

Assignment # 1

Midterm Lab Assignment:

Fall 2020

Submitted by: IRSHAD ALI

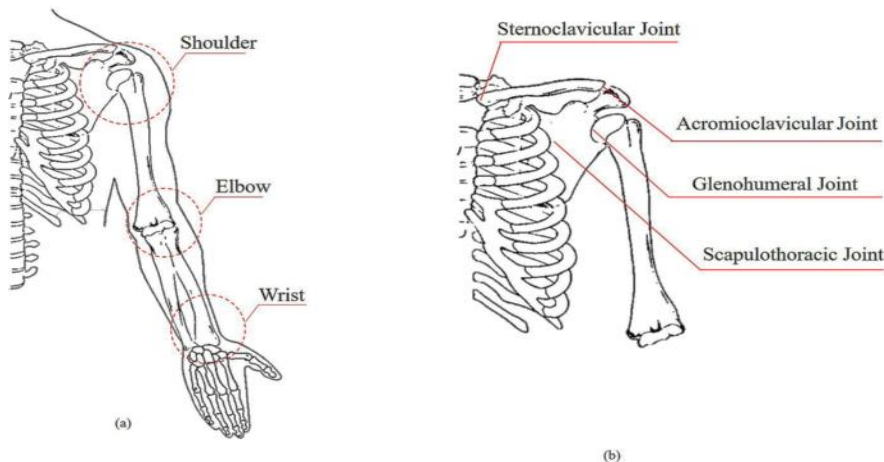
Submitted to: Ma'am Arooba Sajjad

ID number: 17260

Topic: The Joints of Upper limb.

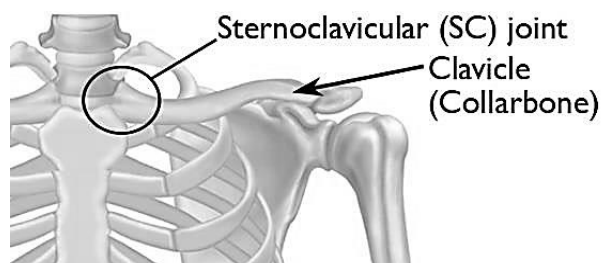
❖ Joints Of Upper Limb:

The **upper limb** has the **SIX** main joints covered here (from proximal to distal) are the sternoclavicular, acromioclavicular, shoulder, elbow, radioulnar, and wrist joints.



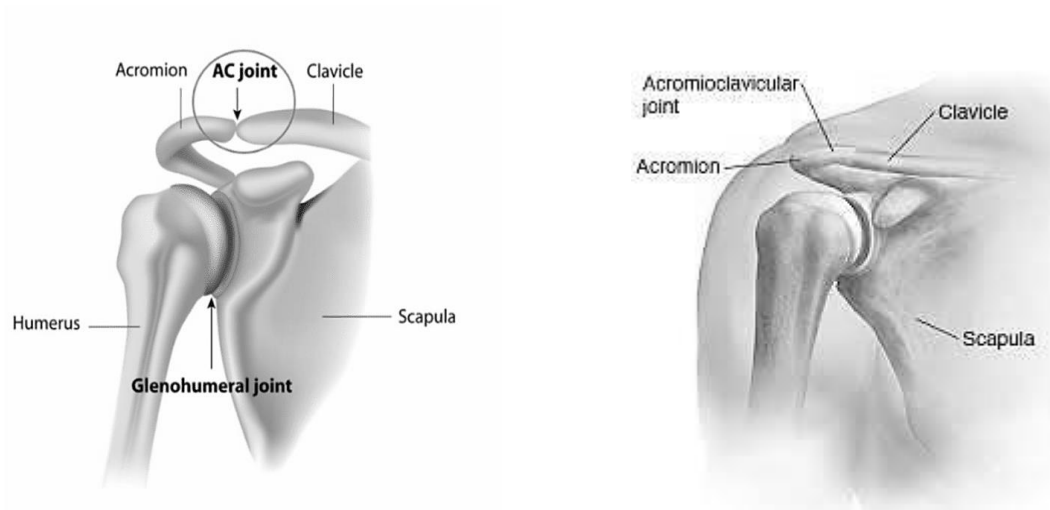
➤ **Sternoclavicular joint :**

The sternoclavicular joint is a synovial joint between the clavicle and the manubrium of the sternum. It is the only attachment of the upper limb to the axial skeleton. Despite its strength, it is a very mobile joint and can function more like a ball-and-socket type joint.



