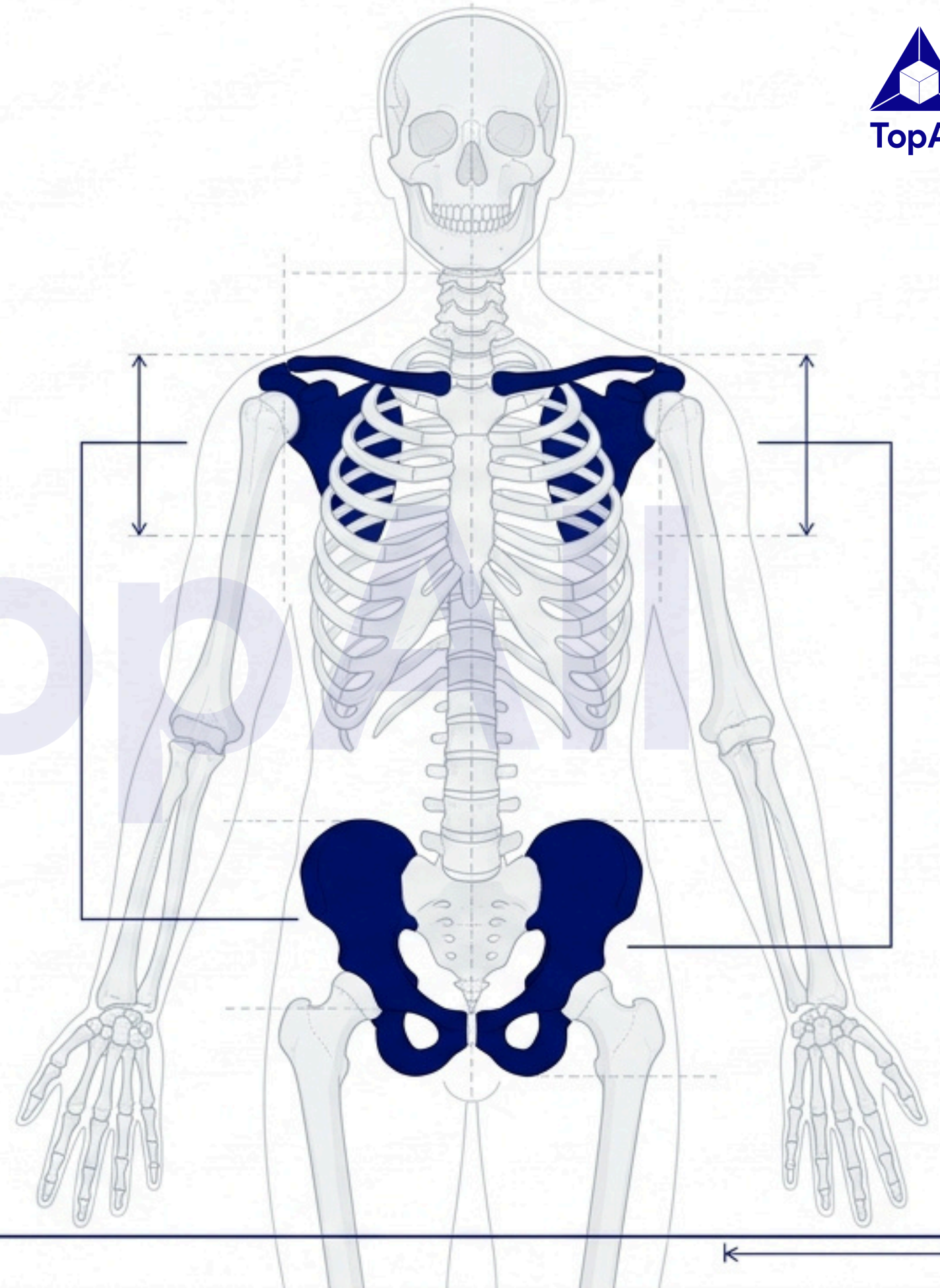


Anatomy Explainer Series

How Limbs Attach to the Skeleton

An architectural breakdown of the Pectoral and Pelvic Girdles.



