

<b>Bones and Bony Landmarks</b>		
Frontal bone	Pubis	Bases/heads/metatarsals
Parietal bone	Iliac fossa	Proximal phalanges
Temporal bone	Iliac crest	Middle phalanges
Zygomatic process	Sacroiliac joint	Distal phalanges
Temporal process	Anterior superior iliac spine	Sustentaculum tali (talar shelf)
Occipital bone	Anterior inferior iliac spine	Calcaneal tuberosity
External occipital protuberance	Pubic tubercle	Navicular tuberosity
Superior nuchal line	Pubic crest	Styloid process base of 5th MT
Nuchal ligament	Pubic symphysis	Greater tubercle
Spinous processes	Sacrum	Bicipital groove
Transverse processes	Sacral tubercles	Lesser tubercle
Clavicle	Median sacral crest	Deltoid tuberosity
Conoid tubercle	Coccyx	Medial epicondyle of the humerus
Sternal end of clavicle	Coxal bone	Lateral epicondyle of the humerus
Acromial end of clavicle	Ischial tuberosity	Lateral supracondylar ridge
Mastoid process	Posterior superior iliac spine	Medial supracondylar ridge
Styloid process temporal bone	Sacral hiatus	Lateral humeral shaft
Manubrium	Sacral cornu	Medial humeral shaft
Sternum	Greater trochanter	Coronoid fossa
Sternal angle	Lesser trochanter	Olecranon fossa
Body of sternum	Femur	Capitulum
Inner mandible	Linea aspera	Trochlea
Angle of mandible	Gluteal tuberosity	Olecranon process
Ramus of mandible	Lateral epicondyle of the femur	Ulnar shaft (medial border)
Mandibular condyle	Medial epicondyle of the femur	Ulnar head
Maxilla	Adductor tubercle	Styloid process of the ulna
Coronoid process of mandible	Lateral condyle of the femur	Radial Head
Hyoid	Medial condyle of the femur	Radial Shaft (lateral border)
Greater cornu of hyoid	Apex of patella	Styloid process of the radius
Thyroid cartilage	Base of patella	Radial tuberosity
Ribs	Patella	Radial notch
Xiphoid process	Lateral condyle of the tibia	Dorsal/Lister's tubercle
Costal cartilages	Medial condyle of the tibia	Scaphoid
Acromion process	Tibial tuberosity	Trapezium
Root of the spine of the scapula	Anterior shaft of tibia	Capitate
Spine of scapula	Medial malleolus	Lunate
Superior angle of scapula	Lateral malleolus	Trapezoid
Inferior angle of scapula	Proximal tibiofibular joint	Triquetrum
Medial border of scapula	Distal tibiofibular joint	Hamate
Lateral border of scapula	Fibula	Pisiform
Infraspinous fossa	Head of fibula	Hook of Hamate
Supraspinous fossa	Calcaneus	Base/heads/metacarpals
Subscapular fossa	Talus	Proximal phalanges
Infraglenoid tubercle	Navicular	Middle phalanges
Costal angle	Cuboid	Distal phalanges
Ilium	Medial cuneiform	
Ischium	Intermediate cuneiform	
	Lateral cuneiform	

## Ligaments

Capsular ligament of the TMJ	Superior glenohumeral ligament
Lateral collateral ligament of the TMJ	Middle glenohumeral ligament
Nuchal ligament	Inferior glenohumeral ligament
Medial collateral ligament of the TMJ	Transverse humeral ligament
Sphenomandibular ligament of the TMJ	Coracohumeral ligament
Stylomandibular ligament of the TMJ	Coracoacromial ligament
Alar ligament	Ulnar/medial collateral (elbow)
Apical ligament	Radial/lateral collateral (elbow)
Transverse ligament of the AA joint	Annular ligament
Anterior longitudinal ligament	Anterior radioulnar ligament
Posterior longitudinal ligament	Posterior radioulnar ligament
Interspinous ligament	Radial collateral ligament (wrist)
Intertransverse ligament	Ulnar collateral ligament (wrist)
Ligamentum flavum	Palmar radiocarpal ligament
Facet joint capsule ligament	Palmar ulnocarpal ligament
Posterior atlantooccipital membrane	Dorsal radiocarpal ligament
Tectorial membrane	Dorsal ulnocarpal ligament
Radiate ligaments (costovertebral joints)	Transverse carpal ligament
Intra-articular ligaments (costovertebral joints)	Dorsal carpal ligament
Costotransverse ligaments	Radioscaphocapitate ligament
Intertransverse ligament	Long radiolunate ligament
Radiate sternocostal ligament	Short radiolunate ligament
Costoxiphoid ligament	Radioscapholunate ligament
Medial and lateral collateral interchondral ligaments	Ulnolunate ligament
Iliolumbar ligament	Ulnocapitate ligament
Dorsal sacroiliac ligaments	Intercarpal ligament
Sacrotuberous ligament	Pisohamate ligament
Inguinal ligament	Pisometacarpal ligament
Knee lateral collateral	Capitotriquetral ligament
Knee medial collateral	Palmar intercarpal ligament
Patellar ligament/tendon	Dorsal intercarpal ligament
Anterior talofibular	Palmar carpometacarpal ligament
Anterior talofibular	Dorsal carpometacarpal ligament
Posterior talofibular	Collateral ligaments (MCP joints)
Calcaneofibular	Deep transverse metacarpal ligaments
Deltoid ligament	Palmar (volar) ligaments (MCP joints)
	Collateral ligaments (IP joints)
	Palmar ligaments (IP joints)

