

### Acromioclavicular joint

1. plane type **synovial** joint
2. **lateral end of the clavicle** articulates with the **acromion of the scapula**
3. lined with **fibrocartilage**
4. coracoclavicular ligament holding it together
5. allows a degree of **axiolateral** movement, and **anteroposterior** movement

### The Shoulder Joint

#### Glenohumeral Joint

1. ball and socket, synovial joint
2. covered in **hyaline** cartilage. has articular disc
3. mobile af - has range of movement
4. articulations of the surface: **head of the humerus** with the **glenoid fossa of the scapula**
5. **joint capsule** is a fibrous sheath which encloses the structures of the joint.
6. extends from the anatomical neck of the humerus to the border or 'labrum' of the glenoid fossa. The joint capsule is lax, permitting greater mobility
7. synovial bursae present for reduction of friction; **subscapular** and **subacromial**
8. three ligaments: superior, middle, inferior **glenohumeral ligaments**
9. Movements allowed: extension, flexion, abduction, adduction, rotation

### Sternoclavicular Joint

1. synovial joint
2. between the clavicle and the manubrium of the sternum.
3. only attachment of the upper limb to the axial skeleton
4. consists of the sternal end of the clavicle, the manubrium of the sternum, and part of the 1st costal cartilage.
5. joint capsule consists of a fibrous outer layer, and inner synovial membrane

### Elbow Joint

1. connecting the upper arm to the forearm
2. hinge-type synovial joint
3. trochlea of humerus articulates with trochlear notch of ulna
4. capitulum of humerus articulates with slightly concave notch of radius
5. have hyaline cartilage in the articular surfaces
6. **fibrous layer** attaches to humerus from margins of the articular surfaces of the medial and lateral surfaces of the capitulum and trochlea
7. Anteriorly and posteriorly, it is carried superiorly, proximal to the coronoid and olecranon fossae.
8. the synovial membrane lines the internal surfaces. filled with fluid.
9. the ligaments: collateral ligaments that are strong and triangular in the medial and lateral thickenings
10. laterally, radial collateral ligament extends from the lateral epicondyle of humerus and blends with anular ligament of radius
11. movement of the elbow: flexion, extension, pronation

### Radio-Ulnar Joint (proximal)

1. pivot type, synovial joint
2. allows movement of the head of the radius on the ulna
3. the head of radius articulates with radial notch of ulna
4. held by the anular ligament of the radius
5. everything in the elbow region extends down to this proximal head.
6. movements involved are supination and pronation of the wrist, but controlled by the ulna and radius

### Radio-Ulnar Joint (distal)

1. pivot type of synovial joint
2. radius moves around the fixed distal end of ulna
3. triangular ligament binds it together
4. fibrous layer of the joint capsule encloses the distal radio-ulnar joint
5. deficient superiorly
6. sacciform recess of the distal radioulnar joint: formed by the synovial membrane
7. anterior and posterior ligaments strengthen the fibrous layer of the joint capsule of the radio-ulnar joint
8. movement is pronation and supination

### The Wrist Region

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