

Human Anatomy Vocabulary

Format is **Proper Term:** common name or location info

Bones

Spine: the series of vertebrae forming the axis of the skeleton and protecting the spinal cord

Clavicle: collar bone

Scapula: shoulder blade

Humerus: upper arm bone

Radius: the outer and slightly shorter of the two bones of the forearm (thumb side)

Ulna: the inner and longer of the two bones of the human forearm (pinky side)

Sternum: breast bone

Ribs: the bones in the chest that protect the heart and lungs

Pelvis: hip bone

Femur: thighbone

Patella: knee cap

Tibia: 'shin bone' The inner and thicker of the two bones of the leg between the knee and ankle

Fibula: The outer and thinner of the two bones of the leg between the knee and ankle

Tarsals: multiple bones that make up the ankle

Metatarsals: bones between the ankle and the toes

Carpals: multiple bones that make up the wrist

Metacarpals: bones in the palm of the hand

Phalanges: bones of the fingers and toes



Muscles

Trapezius: neck and upper back

Deltoid: shoulder

Triceps: back of upper arm

Biceps: front of upper arm

Pectorals: chest muscles

Latissimus Dorsi: side and lower back

Rectus abdominis: stomach muscles – '6-pack'

Oblique: sides of abdomen

Gluteus Maximus: butt

Quadriceps: front of thigh

Hamstrings: back of thigh

Gastrocnemius: calf