<b>Joints</b>	
Atlanto-occipital joint Atlanto-axial joint Cervical intervertebral joints / facet joints Temporomandibular joint Costocorporeal Joints Costotransverse Joints Sternal costal joints (sternochondral) Interchondral joints Costochondral joints Manubrium-sternal joint Xiphisternal joint Thoracic facet joints Sacroiliac joint Acetabulofemoral joint Knee Superior tibio-fibular joint Inferior tibiofibular joint	Talocrural Sub-Talar (talocalcaneal) Talo-calcaneo-navicular Calcaneo-cuboid Mid-foot joints Tarso-Metatarsal Intermetatarsal Metatarsophalangeal Interphalangeal (foot) Sternoclavicular joint Acromioclavicular joint Glenohumeral joint Elbow joint Proximal radioulnar joint Distal radioulnar joint Radiocarpal joint Ulnocarpal joint Intercarpal joints Carpometacarpal joints Proximal interphalangeal joints of the hand Interphalangeal joints of the hand Distal interphalangeal joints of the hand

<b>Muscles: Head and Neck</b>		
<b>Muscles of facial expression:</b> Occipitofrontalis Temporoparietalis Auricularis group Orbicularis oculi Levator palpebrae superioris Corrugator supercillii Procerus Nasalis Depressor septi nasi Levator labii superioris alaeque nasi Levator labii superioris Zygomaticus minor Zygomaticus major Levator anguli oris Risorius Depressor anguli oris Depressor labii inferioris Mentalis Buccinator Orbicularis oris Platysma	<b>Muscles of the TMJ:</b> Temporalis Masseter Lateral pterygoid Medial pterygoid Digastric Mylohyoid Geniohyoid Stylohyoid Sternohyoid Sternothyroid Thyrohyoid Omohyoid	<b>Muscles of the Anterior Neck and Head:</b> Sternocleidomastoid Anterior scalene Middle scalene Posterior scalene Longus colli Longus capitis Rectus capitis anterior Rectus capitis lateralis  <b>Muscles of the Posterior Neck and Head:</b> Upper Trapezius Levator Scapula Splenius capitis Splenius cervicis Rectus capitis posterior major Rectus capitis posterior minor Obliquus capitis inferior Obliquus capitis superior

<b>Muscles: Trunk</b>	
<p><b>Muscles of the Back:</b></p> <ul style="list-style-type: none"> <li>Iliocostalis</li> <li>Longissimus</li> <li>Spinalis</li> <li>Semispinalis</li> <li>Multifidus</li> <li>Rotatores</li> <li>Interspinales</li> <li>Intertransversarii</li> <li>Quadratus lumborum</li> <li>Trapezius</li> <li>Rhomboid Major</li> <li>Rhomboid Minor</li> <li>Levator scapulae</li> <li>Serratus anterior</li> <li>Latissimus dorsi</li> <li>Teres major</li> <li>Supraspinatus</li> <li>Infraspinatus</li> <li>Teres minor</li> <li>Subscapularis</li> </ul>	<p><b>Muscles of the Abdomen:</b></p> <ul style="list-style-type: none"> <li>Pectoralis Major</li> <li>Pectoralis Minor</li> <li>Subclavius</li> <li>Rectus Abdominus</li> <li>External Abdominal Obliques</li> <li>Internal Abdominal Obliques</li> <li>Transverse Abdominus</li> <li>Psoas Major</li> <li>Psoas Minor</li> </ul>