The Pectoral Girdle: Upper Body Anchors



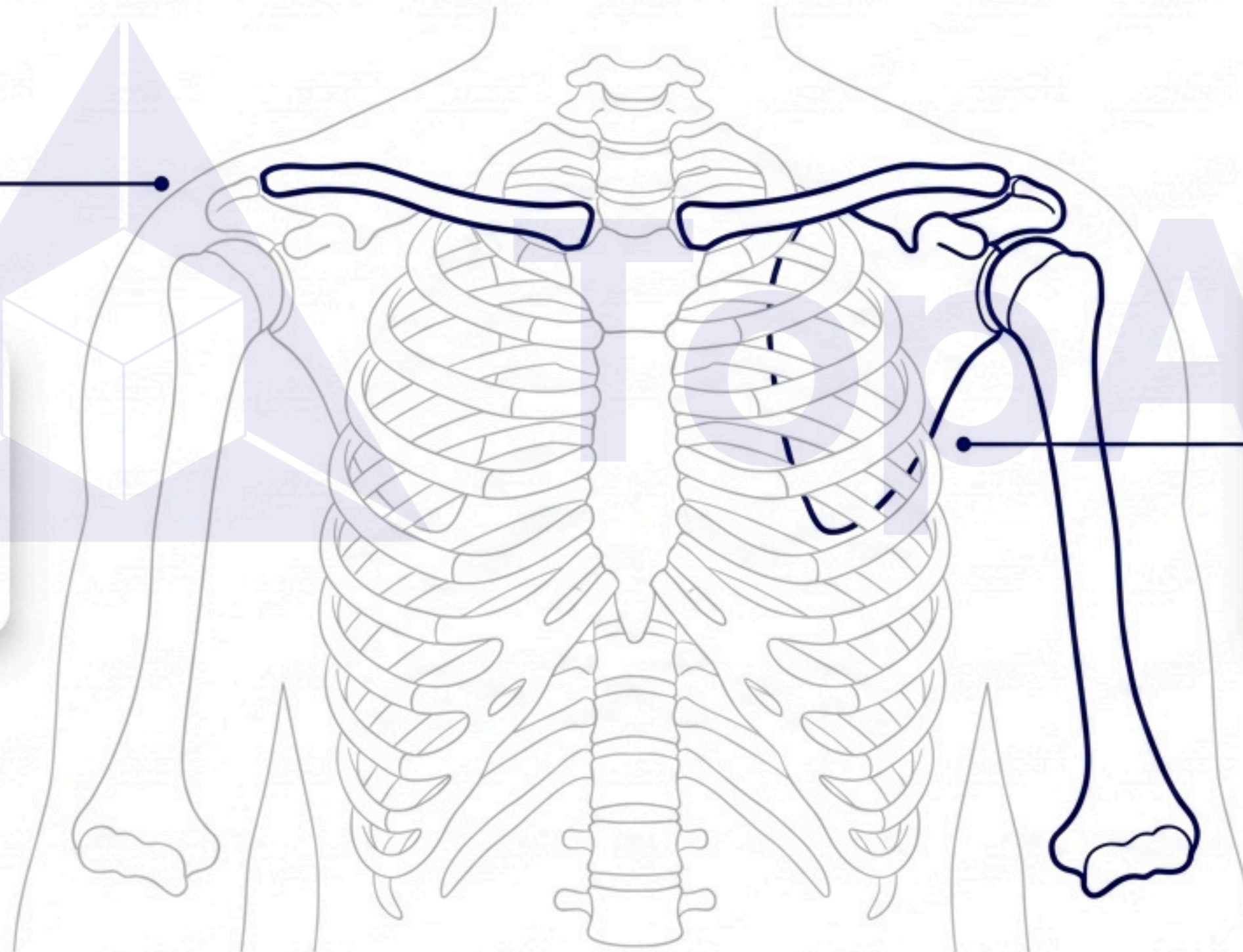
Structural framework connecting the upper limbs to the axial skeleton.

