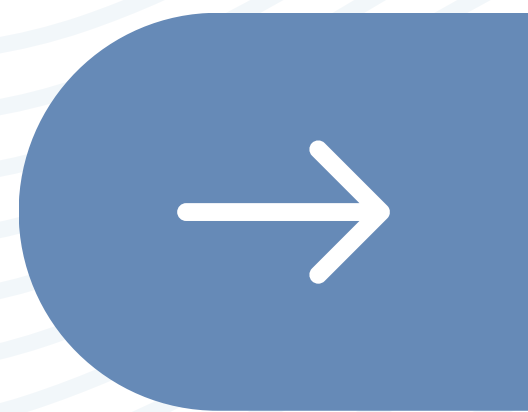


#DIBS BY NEXTILLO

DAILY INFORMATION BULLETIN SERVICE

JOINTS OF UPPER LIMB





#DIBSBYNEXTILLO

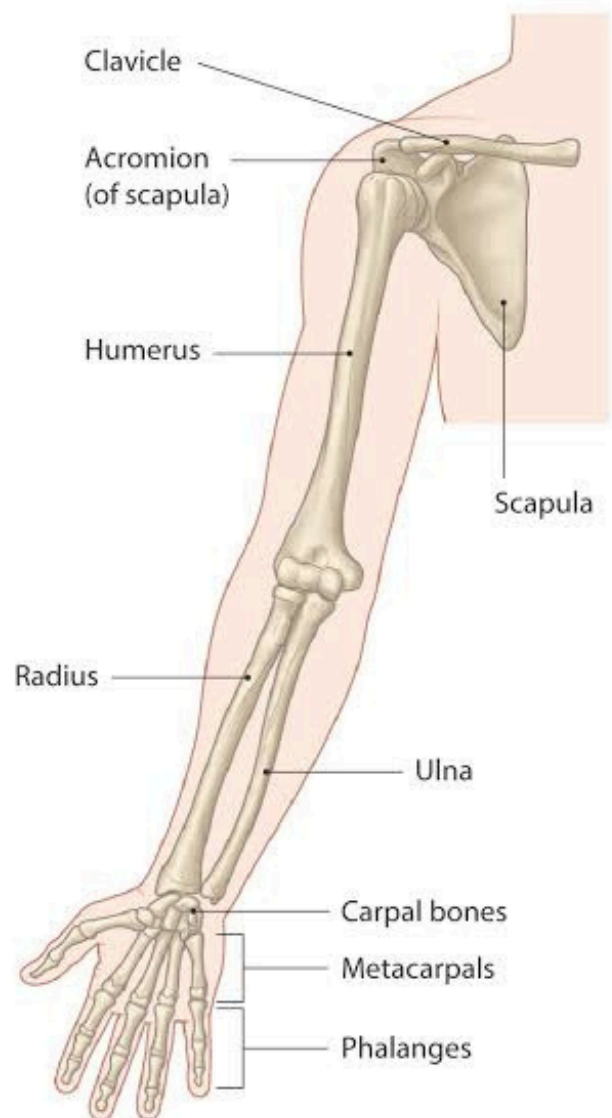
DAILY INFORMATION BULLETIN SERVICE

JOINTS 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



VISUAL REPRESENTATION





JOINTS OF UPPER LIMB

STERNOCLAVICULAR JOINT

- *Type: Saddle joint*
- *2. Description: Articulation between the sternum and clavicle bones.*
- *3. Motion: Allows a variety of movements, including elevation, depression, and rotation.*
- *4. Stability: Stabilized by ligaments, providing strength to the joint.*
- *5. Function: Facilitates shoulder movements and contributes to overall upper limb mobility.*



JOINTS OF UPPER LIMB

ACROMIOCLAVICULAR JOINT

- *Type: Plane synovial joint*
- *2. Description: Connection between the acromion process and clavicle.*
- *3. Function: Supports shoulder movement and enhances flexibility.*
- *4. Injury Prone: Susceptible to dislocation and ligament injuries.*
- *5. Anatomy: Supported by ligaments and surrounded by synovial fluid for smooth motion.*



JOINTS OF UPPER LIMB

ELBOW JOINT

- *Type: Hinge joint with superior and inferior radioulnar joints.*
- *2. Motion: Primarily flexion and extension, with rotational movements in radioulnar joints.*
- *3. Stability: Reinforced by ligaments and the ulnar collateral ligament.*
- *4. Function: Enables precise arm movements and grip control.*
- *5. Complexity: Interplay of multiple joints for versatile arm functionality.*



MCQ

Question: What type of joint is the sternoclavicular joint?

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

Answer: (b) Saddle