

### Skeletal Anatomy: Upper Limb Joints

**Sternoclavicular joint** Diarthrotic, synovial, gliding/p-lanar

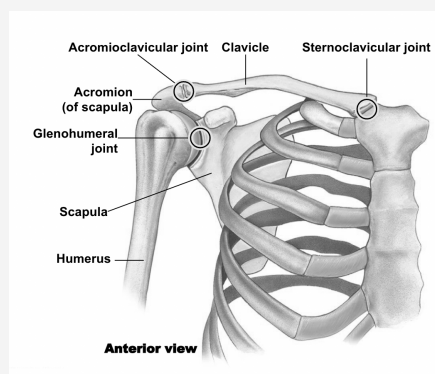
**Shoulder joint**

**Elbow Joint (humer-oulnar joint)** Diarthrotic, synovial, hinge

**Superior and Inferior radioulnar joints** Diarthrotic, synovial, pivot

**Wrist joint**

### Pectoral girdle joints



**Sternoclavicular joint**

Sternum + clavicle

\*Only bony attachment of upper limb to axial skeleton

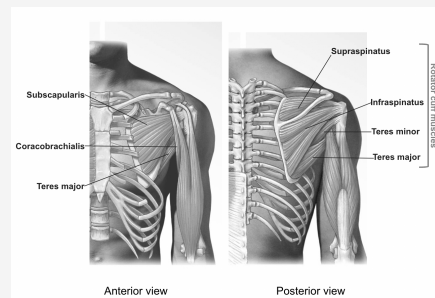
**Acromioclavicular Joint**

Acromion process + clavicle

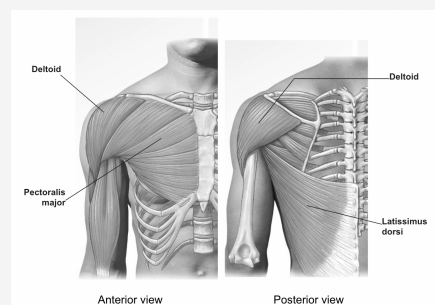
**Glenohumeral joint**

Glenoid fossa + humerus

### Synergists and fixators of arm at shoulder

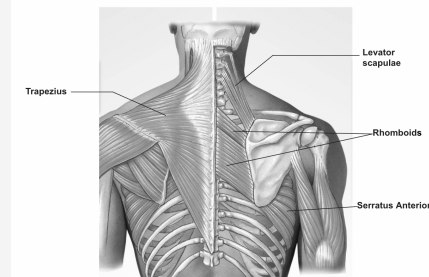


### Prime movers of arm at shoulder



### Muscles that position the pectoral girdle

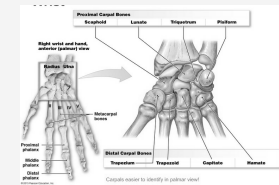
#### Muscles that position the pectoral girdle



### Mnemonics

**Carpal Bones** So Long To Pinky, Here Comes The Thumb

### Wrist Anatomy



### Joint Terminology

**Flexion** Decreases angle between 2 bones

**Extension** Increases angle between 2 bones

**Dorsiflexion** Flexing or raising the dorsal surface of the foot

**Plantar flexion** flexing the plantar surface of the foot, depressing the foot and pointing the toes

**Abduction** movement away from the midline

**Adduction** Return to midline, movement to midline

**Circumduction** Moving a limb in circular motion

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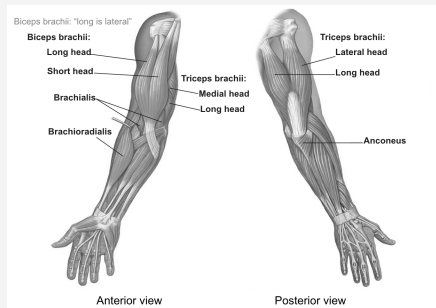
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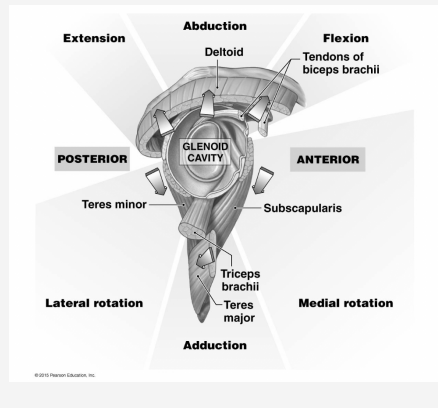
### Joint Terminology (cont)

Rotation	Moving a bone around its axis (spinning), movement of a joint in a single rotary axis
Lateral rotation (External rotation)	Spinning a bone around its axis outward, away from the body
Medial rotation (Internal rotation)	Spinning a bone around its axis inward, toward the body
Pronation	Movement of forearm, dorsal side of hand facing forward
Supination	Reverse pronation, palm facing forward
Inversion	Turn foot in, rotate sole medially
Eversion	Turn foot out, rotate sole laterally

