

Sterno-Clavicular Joint

TYPE	Saddle joint
ARTICULAR SURFACES	Medial end of clavicle and superolateral angle of manubrium of sternum and adjacent part of 1st costal cartilage
CAPSULE	Covered with fibrocartilage
LIGAMENTS	Anterior, posterior & interclavicular ligaments. Costoclavicular ligament
STABILITY	
MOVEMENTS	Elevation&Depression, Protraction&Retraction, Axial rotation

Acromio-Clavicular Joint

TYPE	Synovial plane joint
ARTICULAR SURFACES	Flat oval articular surfaces on lateral end of clavicle and anteriomedial border of acromion
CAPSULE	Loose fibrous capsule, synovial membrane
LIGAMENTS	Superior & inferior acromioclavicular ligaments, coracoclavicular ligament
STABILITY	Partial fibrocartilagenous disc
MOVEMENTS	Protraction/Retraction, elevation/depression, medial/lateral scapular rotation

Shoulder Joint

TYPE	Synovial ball and socket joint
ARTICULAR SURFACES	Between the glenoid fossa of scapula and head of the humerus
CAPSULE	Loose fibrous capsule, synovial membrane
LIGAMENTS	Superior, middle & inferior glenohumeral ligaments, transverse humeral ligament, coracohumeral ligament, coracoacromial ligament
STABILITY	
MOVEMENTS	Flexion/extension, abduction/adduction, lateral/medial rotation