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TOPIC: NAME OF THE THREE JOINTS OF UPPER LIMB

Joint of upper limbs:

There are three joints of upper limbs.

- **Shoulder joint**
- **Elbow joint**
- **Wrist joint**

1. **Shoulder joint:**

- Shoulder joint lies b/w the rounded head
And the glenoid cavity of the scapula
- The surface covered by the hyaline cartilage
- They are **coracohumeral** also called ball and socket joint

2. **capsule:**

- **Medially:**
To the margin of the glenoid cavity outside
Of the labrum.
- **Laterally:**
Its attached to the anatomic neck of the
Humerus.

3. **Ligaments:**

- **The gleniodhumeral ligaments:**
There are three weak bands of the fibrous tissue that strengthen of the frontal of the scapula.
- **The transverse humeral ligaments:**
They are the strength of the capsule and bridges the gap B/W the two tuberosities.
- **The coracohumeral ligaments:**
The strengthens of capsule above and stretches from the root of the coracoid process to the greater tuberosity of the humerus.
Function:
They protect the superior aspect of the humerus

2. **ELBOW JOINT:**

- They articulate B/W the trochlea and capitulum of the humerus and the trochlear notch of the radius and ulna.
- The articular surface covered by the hyaline cartilage.
- They are the synovial hinge joint.

3. **Capsule:**

Anteriorly

- **Above:**
The humerus along the upper margin of the coronoid and radial fossa.
- **Front:**
They are the medial and lateral epicondyles.
- **Below:**
To the margin of the coronoid process of the ulna and the annular ligament which surrounds the head of the radius.

Posteriorly

- **Above:**
The margin of the olecranon fossa of the humerus.
- **Below:**
The upper margin and the sides of the olecranon process of the ulna and the annular ligament.

4. **Ligaments:**

- **The Radial and Lateral collateral ligament:**
It is triangular and attached by:
1). By its apex to the lateral epicondyle of the humerus.
2). It is the base of the upper margin of the annular ligament.
- **THE medial ligament** is also triangular and consists principally of the three strong bands.
- **The anterior band:**
The anterior band which passes from the medial epicondyle of the humerus to the medial margin of the coronoid process.
- **The posterior band:**
They pass from the medial epicondyle of the humerus to the medial side of the olecranon process
- **Blood supply:**
- Medial nerve.
- Ulnar nerve.
- Musculocutaneous nerve
- Radial nerve

3). **Wrist joint:**

- **Above:**
The distal end of the radius and the articular disc.

- **Below:**
The scaphoid, lunate and triquetral bone

1).**Capsule:** they enclosed by the joint and provided side for the attached.

- **Above:**
The distal end of the radius is ulna.
- **Below:**
To the proximal row of carpals bones.

Ligaments:

1).medial ligaments:

- Origen ulnar styloid process.
- Pisiform palmary.
- Provide medial stability.

2).lateral ligaments:

- Styloid process of the radius.
- Scaphoid and lunate radio scaphoid ligaments
- Provide lateral stability.

3)Blood supply:

- Anterior interosseous nerve.
- Deep branches of the radial nerve.
- Deep branches of ulnar nerve.