Cheatography

joints in the upper limb Cheat Sheet

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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
- 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 capitalum 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)

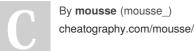
- 1. pivot type, synovial joint
- 2. allows movement of the head of the radius on the ulna
- 3. the head of radius articulates with radial notch of ulna
- 4. held by the anular ligament of the radius
- 5. everything in the elbow region extends down to this proximal head.
- 6. movements involved are supination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

The Wrist Region

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