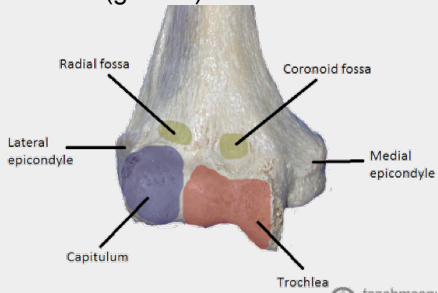
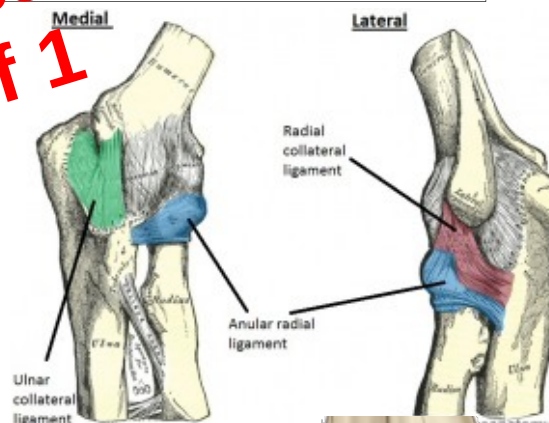


The elbow joint - SYNOVIAL HINGE JOINT

Articular Surface	Description
Trochlea(groove) surface of the humerus 	- Runs obliquely distal and laterally and therefore accounts for the carrying angle at the elbow joint - Concave surface in the frontal plane and a convex surface in the sagittal plane - It forms almost a complete circle - Groove of the trochlea is limited medially by a sharp, prominent ridge and laterally by a lower and blunt ridge - Above the trochlea, anteriorly, is the concave coronoid fossa, which receives the coronoid process of the ulnar during flexion
Capitulum	- hemisphere on the anterior and inferior aspects of the humerus - medial border is truncated forming the capitulotrochlear groove - Above the capitulum anteriorly is the radial notch, which receives the rim of the head of the radius during flexion
Trochlear notch of the ulna	- proximal, deep, trochlear notch of the ulna articulates with the trochlear surface of the humerus - Rounded, curved longitudinal ridge extending from the tip of the olecranon process superiorly to the tip of the coronoid process inferiorly
Head of radius	- superior surface of the head of the radius is concave for articulation with the capitulum - cartilage of this surface is continuous with that around the sides of the head

Ligament	Origin	Insertion	Limitation of Movement
Ulnar collateral: 1. Anterior 2. Posterior 3. Intermediate	Medial epicondyle of the humerus 1. front 2. back 3. under surface	Medial aspect of the coronoid process and olecranon	Limits valgus forces of the elbow
Radial Collateral	lateral epicondyle of the humerus (anterior inferior aspect)	Margins of the radial notch on the ulna.	Limits varus forces of the elbow



Joint capsule	Description
Anteriorly	arises from the medial epicondyle arches upwards and laterally attaching to the margins of the coronoid and radial fossa, and to the articular margin of the capitulum as it reaches the lateral epicondyle
Posteriorly	the capsule follows the lateral margins of the capitulum and arches upwards around the olecranon fossa, returning to the medial epicondyle
Inferiorly	attaches to the margins of the trochlear notch around the olecranon and coronoid processes. It attaches to the annular ligament of the radius and blends with the medial and lateral collateral ligaments of the joint

Synovial membrane
extensively attached to the articular margins of the humerus and ulna. It lines the joint capsule and is reflected onto the humerus

Movements
Flexion Extension

