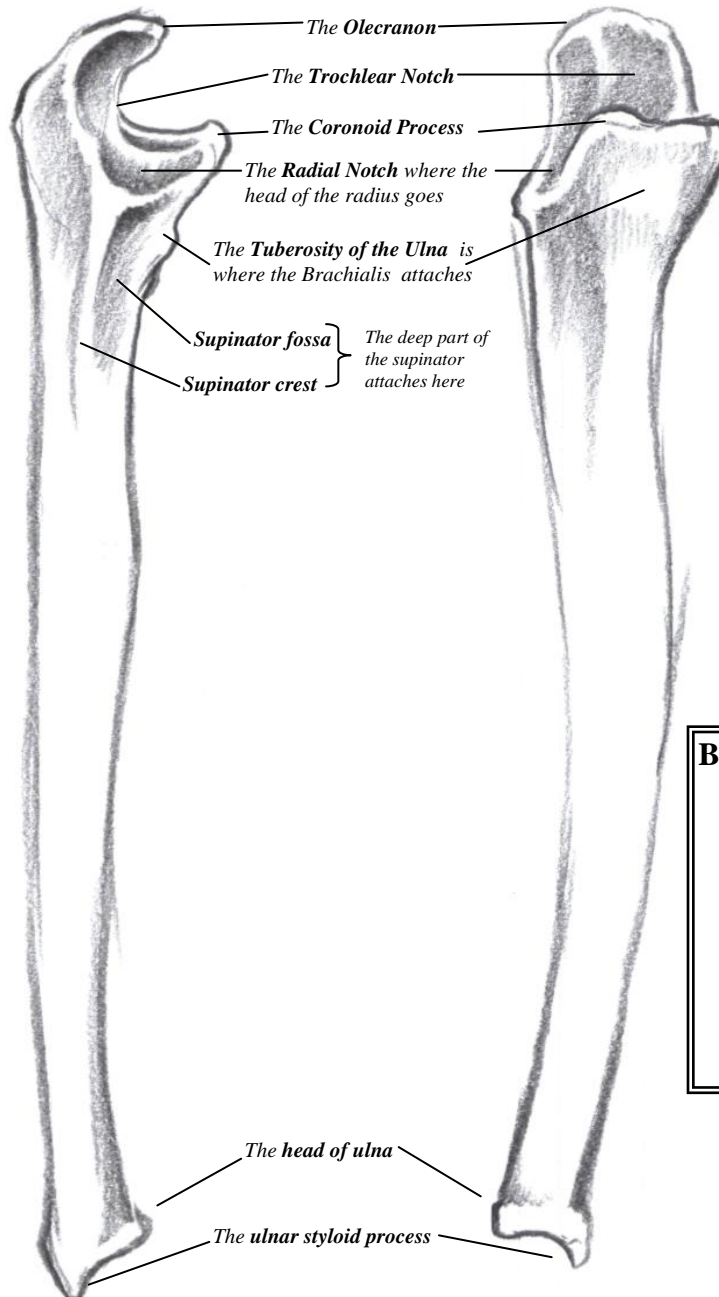


The Ulna

- the ulna is a medial long bone, the longer of the two in the forearm.
 - Proximally, it articulates with the capitulum and trochlea of the humerus;
 - At the radial notch, it articulates with the head of radius
- It stabilizes the forearm
- The HEAD LIES DISTALLY.



Bony features include:

- Olecranon
- Trochlear notch
- Coronoid process
- Radial notch
- Tuberosity of ulna
- Supinator fossa
- Supinator crest
- Head of ulna
- Ulnar styloid process

Humerus and ulna: landmarks and articulations

- 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 ulna and humerus articulate at the elbow joint
- the articulations include:
 - articulation between the trochlea of the humerus and the trochlear notch of the ulna
 - articulation of the olecranon process and the olecranon fossa during extension
 - articulation of the coronoid process and the coronoid fossa during flexion
- the surface landmarks include
 - the medial and lateral epicondyle
 - the olecranon
 - the posterior border of the ulna