## JOINTS

**TRUE:** (composed of capsule, articular cartilages and synovial fluid)

- > Glenohumeral: most important joint of the body
- > Sternoclavicular
- > Acromioclavicular
- > Costovertebral
- > Costosternal

FALSE (Functional): (no capsule, no synovial fluid)

- > Scapulocostal
- > Suprahumeral
- > (+) Biceps mechanism: gliding of tendon in relation to intertubercular groove \* BICIPITAL TENDINITIS: inflammation of the long head of tendon

### GLENOHUMERAL

- triaxial

### LIGAMENTS

- > Coracohumeral
- > Glenohumeral
  - Superior
  - Middle
  - Inferior
- Notesale.co.uk \* Foramen of WEITBRECHT : both of ching between the superior and middle part of the Glenohumeral \* Foramen of ROUVIER's autpouching between the relative and inferior part of the Glenohumeral

# GLENOHUMERAL JOINT

> formed by the ball shaped head of humerus and shallow concave glenoid fossa

- Most striking feature is marked discrepancy in the shape of both
- Head: angular value of 153 degrees
- Glenoid fossa: 75 degrees (shallower, larger radius)
- \* STABILITY OF THE GH
- > Negative atmospheric pressure
- > Upward direction of glenoid
- > Presence of glenoid labrum- makes fossa deeper
- > Ligaments
- > GH muscle

### STERNOCLAVICULAR JOINT

- only joint attachment of the upper extremities to the trunk

|--|

#### \* LIGAMENTS

- > sellar (saddle) DEGREES OF FREEDOM OF MOTION: > triaxial
- > Anterior: prevents upward and lateral displacement
  - > Posterior: same as anterior
  - > Costoclavicular: same as anterior, fulcrum
  - > Interclavicular: prevents lateral displacement

ANATOMY

NAME	ORIGIN	INSERTION	ACTION	NERVE
TRAPEZIUS Upper Fibers	EOP, superior nu- chal line, ligamen- tumnuchae, spinous process c7	Post border lat. Clavicle, medi- al margin acromion	Elevates scapula; rotates scapula up- ward, draws head to same side and turns face to opposite side	Spinal accesso- ry (CN XI), C3 and c4 as sen- sory
Middle fibers	Spinous process T1-T6	Posterior bor- der spine of scapula	Retracts scapu- la	Same
Lower fibers	Spinous processes T7-T12	Tubercle spine of scapula	Depresses scapula; rotates scapula upward	Same
SERRATUS ANTERIOR	Ribs 1-8 anterol- ateral thoracic wall	Inferior angle, medial border scapula	Protracts scap- ula; rotates scapulatury aro	Longmorace nurve of Bell (C5-C7)
LEVATOR SCAPULA	Posterior tubercles, transverse protess C1 C1	Loper medial border, supero angle starila	Elevates and states scapula downward; scapula fixed, extends and laterally bends neck	Dorsal scapu- lar, C3, C4, C5
RHOMBOID MAJOR	Spinous process, T2-T5, suprasp- inous ligament	Medial border, below spine of scapula	Retracts (ad- ducts) scapula, holds scapula to chest	Dorsal scapu- lar, C5
RHOMBOID MINOR	Ligamentumnuchae, spinousprocesses C7-T1	Medial border, scapula at root of spine	Retracts (ad- ducts), scapula, holds scapula to chest	Dorsal scapu- lar, C5
PECTORALIS MINOR	Upper outer sur- face, ribs 3-5	Coracoid pro- cess	Protracts scap- ula; depresses shoulder; aids in downward rotation of scapula	Medial pectoral (C6-C8)
SUBCLAVIUS	Rib 1	Undersurface of scapula	Depresses scapula, main- tains sternocla- vicular joint	Nerve to sub- clavius (C5-C6)



Jlb\_MD