[CLAVICLE]

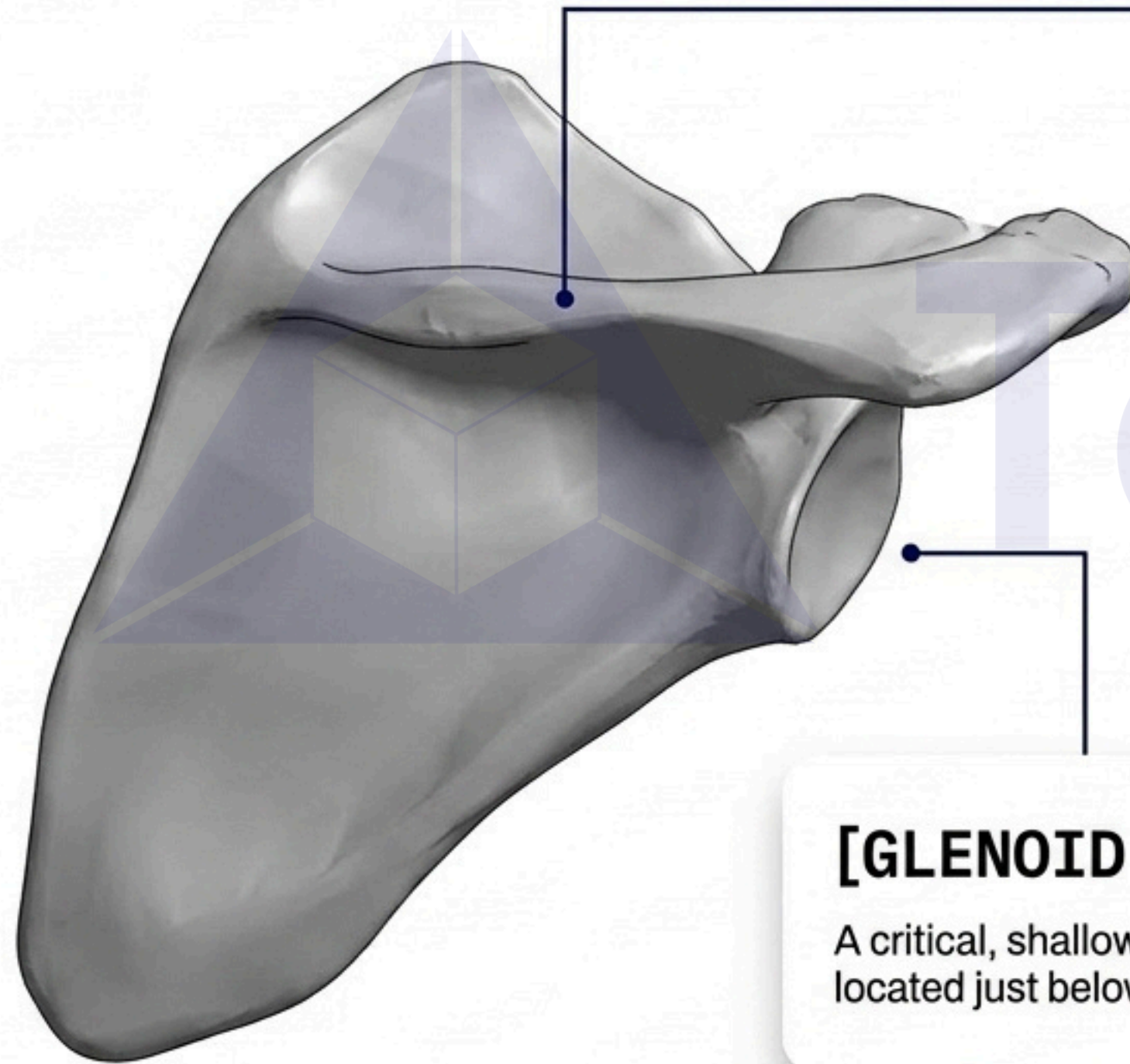
The Collar Bone - A long, slender bone defined by two distinct curvatures.

[SCAPULA]

The Shoulder Blade - A large, triangular flat bone situated dorsally spanning between the 2nd and 7th ribs.



Topography of the Scapula



[SPINE]

A slightly elevated dorsal ridge running across the flat body.

[ACROMION]

A flat, expanded process projecting from the spine. Serves as the articulation point with the clavicle.

[GLENOID CAVITY]

A critical, shallow depression located just below the acromion.