<b>Nerves: Head, Neck, Trunk</b>	
<p><b>Nerves: Head and Neck</b></p> <ul style="list-style-type: none"> <li>Olfactory nerve</li> <li>Optic nerve</li> <li>Oculomotor nerve</li> <li>Trochlear nerve</li> <li>Trigeminal nerve</li> <li>Abducens nerve</li> <li>Facial nerve</li> <li>Vestibulococchlear nerve</li> <li>Glossopharyngeal nerve</li> <li>Vagus nerve</li> <li>Accessory nerve</li> <li>Hypoglossal nerve</li> <li>Cervical plexus</li> <li>C1 nerve root</li> <li>C2 nerve root</li> <li>C3 nerve root</li> <li>C4 nerve root</li> <li>Lesser occipital nerve</li> <li>Great auricular nerve</li> <li>Transverse cervical nerve</li> <li>Supraclavicular nerve</li> <li>Superior root of ansa cervicalis</li> <li>Inferior root of ansa cervicalis</li> <li>Phrenic nerve</li> </ul>	<p><b>Nerves: Trunk, Vertebral Column and Abdomen</b></p> <ul style="list-style-type: none"> <li>Thoracic Nerves T1-T12 / Intercostal Nerves</li> </ul>

**Arteries and Veins: Head, Neck, Trunk**

**Arteries: Head and Neck**

Ascending Aorta  
 Brachiocephalic Trunk  
 Left Common carotid Artery  
 Left Subclavian Artery  
 Common Carotid Artery  
 External Carotid Artery  
 Superficial Temporal Artery  
 Maxillary Artery  
 Anterior Cerebral Artery  
 Middle Cerebral Artery  
 Internal Carotid Artery  
 Right Subclavian Artery  
 Right Common Carotid Artery  
 Vertebral Arteries  
 Basilar Artery  
 Posterior Cerebral Artery  
 Circle of Willis  
 Thyrocervical Trunk  
 Costocervical Trunk

**Arteries: Trunk, Vertebral Column and Abdomen**

Aorta  
 Right Brachiocephalic Artery  
 Right Subclavian Artery  
 Left Subclavian Artery  
 Internal Thoracic Arteries  
 Anterior Intercostal Arteries  
 Posterior Intercostal Arteries  
 Superior Phrenic Arteries:  
 Pericardial Arteries  
 Bronchial Arteries  
 Esophageal Arteries  
 Mediastinal Arteries  
 Inferior Phrenic arteries  
 Celiac Trunk  
 Common Hepatic Artery  
 Gastroduodenal Artery  
 Hepatic Artery  
 Splenic Artery  
 Left Gastric Artery  
 Right and Left Gastroepiploic Arteries  
 Right Gastric Artery  
 Superior Mesenteric Artery  
 Suprarenal Arteries  
 Renal Arteries  
 Gonadal Arteries  
 Inferior Mesenteric Artery  
 Lumbar Arteries  
 Median Sacral Artery  
 Common Iliac Arteries

**Veins: Head and Neck**

Superior Vena Cava  
 Inferior Vena Cava  
 Brachiocephalic Veins  
 Azygos Vein  
 Hemiazygos Vein  
 Hepatic Portal Vein  
 Lumbar Veins  
 Gonadal Veins  
 Renal Veins  
 Suprarenal Veins  
 Hepatic Portal System  
 Hepatic Veins  
 Cystic Veins  
 Inferior Phrenic Veins

**Veins: Trunk, Vertebral Column and Abdomen**

Sigmoid Venous Sinus  
 Cavernous Venous Sinus  
 Internal Jugular Vein  
 External Jugular Vein  
 Brachiocephalic Veins  
 Subclavian Veins  
 Vertebral Veins

<b>Muscles: Upper Limb</b>		
<b>Muscles of Shoulder:</b> Trapezius Rhomboid major Rhomboid minor Levator scapulae Serratus anterior Pectoralis major Pectoralis minor Subclavius Deltoid Coracobrachialis Latissimus dorsi Teres major Supraspinatus Infraspinatus Teres minor Subscapularis	<b>Muscles of Elbow and Wrist:</b> Biceps brachii Brachialis Brachioradialis Triceps brachii Anconeus Pronator teres Pronator quadratus Supinator Flexor carpi radialis Palmaris longus Flexor carpi ulnaris Extensor carpi radialis longus Extensor carpi radialis brevis Extensor carpi ulnaris	<b>Muscles of the Hand and Fingers:</b> Flexor digitorum superficialis Flexor digitorum profundus Flexor pollicis longus Extensor digitorum Extensor digiti minimi Abductor pollicis longus Extensor pollicis brevis Extensor pollicis longus Extensor indicis Abductor pollicis brevis Flexor pollicis brevis Opponens pollicis Abductor digiti minimi manus Flexor digiti minimi manus Opponens digiti minimi Adductor pollicis Lumbricals Palmar interossei Dorsal interossei Palmaris brevis

