

DAFTAR HAFALAN ANATOMI
MODUL PENCITRAAN RANGKA ATAS, RANGKA BAWAH
DAN VERTEBRAE

NAMA :

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A. POSISI DAN ISTILAH ANATOMI
MSP
MCP
Axial plane
Oblik plane
Dextra
Sinistra
Superior
Inferior
Medial
Lateral
Proximal
Distal
Anterior
Posterior
Plantar
Dorsal
Palmar
Cranial
Caudal
Mediolateral
Inferosuperior

B. POSISI PEMERIKSAAN
AP
PA
Lateral
Oblique
Axial
Supine
Erect
Semiprone
Prone
Trendelenburg
Fowler
Litotomi
LLD
RLD
Lordotic
Flexi
Ekstensi
Endorotasi
Eksorotasi
Bending kanan-kiri
Adduction
Abduction
Plantarflexion
Dorsiflexion
Supination
Pronation
Inversion
Eversion
Elevation
Depression
Rotasi

C. EXTREMITAS SUPERIOR/ UPPER LIMBS
1. SHOULDER/ PECTORAL GIRDLES
-OS CLAVICULA
Acromial End
Conoid Tubercle
Corpus os. Clavicula/shaft of clavicle
Sternal End
-OS SCAPULA
Acromion
Coracoid process
Suprascapular notch
Superior border
Superior angle/ angulus superior
Medial border
Angulus Inferior/inferior angle
Lateral border
Lateral Angle/ angulus lateral
Fossa Glenoidea/Glenoid cavity
Subscapular fossa
Supraspinous fossa
Superior border
Spine of scapula
Infraspinous fossa
Body of scapula
2. OS. HUMERUS/ ARM
Caput humerii/head
Collum anatomicum/anatomical neck
Collum curgicum/ surgical neck
Greater trochanter/ greater tubercle
Lesser trochanter/ lesser tubercle
Sulcus intertrochanter/intertubercular sulcus
Deltoid process/ deltoid tuberosity
Corpus os humerii/ shaft
Epicondylus lateral/ lateral epycondyle
Epicondylus medial/medial epycondyle
Capitulum
Trochlea
Radial fossa
Coronoid fossa
Olecranon fossa

3. OSSA ANTEBRACHI/ FOREARM
-OS RADIUS
Caput radii/ Head of radius
Collum radii/neck of radius
Radial tuberosity
Body of radius
Styloid proc. of radius
-OS ULNA
Olecranon process
Trochlear notch
Coronoid process
Body of ulna
Head of ulna
Styloid proc. Of ulna
4. OSSA MANUS/ HAND
-OSSA CARPALIA
Scaphoid
Lunatum/ lunate
Triquetrum/ triquetral
Pisiform
Trapezium
Trapezoideum/ trapezoid
Capitatum/ capitate
Hamatum/ hamate
-OSSA METACARPALS
Metacarpal digiti I
Metacarpal digiti II
Metacarpal digiti III
Metacarpal digiti IV
Metacarpal digiti V
-OSSA PHALANGES
Phalanx Proximal
Phalanx Medial/ middle
Phalanx Distal

D. EXTREMITAS INFERIOR/ LOWER LIMBS
1. OS COXAE/ HIP BONE
Ilium
Pubis
Ischium
Obturator Foramen
2. OS FEMUR/ THIGH
Caput of femur/ Head
Collum Femur/ neck
Greater trochanter
Lesser trochanter
Intertrochanter line
Body of Femur
Lateral epicondyle
Medial epicondyle
Patellar surface
Lateral condyle
Medial condyle
Intercondylar fossa
Popliteal surface/ patellar surface
Adductor tubercle
3. OS PATELLA
Apex of patella
Base of patella
Articular surface of patella
Anterior surface
4. OSSA CRURIS/ LEG
-OS TIBIA
Lateral intercondylar tubercle
Medial intercondylar tubercle
Medial condyle
Lateral condyle
Tibial tuberosity
Shaft of tibia/body
Lateral articularis surface
Medial articularis surface
Malleolus medial
-OS FIBULA
Apex of fibula
Head of fibula
Shaft of Fibula/ body
Inferior Articular surface
Malleolus lateral

