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JOINT OF UPPER LIMB:

The **upper limb** has a wide range of precise movements associated with it to allow us to effectively interact with our environment, the 6 main **joints** covered here (from proximal to distal) are the sternoclavicular, acromioclavicular, shoulder, elbow, radioulnar, and wrist **joints**

**STERNOCLAVICLAR JOINT;**

The sternoclaviclar is a synovial **joint**between the **clavicle** and the manubrium of the sternum.

ACROMIOCLAVICLE;

The **acromioclavicular joint**, or **AC joint**, is a **joint**at the top of the shoulder

**SHOULDER JOINT;**

*The humerus is the largest bone in upper limb.which articulates with scapula at the shoulder join and with the radius and ulna at the elbow join .*

*R*ADIUS AND ULNA BONES;

*1;Elbow joint:capitallum of humerus*

*2;proximal radioulnar joint:radial notch of ulna*

*3;Distal radioulnar joint:ulnar notch of radial*

*WRIST JOINT;*

*Otherwise khown as the radiocarpal joint.*