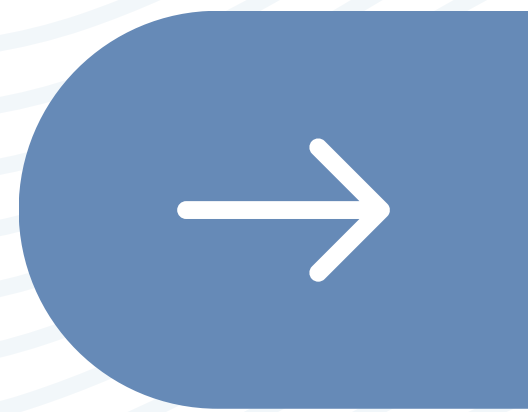


#DIBS BY NEXTILLO

DAILY INFORMATION BULLETIN SERVICE

**TYPES OF JOINTS IN
UPPER LIMB**





#DIBSBYNEXTILLO

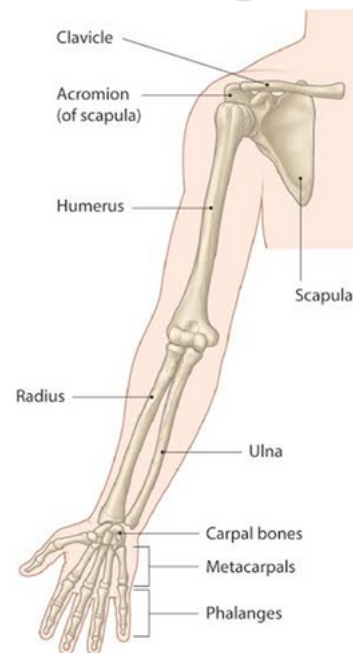
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TYPES OF JOINTS IN UPPER LIMB

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.



IMAGE DESCRIPTION



A labeled diagram showcasing various joints in the human upper limb, including the sternoclavicular joint, acromioclavicular joint, elbow joint with radioulnar components, and wrist joints.

- *Shoulder joint allows extensive movement for arm mobility and flexibility.*
- *Elbow hinge joint facilitates precise arm flexion and extension motions.*
- *Sternoclavicular joint, a saddle type, connects sternum and clavicle bones.*
- *Acromioclavicular joint, a plane synovial joint, supports shoulder flexibility and stability.*
- *Wrist joints exhibit ellipsoid characteristics, enabling versatile hand movements.*



STERNOCLAVICULAR JOINT

Type:

Saddle joint

Description:

Articulation between the sternum and clavicle bones.

Motion:

Allows a variety of movements, including elevation, depression, and rotation.

Stability:

Stabilized by ligaments, providing strength to the joint.

Function:

Facilitates shoulder movements and contributes to overall upper limb mobility.



ACROMIoclAVICULAR JOINT

Type:

Plane synovial joint

Description:

Connection between the acromion process and clavicle.

Function:

Supports shoulder movement and enhances flexibility.

Injury Prone:

Susceptible to dislocation and ligament injuries.

Anatomy:

Supported by ligaments and surrounded by synovial fluid for smooth motion.



ELBOW JOINT

Type:

Hinge joint with superior and inferior radioulnar joints.

Motion:

Primarily flexion and extension, with rotational movements in radioulnar joints.

Stability:

Reinforced by ligaments and the ulnar collateral ligament.

Function:

Enables precise arm movements and grip control.

Complexity:

Interplay of multiple joints for versatile arm functionality.





TYPES OF JOINTS IN UPPER LIMB

Question:

What type of joint is the sternoclavicular joint?

- a) *Ball and socket*
- b) *Saddle*
- c) *Plane synovial*
- d) *Hinge*

Answer:

b) Saddle