5. OSSA PEDIS/ FOOT
-OSSA TARSALIA
Calcaneus
Talus
Cuboid
Navicular
Cuneiform I/ Medial cuneiform
Cuneiform II/ intermediate cuneiform
Cuneiform III/ lateral cuneiform
-OSSA METATARSAL
Metatarsal digiti I
Metatarsal digiti II
Metatarsal digiti III
Metatarsal digiti IV
Metatarsal digiti V
-PHALANGES
Phalanx proximal
Phalanx middle
Phalanx distal
E. SENDI PADA EKSTREMITAS
Shoulder Joint
Elbow Joint
Wrist joint
Metacarpophalangeal joint
Interphalangeal joint
Hip joint
Knee joint/ Arc.Genu
Metatarsophalangeal joint
Tarsometatarsal joint

F. CRANIUM
1. NEUROCRANIUM
Frontal
Parietal
Temporal
Occipital
Sutura coronalis
Sutura sagitalis
Sutura lamboidea
Sutura squamosa
Lamda
Bregma
Mastoid
Foramen ovale
Foramen spinosum
Foramen lacerum
Foramen jugularis
Foramen magnum
Foramen orbital/ olfactory foramina
Sella turcica
Carotid canal
External acoustic meatus
Mastoid process
Styloid process
2. SPLANGKOCRANIAL
Sphenoid
Ethmoid
Lacrimal
Zygomaticum
Maksila
Mandibula
Ramus mandibula
Foramen mentum
Nasal
Vomer
Konka nasal
Septum nasi
Pallatum
3. SINUS PARANASAL
Sinus frontalis
Sinus maksilaris
Sinus ethmoidalis
Sinus sphenoides

G. THORAX
1. OSSA STERNUM
Jugular notch
Manubrium
Sternal angle
Corpus sterni/body
Processus Xypodieus
2. OS COSTAE
Costae verae/ true ribs
Costae spuriae/ false ribs
Costae fluktuantes/ floating ribs
H. PELVIS
1. OS ILIUM
Crista iliaca/ iliac crest
Gluteal lines
Sacroiliaca joint
Spina iliaca anterior superior (SIAS)/ anterior superior iliac spine (ASIS)
Spina iliaca anterior inferior (SIAI)/ anterior inferior iliac spine (AIIS)
Spina iliaca posterior superior (SIPS)/ posterior superior iliac spine (PSIS)
Spina iliaca posterior inferior (SIPI)/ posterior inferior iliac spine (PIIS)
2. OS ISCHIUM
Ischial spine
Ischial tuberosity
Ischial ramus
3. OS PUBIS
Simphysis Pubis/ pubic symphysis
Tuberculum pubis/ pubic tubercle
Ramus superior os pubis/ superior pubic ramus
Ramus Inferior os pubis/ inferior pubic ramus
Pubic crest
Foramen opturatorium/ obturator foramen
Acetabulum
4. SACRUM
5. COCCYX

I. VERTEBRAE
1. CV CERVICAL
Atlas
Axis
Processus articularis superior/ superior articular process
Processus articularis inferior/ inferior articular process
Lamina
Corpus/ body
Pedicle
Processus Spinosus/ spinous process
Processus transversus/ transverse process
Transverse foramen
Foramen vertebrae/ vertebral foramen
2. CV THORACAL
Processus articularis superior
Processus articularis inferior
Lamina
Corpus/ body
Pedicle
Processus Spinosus
Processus transversus
Foramen vertebrae
Zygapopiseal joint/ facet joint
Arcus vertebrae/vertebral arch
3. CV LUMBAL
Processus articularis superior
Processus articularis inferior
Lamina
Pedicle
Processus Spinosus
Processus transversus
Corpus/ body
Vertebral arch
Foramen vertebrae
4. CV. SACRUM
Base of sacrum
Superior articular facet
Ala of sacrum
Promontorium/ sacral promontory
Body of sacrum
Sacroiliaca joint
Sacral crest
Transverse ridges/ transverse line

Apex
Sacral foramina
Sacral conu
5. CV. COCCYX
Coccygeus 1-4