The Humerus

- The humerus is a long bone, the largest in the upper limb
- It articulates proximally with the scapula at the scapulohumeral (glenohumeral) joint
- It articulates distally with the ulna at the elbow joint

The Right Humerus

- The anatomical neck is formed by a groove distal to the head but proximal to the tubercles
- The surgical neck is the narrow part past the tubercles
- The Deltoid Tuberosity is where the deltoid attaches
- The Radial groove is where the radial nerve and deep artery of the arm pass next to the humerus
- The sharp lateral supracondylar ridge
- The lateral epicondyle: attachment for extensors
- The sharp medial supracondylar ridge
- The medial epicondyle: attachment for flexors
- Trochlea articulates with the trochlear notch of the ulna
- Coroid Fossa: receives the coronoid process of the ulna
- Capitulum: articulates with the head of radius
- Radial Fossa: receives the head of radius

Bony features which appear in those boxes which examiners tick:
- The head of humerus
- The anatomical neck
- The greater tubercle
- The lesser tubercle
- Intertubercular groove – bicipital groove
- The surgical neck
- The deltoide tuberosity
- The radial groove
- The medial and lateral supracondylar ridges
- The medial and lateral epicondyles
- The olecranon fossa
- The trochlea
- The coronoid fossa
- The radial fossa
- The capitulum