**Anatomical Landmarks**  
(Medial/Lateral)   (Anterior/Posterior)

1. **CLAVICLE:**  
   (M/L): The sternal (medial) end is flat, almost as if it were sawed off.  
   (A/P): When the sternal end is in position, the S shape of the bone curves away from the body and then into the body to meet the acromion process.

2. **SCAPULA:**  
   (M/L): The glenoid fossa is lateral.  
   (A/P): The spine is posterior.

3. **HUMERUS:**  
   (M/L): The round head and the more prominent medial epicondyle are medial.  
   (A/P): The deep coronoid fossa is anterior.

4. **ULNA:**  
   (M/L): The styloid process is located at the medial side of the wrist.  
   (A/P): The olecranon process is posterior.

5. **RADIUS:**  
   (M/L): The styloid process is located at the lateral side of the wrist.  
   (A/P): The anterior surface of the distal extremity is smooth as compared to the posterior side.

6. **COXA:**  
   (M/L): The acetabulum is lateral.  
   (A/P): The sacroiliac joint is posterior.

7. **FEMUR:**  
   (M/L): The large, round head is medial.  
   (A/P): The intercondylar fossa is posterior.

8. **PATELLA:**  
   (P/D): The pointed apex is distal.  
   (M/L): The larger of the two facets is the lateral facet.  
   (A/P): The anterior surface is convex.

9. **TIBIA:**  
   (M/L): The large malleolus is medial.  
   (A/P): The tibial tuberosity is anterior.

10. **FIBULA:**  
   (M/L): The articular facets are medial.  
    (A/P): The shallower, slightly superior facet is anterior.