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)