

**Table 5.1** Palpable Bony Structures

Structure	Normal structural characteristics
Shaft	The body of a long bone, usually tubular in shape; the circumference of the bone often widens near its end to articulate with other bones
Head or condyle	The rounded end of a long bone that articulates with the joint
Epicondyle	The prominent aspect of the bone, just proximal to the condyle
Groove	A narrow, longitudinal depression in a bone, usually for passage of a tendon
Ridge or crest	A linear, raised elevation on the bone; very prominent ridges are called crests
Tubercle	A small and rounded projection or eminence
Tuberosity	A more prominent and large rounded projection or eminence
Apophysis	A small projection or outgrowth on a bone that serves as the attachment for a tendon
Epiphyseal plate	An area of growth between the shaft and the end of the bone that is present in the immature skeleton; the growth plate is often indistinguishable from the contour of the bone upon palpation and should not move upon palpation
Notch	An indentation in the end of a bone, usually to allow passage and protection of a ligament, nerve, artery, or tendon
Periosteum	The lining or covering of a bone that is normally indistinguishable from the bone's surface

From S. Shultz, P. Houglum, and D. Perrin, 2016. *Examination of musculoskeletal injuries*, 4th ed. (Champaign, IL: Human Kinetics).