

Skeleton Key - Concise Book of Muscles

Track	Title	
1	Directions & Movements	
	Anatomical Position	8
	Directions	8 - 10
	Movements	14 - 19
2	Axial Skeleton	
	Spine	22
	Ribs	20 - 21
	Sternum	20
	Cranial Bones (8)	
	Frontal	25
	Occipital	21
	2 Parietal	21
	2 Temporal	21
	Ethmoid	
	Sphenoid	
	Facial Bones (14)	
	2 Nasal	
	Vomer	
	2 Lacrimal	
	2 Inferior Nasal Conchae	
	2 Palatine	
	2 Zygomatic	
	2 Maxilla	
	Mandible	
3	Appendicular Skeleton	
	Scapula	21
	Clavicle	20
	Humerus	20 - 21
	Ulna	20 - 21
	Radius	20 - 21
	Carpals	20
	Scaphoid	
	Lunate	
	Triquetrum	
	Pisiform	
	Trapezium	
	Trapezoid	
	Capitate	
	Hamate	
	Metacarpals	20
	Phalanges	20
	Innominate	
	Ilium	
	Ischium	
	Pubis	
	Femur	20
	Patella	20
	Tibia	20
	Fibula	20
	Tarsals	20
	Talus	
	Calcaneus	
	Navicular	
	Cuboid	
	1st Cuneiform	
	2nd Cuneiform	
	3rd Cuneiform	
	Metatarsals	20
	Phalanges	20