### Movers of forearm at elbow joint



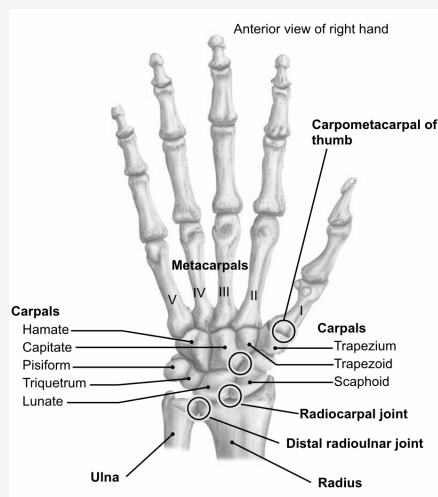
### Synergists and fixators of arm at shoulder



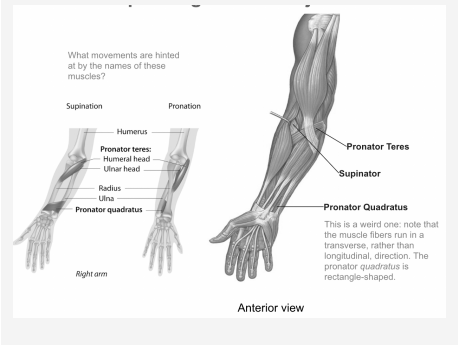
### Wrist Joints

Radiocarpal Joint (true wrist)	Radius + scaphoid + lunate	Diarthrotic, synovial, condylar
Distal radioulnar	Distal end of radius + ulna	Diarthrotic, synovial, pivot
Intercarpal Joints	Adjacent carpals	Diarthrotic, synovial, planar/gliding
Carpometacarpal of thumb	Trapezium + first metacarpal	Diarthrotic, synovial, saddle

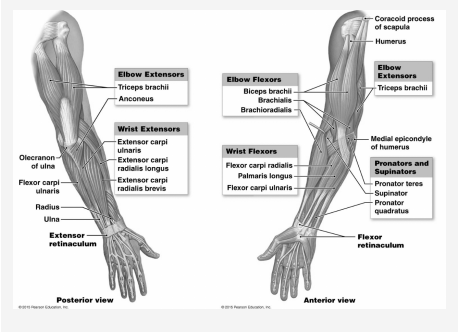
### Wrist Joints Anatomy



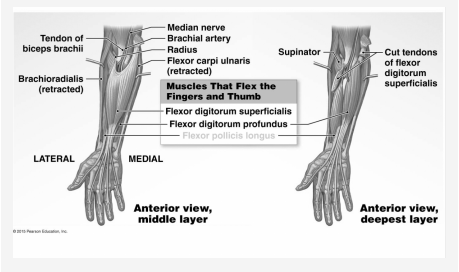
### Movers of pivoting radioulnar joints



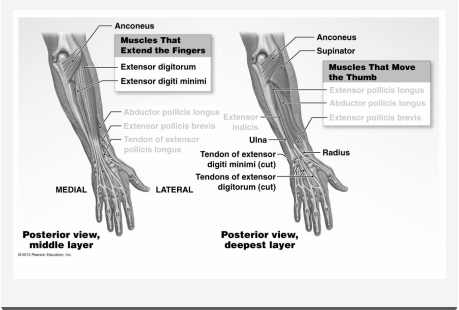
### Movers of wrist and finger joints



### Movers of wrist and finger joints



### Movers of wrist and finger joints



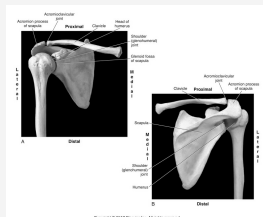
## Anatomical Position: Left & Right

**Radius**      Increasing smooth slope (anterior)      Match the styloid process of the radius with your thumb.

**Ulna**          Styloid process of the ulna is inferior (posterior)      Match the styloid process of the ulna with pinky

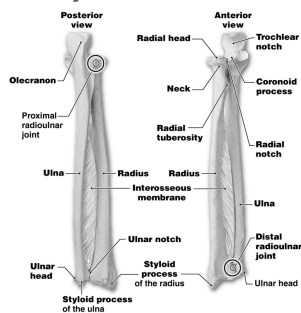
**Humerus**    Capitulum faces forward (anterior)      the head of the humerus (left,-right), Greater Tubercle is lateral

## Acromion Process



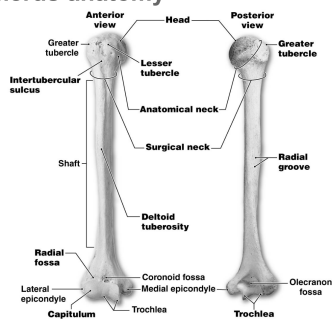
## Radioulnar Anatomy

### Radioulnar joints



## Humerus Anatomy

### Humerus anatomy



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