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Assignment: Anotomy

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**(JOINTS OF UPPER LAMBS)**

There are three joints of upper lambs.

* Shoulder joint
* Elbow joint
* Wrist joint

**1.Shoulder joint**.

Definition.

The shoulder joint (glenohumeral joint) is a ball and socket joint between the [**scapula**](https://teachmeanatomy.info/upper-limb/bones/scapula/) and the [**humerus**](https://teachmeanatomy.info/upper-limb/bones/the-humerus/). It is the major joint connecting the upper limb to the trunk.

**Capsule** .

The shoulder joint capsule is the ligament that surrounds the shoulder joint. it stabilizes the shoulder by keeping the head, or ball, of the upper arm bone centered in the glenoid socket in your shoulder blade.

* **Ligaments**.
* **Glenohumeral ligaments**(superior, middle and inferior) – the joint capsule is formed by this group of ligaments connecting the humerus to the glenoid fossa. They are the main source of stability for the shoulder, holding it in place and preventing it from dislocating anteriorly. They act to stabilise the anterior aspect of the joint.
* **Coracohumeral ligament**– attaches the base of the coracoid process to the greater tubercle of the humerus. It supports the superior part of the joint capsule.
* **Transverse humeral ligament**– spans the distance between the two tubercles of the humerus. It holds the tendon of the long head of the biceps in the intertubercular groove.]
* **Coraco**–**clavicular ligament**– composed of the trapezoid and conoid ligaments and runs from the clavicle to the coracoid process of the scapula. They work alongside the acromioclavicular ligament to maintain the alignment of the clavicle in relation to the scapula. They have significant strength but large forces (e.g. after a high energy fall) can rupture these ligaments as part of an acromio-clavicular joint (ACJ) injury. In severe ACJ injury, the coraco-clavicular ligaments may require surgical repai
* **Elabow joint**
* **Defination.**
The elbow is a **hinge joint** made up of the **humerus**, **ulna** and **radius**. The unique positioning and interaction of the bones in the joint allows for a small amount of rotation as well as hingef

**Capsule.**

The **elbow joint** is actually three separate **joints surrounded** by a watertight sac called a **joint capsule**. This **capsule** surrounds the **elbow joint** and contains lubricating fluid called synovial fluid.

**Liganents**

**There are four main ligamnets**

1. **Medial collateral ligament**

Located on the inside of the elbow this ligament connects the ulna to the humerus.

1. **Lateral collateral ligament**

Located on the outside of the elbow this ligament connects the radius to the humerus.

1. **Annular ligament**

This ligament forms a ring around the head of the radius bone, holding it tight against the ulna.

1. **Quadrate ligament**

This ligament also connects the radius to the ulna.

**Wrist joint.**

The **wrist joint** (also known as the **radiocarpal joint**) is a synovial **joint** in the upper limb, marking the area of transition between the forearm and the hand.

**Capsule**.

### Like any synovial joint, the capsule is dual layered. The fibrous outer layer attaches to the radius, ulna and the proximal row of the carpal bones. The internal layer is comprised of a synovial membrane, secreting synovial fluid which lubricates the joint.**Lig**

**Ligaments .**

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### Ligaments

* There are four ligaments of note in the wrist joint, one for each side of the joint
* **Palmar radiocarpal**– It is found on the palmar (anterior) side of the hand. It passes from the radius to both rows of carpal bones. Its function, apart from increasing stability, is to ensure that the hand follows the forearm during supination.
* **Dorsal radiocarpal** – It is found on the dorsum (posterior) side of the hand. It passes from the radius to both rows of carpal bones. It contributes to the stability of the wrist, but also ensures that the hand follows the forearm during pronation.
* **Ulnar collateral**– Runs from the ulnar styloid process to the triquetrum and pisiform. Works in union with the other collateral ligament to prevent excessive lateral joint displacement.
* **Radial collateral** – Runs from the radial styloid process to the scaphoid and trapezium. Works in union with the other collateral liga