Architectural Note:

The spine and acromion act as structural levers for muscle attachment, while the glenoid cavity serves as the socket base.



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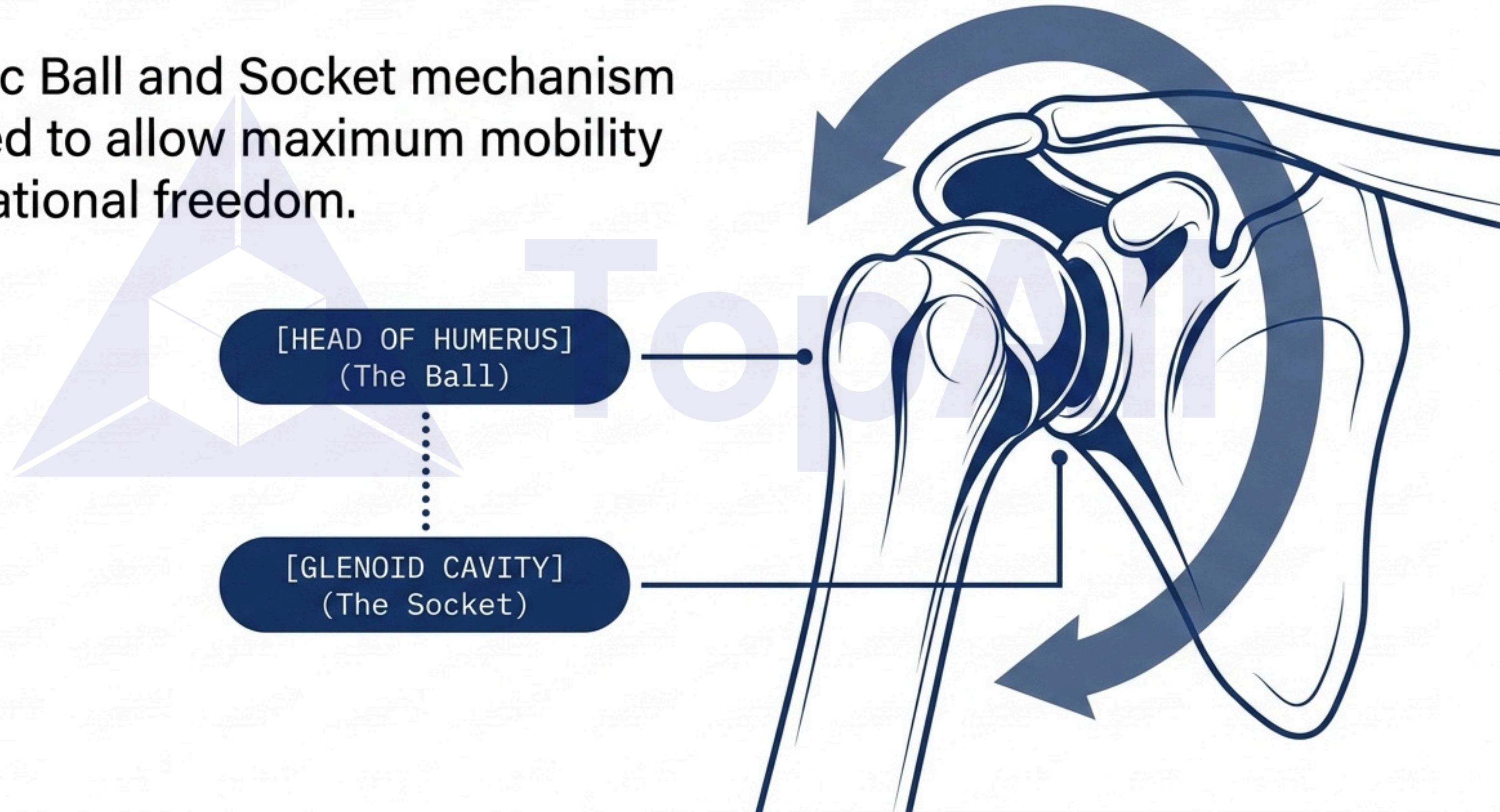
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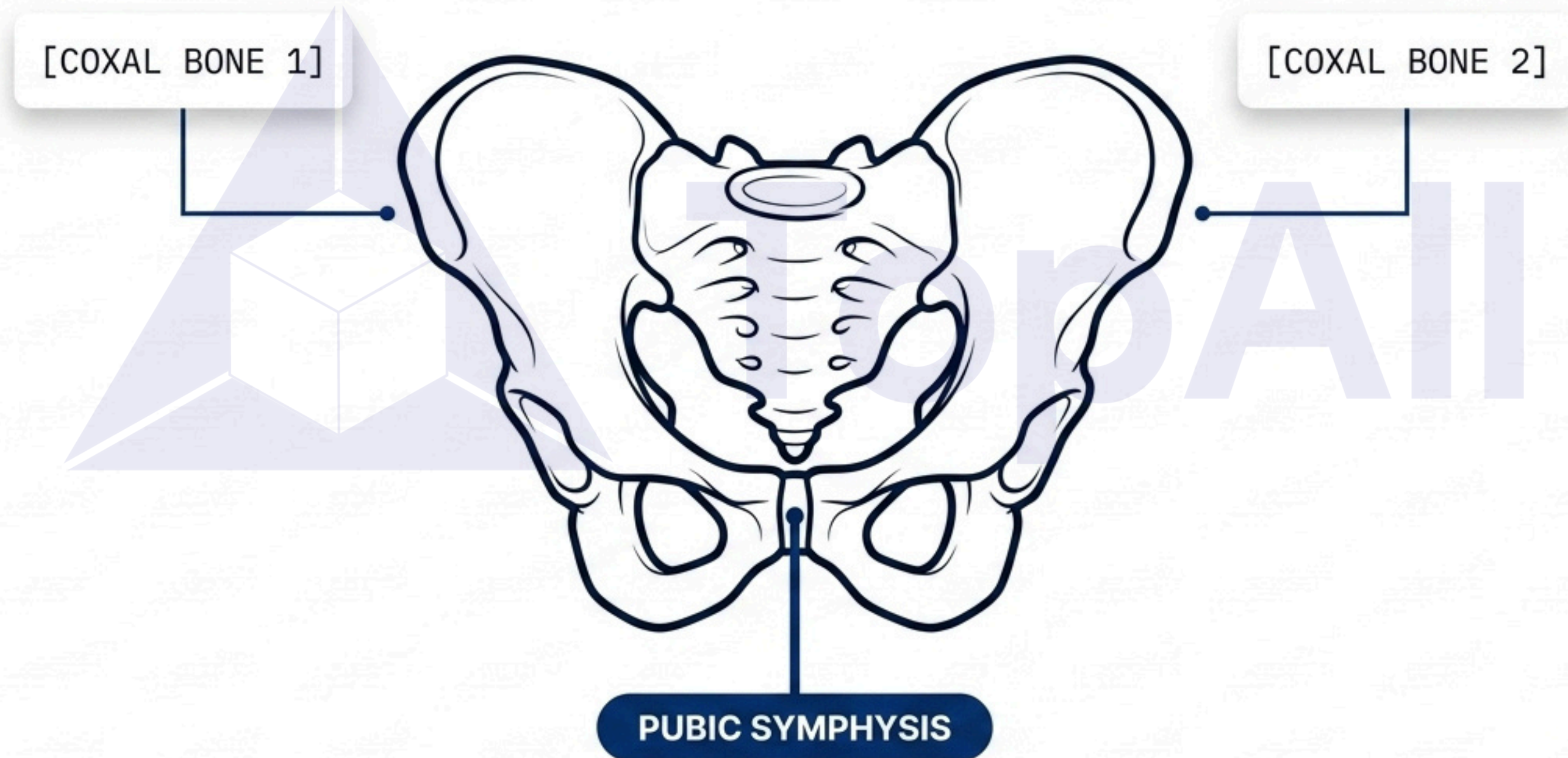
Articulation: The Shoulder Joint