➤ **Acromioclavicular joint :**

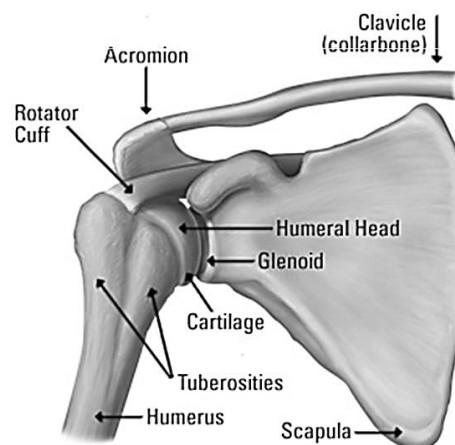
The acromioclavicular joint is a plane type synovial joint. It is located where the lateral end of the clavicle articulates with the acromion of the scapula. The joint can be palpated during a shoulder examination; 2-3cm medially from the 'tip' of the shoulder (formed by the end of the acromion).



➤ **Shoulder joint :**

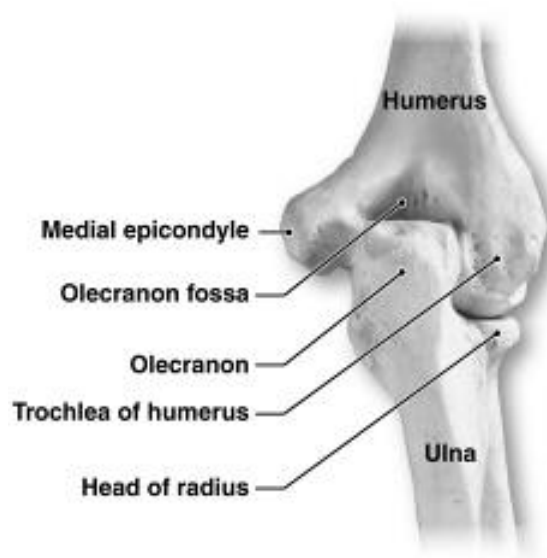
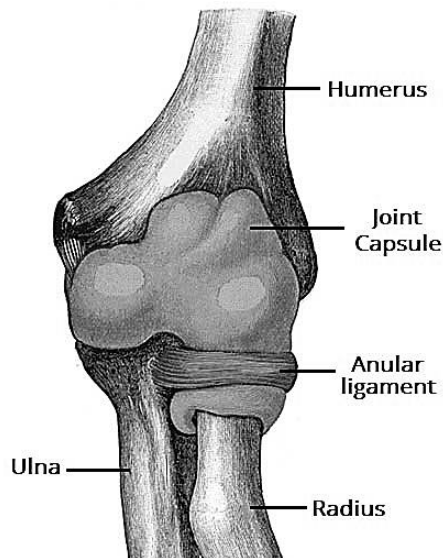
The shoulder joint (glenohumeral joint) is a ball and socket joint between the scapula and the humerus. It is the major joint connecting the upper limb to the trunk. It is one of the most mobile joints in the human body, at the cost of joint stability.

Shoulder Joint



➤ **Elbow joint :**

The elbow joint is a synovial joint found in the upper limb between the arm and the forearm. It is the point of articulation of three bones: the humerus of the arm and the radius and the ulna of the forearm. A fibrous capsule encloses the joint, and is lined internally by a synovial membrane.



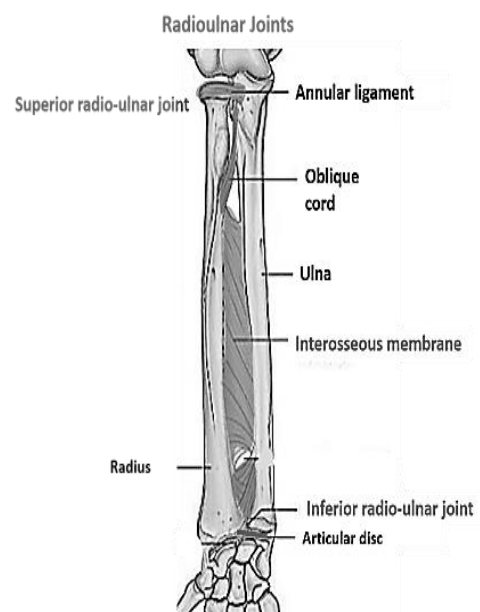
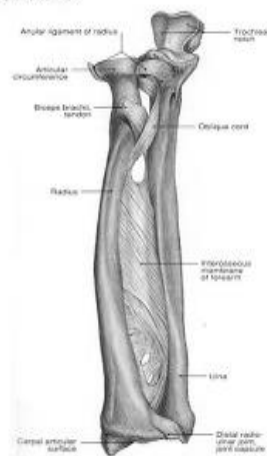
d Elbow joint, posterior view

➤ **Radioulnar joint :**

The radioulnar joints are two locations in which the radius and ulna articulate in the forearm: Proximal radioulnar joint – located near the elbow. It is articulation between the head of the radius and the radial notch of the ulna.

RADIO ULNAR JOINTS

- Superior radioulnar joint
- Middle (interosseous) radioulnar joint
- Inferior radioulnar joint



➤ **The Wrist Joint :**

The wrist is an ellipsoidal (condyloid) type synovial joint, allowing for movement along two axes. This means that flexion, extension, adduction and abduction can all occur at the wrist joint. All the movements of the wrist are performed by the muscles of the forearm.

