris (Origin)
		- Pronator Quadratus (Origin)
		- Anconeus (Insertion)
		- Interosseous Membrane
	+ Olecranon
		- Flexor Carpi Ulnaris-Ulnar head (Origin)
		- Triceps (Insertion)
		- Anconeus (Insertion)
		- Ulnar Collateral Ligament- Post Band
		- Radial Collateral Ligament
	+ Tuberosity
		- Brachialis (Insertion)
	+ Styloid of Ulna
		- Articular Disc
	+ Distal End
		- Palmar Ulnocarpal Ligament
		- Ulnar Collateral Ligament
* Carpal Bones
	+ Scaphoid
		- Abductor Pollicis Brevis (Origin)
		- Dorsal Radiocarpal Ligament
		- Palmar Radiocarpal Ligament
		- Radial Collateral Ligament
		- Flexor Retinaculum
	+ Lunate
		- Dorsal Radiocarpal Ligament
		- Palmar Radicarpal Ligament
		- Palmar Ulnocarpal Ligament
	+ Triquetral
		- Dorsal Radiocarpal Ligament
		- Palmar Radiocarpal Ligament
		- Palmar UlnocarpalLigament
		- Ulnar Collateral Ligament
		- Flexor Retinaculum
	+ Pisiform
		- Abductor Digiti Minimi (Origin)
		- Flexor Carpi Ulnaris (Insertion)
		- Ulnar Collateral Ligament
	+ Trapezium
		- Abductor Pollicis Brevis (Origin)
		- Flexor Pollicis Brevis-Superifical Head (Origin)
		- Opponens Pollicis(Origin)
		- Flexor Retinaculum
	+ Trapezoid
		- Flexor Pollicis Brevis-Deep Head (Origin)
	+ Capitate
		- Flexor Pollicis Brevis-Deep Head (Origin)
		- Adductor Pollicis-Oblique Head (Origin)
	+ Hamate
		- Abductor digiti minimi (Origin)
		- Flexor Digiti Minimi (Origin)
		- Opponens digiti Minimi (Origin)
		- Flexor Carpi Ulnaris (Insertion)
		- Flexor Retinaculum
* Metacarpals
	+ 1st Metacarpal
		- First DAB (Origin)
		- Abductor Pollicis Longus (Insertion)
		- Opponens Pollicis (Insertin)
	+ 2nd Metacarpal
		- Adductor Pollicis-Transverse head (Origin)
		- First PAD (Origin)
		- First DAB (Origin)
		- Second DAB (Origin)
		- Flexor Carpi Radialis (Insertion)
		- Extensor Carpi Radialis Longus (Insertion)
	+ 3rd Metacarpal
		- Adductor Pollicis-transverse head (origin)
		- Adductor Pollicis-Oblique Head (Origin)
		- Second DAB (Origin)
		- Third DAB (Origin)
		- Flexor Carpi Radialis (Insertion)
		- Extensor Carpi Radialis Brevis (Insertion)
	+ 4th Metacarpal
		- Second PAD (Origin)
		- Third DAB( Origin)
		- Fourth DAB (Origin)
	+ 5th Metacarpal
		- Third PAD (Origin)
		- Fourth DAB (Origin)
		- Flexor Carpi Ulnaris (Insertion)
		- Opponens Digiti Minimi (Insertion)
		- Extensor Carpi Ulnaris (Insertion)
* Phalanges
	+ Proximal Phalanges
		- Thumb
			* Abductor Pollicis Brevis (Insertion)
			* Flexor Pollicis Brevis (Insertion)
			* Adductor Pollicis( Insertion)
			* Extensor Pollicis Brevis (Insertion)
		- Index
			* First PAD (Insertion)
			* First DAB (Insertion)
		- Middle
			* Second PAD (Insertion)
			* Third DAB (Insertion)
		- Ring
			* Second PAD (Insertion)
			* Fourth DAB (Insertion)
		- Pinky
			* Abductor Digiti minimi (Insertion)
			* Flexor Digiti Minimi Brevis (Insertion)
			* Third PAD (Insertion)
	+ Middle Phalanges
		- Flexor Digitorum Superficials (Insertion)
		- Extensor Digitorum
	+ Distal Phalanges
		- Thumb
			* Flexor Pollicis Longus (Insertion)
			* Extensor Pollicis Longus (Insertion)
		- Digits 2-5
			* Flexor Digitorum Profundus (Insertion)
			* Extensor Digitorum (Insertion)