A classic Ball and Socket mechanism designed to allow maximum mobility and rotational freedom.



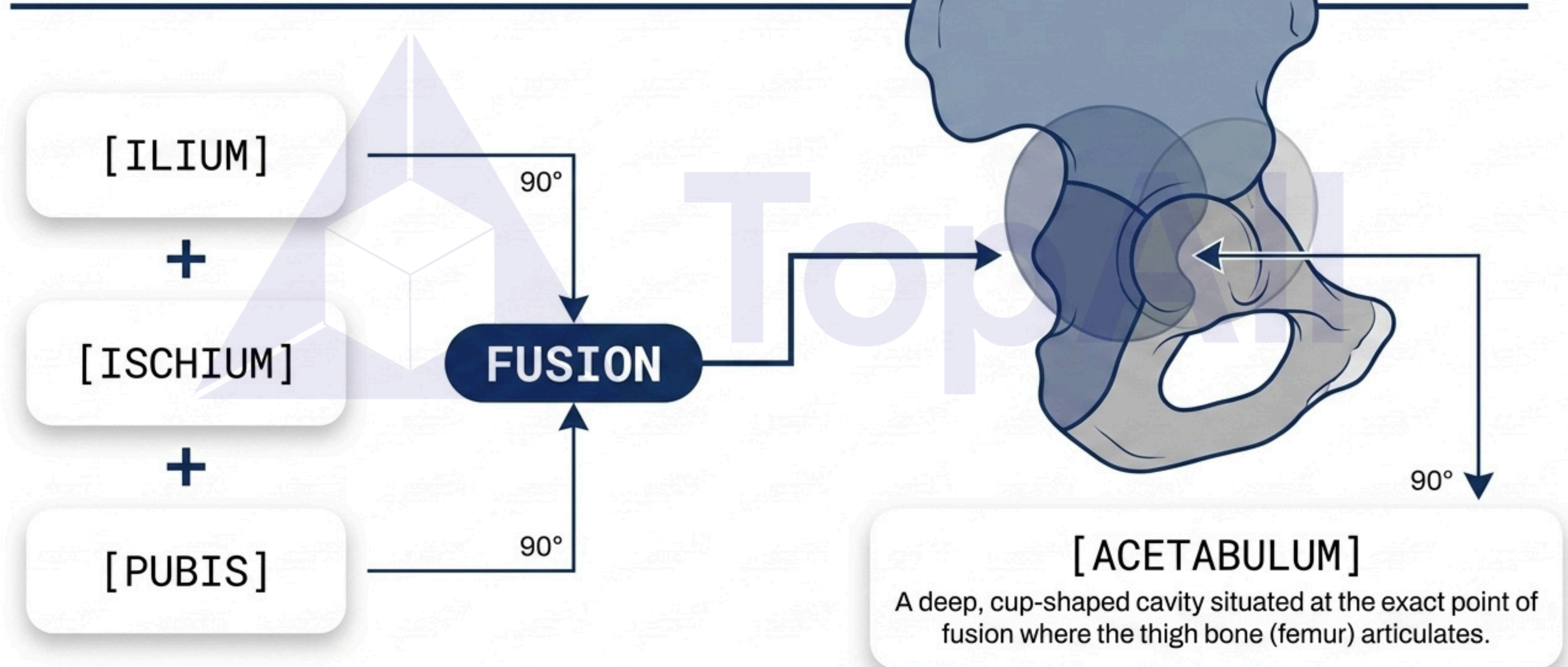
The Pelvic Girdle: Lower Body Foundation

Built primarily for load-bearing and stability, heavily bridging the lower limbs to the axial skeleton.



A resilient joint containing fibrous cartilage connecting the two halves ventrally.

The Anatomy of a Coxal Bone



The Architectural Takeaway



Dimension	Pectoral Girdle	Pelvic Girdle
Primary Priority	Mobility & Range of Motion	Stability & Load-Bearing
Component Bones	Clavicle & Scapula (per half)	Two Coxal Bones (Ilium, Ischium, Pubis)
Socket Name	Glenoid Cavity (Shallow)	Acetabulum (Deep cup)
Ventral Connection	Clavicle to Sternum	Pubic Symphysis (Fibrous Cartilage)

Girdles act as the vital structural bridges of the human body—transforming the central axis and independent limbs into a single, coordinated machine capable of both immense power and delicate movement.



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