<b>Muscles: Lower Limb</b>		
<b>Muscles of the Pelvis and Hip:</b> Psoas major Psoas minor Iliacus Tensor fasciae latae Sartorius Pectineus Adductor longus Gracilis Adductor brevis Adductor magnus Gluteus maximus Gluteus medius Gluteus minimus Piriformis Superior gemellus Obturator internus Inferior gemellus Obturator externus Quadratus femoris	<b>Muscles of the Knee and Ankle:</b> Rectus femoris Vastus lateralis Vastus medialis Vastus intermedius Biceps femoris Semitendinosus Semimembranosus Popliteus Tibialis anterior Fibularis tertius Fibularis longus Fibularis brevis Gastrocnemius Soleus Plantaris Tibialis posterior	<b>Muscles of the Foot:</b> Extensor digitorum longus Extensor hallucis longus Tibialis Anterior Flexor digitorum longus Flexor hallucis longus Tibialis Posterior Extensor digitorum brevis Extensor hallucis brevis Abductor hallucis Abductor digiti minimi pedis Flexor digitorum brevis Quadratus plantae Lumbricals pedis Flexor hallucis brevis Flexor digiti minimi pedis Adductor hallucis Plantar interossei Dorsal interossei

<b>Arteries and Veins: Upper Limb, Lower Limb</b>	
<p><b>Arteries: Scapula and Upper Limb</b></p> <ul style="list-style-type: none"> <li>Subclavian artery</li> <li>Vertebral artery</li> <li>Internal thoracic artery</li> <li>Thyrocervical trunk</li> <li>Axillary artery</li> <li>Superior thoracic artery</li> <li>Thoracoacromial artery</li> <li>Lateral thoracic artery</li> <li>Subscapular artery</li> <li>Anterior circumflex humeral artery</li> <li>Posterior circumflex humeral artery</li> <li>Brachial artery</li> <li>Middle collateral artery</li> <li>Radial collateral artery</li> <li>Superior ulnar collateral artery</li> <li>Inferior ulnar collateral artery</li> <li>Radial artery</li> <li>Carpal artery</li> <li>Superficial palmar arch</li> <li>Deep palmar arch</li> <li>Ulnar</li> <li>Anterior ulnar recurrent</li> <li>Posterior ulnar recurrent</li> <li>Anterior interosseous</li> <li>Posterior interosseous</li> </ul>	<p><b>Arteries: Pelvis and Lower Limb</b></p> <ul style="list-style-type: none"> <li>Abdominal aorta</li> <li>Common Iliac arteries</li> <li>Internal Iliac arteries</li> <li>External Iliac arteries</li> <li>Superior and inferior gluteal arteries</li> <li>Obturator artery</li> <li>Pudendal artery</li> <li>Femoral arteries</li> <li>Deep artery of the thigh/deep femoral artery</li> <li>Medial circumflex artery</li> <li>Lateral circumflex artery</li> <li>Popliteal artery</li> <li>Anterior tibial artery</li> <li>Dorsalis pedis artery</li> <li>Arcuate artery</li> <li>Metatarsal arteries</li> <li>Posterior tibial artery</li> <li>Fibular artery</li> <li>Lateral and medial plantar arteries</li> <li>Plantar arch</li> <li>Digital arteries</li> </ul>
<p><b>Veins: Scapula and Upper Limb</b></p> <ul style="list-style-type: none"> <li>Dorsal digital veins</li> <li>Dorsal metacarpal veins</li> <li>Cephalic vein</li> <li>Basilic vein</li> <li>Median cubital vein</li> <li>Axillary vein</li> <li>Radial vein</li> <li>Ulnar vein</li> <li>Subclavian vein</li> </ul>	<p><b>Veins: Pelvis and Lower Limb</b></p> <ul style="list-style-type: none"> <li>Medial and lateral plantar veins</li> <li>Posterior tibial vein</li> <li>Fibular vein</li> <li>Dorsalis pedis vein</li> <li>Anterior tibial vein</li> <li>Popliteal vein</li> <li>Femoral vein</li> <li>External iliac vein</li> <li>Internal iliac vein</li> <li>Common iliac vein</li> <li>Dorsal venous arch</li> <li>Great saphenous vein</li> <li>Small saphenous vein</li> </ul>

**Nerves: Upper Limb, Lower Limb**

**Nerves: Scapula and Upper Limb**

Musculocutaneous nerve  
Median nerve  
Ulnar nerve  
Radial nerve  
Axillary nerve  
Dorsal scapular nerve  
Long Thoracic nerve  
Subscapular nerve  
Suprascapular nerve  
Pectoral nerve

**Nerves: Pelvis and Lower Limb**

Femoral nerve  
Obturator nerve  
Lateral femoral cutaneous nerve  
Iliohypogastric nerve  
Ilioinguinal nerve  
Genitofemoral nerve  
Sciatic nerve  
Tibial nerve  
Common fibular nerve  
Superior gluteal nerve  
Inferior gluteal nerve  
Posterior femoral cutaneous nerve  
Pudendal nerve