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Subject:human Anatomy

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Question no:1

Ans:

Joints and upper limb

Definition:

The upper limb has a wide range of precise movement associated with it to allow us to effectively interact to our environment.

There are 3 main joints:

1. Shoulder joint
2. Elbow joint
3. Wrist joint

1: Shoulder joint :

☐ The shoulder joint is where the humerus (Upper arm bone) meets the scapula (shoulder blade).

☐ Muscles and ligaments help make up the Joint.

☐ They attach to the shoulder blade and upper Arm bone.

☐ At the top of the shoulder blade are two bony Knobs called the acromion and coracoid Process.

Articulation in shoulder joint:

☐ It is present in between the rounded head of the humerus and the shallow, pear-shaped

glenoid cavity of the scapula.

☒ The surface of articular are covered by.

(Hyaline articular cartilage)

☒ The GLENOID , or socket joint of the SHOULDER,
is surrounded by a fibrocartilaginous supporting
structure called the LABRUM.

☒ The glenoid Labrum (glenoid ligament)
is a fibrocartilaginous rim attached around the margin
of the glenoid cavity in the shoulder blade.

Type:

Synovial ball-and Socket joint.

Capsule:

☒ It is surround the joint and is attached to:

Medially

☒ To the margin of the glenoid cavity outside the labrum.

And

Laterally

☒ It is attach to the anatomic neck of humerus.

☒ The capsule is thin and lax, allowing a wide rang of
movement.

Ligaments:

Glenohumeral ligaments :

In the shoulder , the joint capsule is formed by a group
of the ligaments that connect the humerus to the glenoid.

These are main source of stability for the shoulder.

☒ They are superior, middle and inferior glenohumeral.

The transverse ligament:

It strengthen, the capsule above and bridges the gap b/w

The two tuberosities.

The corachumeral ligaments:

It strengthens the capsule above And stretches from the root of the coracoid.

Accessory ligaments :

1: Coracoacromial ligament:

- ☐ It extends b/w the coracoid process and acromion.
- ☐ Its function is to protect the superior aspect of the joint.

Synovial membrane:

- ☐ It is attached to the margins of the cartilage covering the articular surface.
- ☐ It forms a tubular sheath.

Nerve supply:

- ☐ The axillary and suprascapular nerves.

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Elbow joint:

Articulation:

- ☐ It occurs b/w trochlea and capitulum of the humerus.
- ☐ The trochlear notch of the ulna and the head of the Radius.
- ☐ Its surface is covered by hyaline cartilage.

Types:

Synovial hinge joint.

Capsule:

ANTERIORLY it is attached ,

Above:

To the humerus .

To the front:

In front it is attached to medial and lateral epicondyles.

Below:

To the margin of the Coronoid process of the ulna and

To the anular ligament.

Posterity :

It is attached ,

Above:

To the margin of the olecranon of the humerus .

Below:

To the upper margin and side of the olecranon.

Ligaments:

☐ The radial / lateral collateral ligament is triangular

And is attached,

☐ By the apex to the lateral epicondyle of the humerus.

☐ By its base to the upper margin of the anular ligaments.