

BONES AND JOINTS- formed by the radius, ulna, carpals and metacarpal bases

- Distal RADIUS and ULNA
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 - 2 Depressions on articular surface: scaphoid and Lunate fossa which articulates with scaphoid and lunate bone respectively
 - Lister's tubercle – elevation on Dorsal aspect of metaphysis; fulcrum of extensor indicis
 - presence of sigmoid notch/ulnar notch to accommodate ulnar head to form distal radioulnar joint
 - radial styloid –groove for abductor pollicis longus to pass through
 - DISTAL ULNA
 - head arose from styloid process of the ulna
- Carpal bones
 - 8 bones
 - arranged in 2 rows (proximal and distal)
 - a. Proximal row (lateral to medial)
 - i. Scaphoid (Navicular)*
 - most commonly fractured bone; boat-shaped
 - it may be considered as part of distal row; 80% is covered by articulating cartilage (articulates with radius, trapezium, trapezoid, capitate, lunate)
 - ii. Lunate (Semilunar)
 - most commonly dislocated bone
 - iii. Triquetrum (Cuneiform)
 - iv. Pisiform
 - sesamoid bone embedded within flexor carpi ulnaris
 - does not play in the mobility of wrist joint
 - b. Distal row (lateral to medial)
 - i. Trapezium (Greater multangular)
 - ii. Trapezoid (Lesser multangular)
 - smallest
 - iii. Capitate (Os Magnum)
 - largest
 - iv. Hamate (Unciform)
 - interval b/n the hook and pisiform is where the ULNAR artery and nerve pass
 - *HOOK OF HAMATE/HAMULUS- attachment of **flexor carpi ulnaris and transverse carpal ligament**

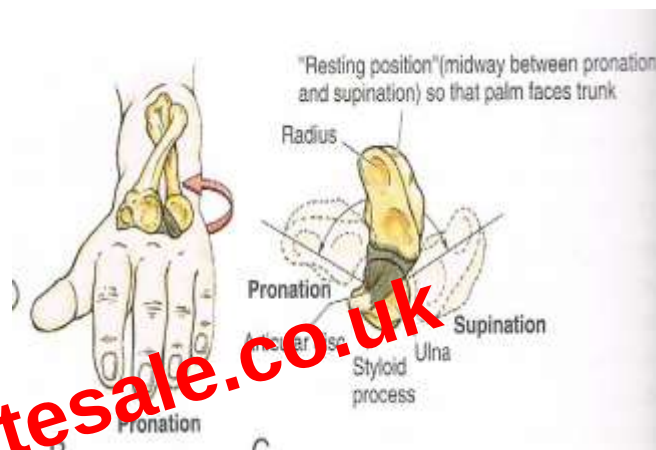
*ARTICULATING CARTILAGE

-narrow space for ligamentous attachment
 -has less blood supply on proximal part (prone to vascular necrosis if injured)

- METACARPAL BONES
 - 5 (I-V from lateral to medial) bones forming the skeleton of the palm
 - has a base, shaft and head.

*INDIVIDUAL CHARACS.

- I- shorter and stouter
 - has tubercle on lateral side of base
- II- longest with largest base
 - base is notched for the TRAPEZOID, the medial margin of the notch articulates with the CAPITATE and the lateral boundary articulates with the TRAPEZIUM
- III- smaller than II
 - styloid process on base
 - base articulates with CAPITATE
- IV- base has 2 facets on lateral sides (for III) and 1 facet on medial side (for V)
 - base articulates with HAMATE; slightly with CAPITATE



• V- smallest
 -has tubercle on medial side of base and a metacarpal facet on its lateral side

