

APPENDICULARLY SPEAKING: Track 4

The second of 2 bone nomenclature songs, this song names the bones of the Appendicular skeleton. There are pauses not only between chorus and verse, but also between sections of verse that cover different parts of the body. Note the break and the musical changes as the words shift from describing the pectoral girdle to describing the arm & wrist bones and then again as the words shift to describing the bones of the hand, etc.

CHORUS:

Give me some bones, spongy and compact
Look at dem bones, a flesh and fluid rack
Articulate & alive, not bland
from your ischium to your hand
Bones, bones, bones, give me some bones

Of Appendicular bones, they're all the best
Starting with the **clavicles, above the breast**
Pretty, horizontal bone, anterior view
Angel wings or scapulae, posterior to
Coracoid process and acromion
It's the humerus they are over and upon
The glenoid cavity is the part
Of the **scapulae** where the

**Pectoral
girdle**

humerus starts
A long bone, upper arm, It descends
To its trochlea and olecranon fossa ends
Lower arm two parts, radius and ulna
Ulna is part olecranon, hey that's the elba
I mean elbow, and that thing is a pistol
The radius is bland but it is more distal

Arm

The wrist bones are a mess of gliding joints
Trapezoid and scaphoid below the finger that points
Trapezium helps the thumb to hitch a ride
Capitate lets middle finger be a bird and glide
Hamate lies below pinky and ring
Triquetrum and Pisiform below it cling
Lunate away from metacarpals on the ulnar side
8 carpal bones take much movement in stride

Wrist

CHORUS

Hands are breezy easy, for grace they strive
The thumb is # one of metacarpals 1 – 5
Phalanges are pieces, 3 to a finger
There's distal, middle, proximal, but thumb won't linger
Because the pollex or thumb has no middle phalange
This thumb likes to oppose just because it can

Hands

Feet are much the same but metatarsals in the foot
Big toe or hallux has 2 phalanges in the boot

}Foot

Pelvic girdle made of a pair of hipbones
Called os coxae they are 3 to 1 grown
Ilium, the fin that flares like an ear
Pubis most anterior, whether straight or queer
Ischium is the part under your derriere
With the sacrum in back there's a circle in there
Acetabulum holds femoral head in it's cup
It spans 3 pelvic bones, helps hold you up
Male and female pelvis differ, more than in bed
Mama's needs a bigger hole for a baby's head
So she's got a broader pubic angle measured ischially
straighter sacrum and coccyx, lower pelvis with a p

} Pelvic
girdle

On to the legs, femur the center of your thigh
Greater and lesser trochanters projections up high
At the other end, medial and lateral condyles
Help form the knee joint, help you walk miles
Patella, that sesamoid bone called the kneecap
Covers femur and tibia protection, not a flap
The tibia also has condyles that meet those of the femur
Fibula, thin and lateral is the tibia's streamer
Fibula goes further south, ends in lateral malleolus
That big lateral ankle bone that a skirt does show us
The medial ankle protrusion is the bottom of the tibia
Called the medial malleolus, I wouldn't kid ya

} Legs

The talus is just below the tibia
It meets at trochlea and shifts weight for ya
Calcaneus or heel bone - biggest of the seven
Provides attachment for Achilles, raises legs to the heavens
Cuboid bone - anterior to calcaneus,
navicular bone - medial and anterior to talus
Cuneiform 3 bones wedge shaped before metatarsals
They are lateral, intermediate and medial

} Ankles

CHORUS

NOTES: _____

