

- TRIQUETRUM / TRIANGULAR
  - PYRAMIDAL
  - ART W/ PISIFORM
- PISIFORM
  - Smallest
  - PEA SHAPED
- Distal row
  - Trapezium / GM
  - Trapezoid / LM
    - Hamulus
  - Capitate / OS MAGNUM
    - Largest in carpal bone
  - HAMMATE/ UNCIFORM
    - Hook like process

## EXAMINATION OF THE FIRST DIGIT

### THUMB

#### AP PROJECTION

- CRD : perpendicular

#### AP PROJECTION

#### ROBERT METHOD

- demo:
  - 1st CMC articulation

- Perpendicular
- 10- 15 degrees cephalad : depressed and elevated affected side

## EXAMINATION OF THE SHOULDER GIRDLE / PECTORAL GIRDLE

- CLAVICLE : COLLAR BONE
  - LATERAL END (JOINT): ACROMIOCLAVICULAR JOINT
  - MEDIAL END (JOINT): STERNOCLAVICULAR JOINT
- S- SHAPED
- LONG BONE
- Ossify at age of 21
- Most commonly fractured bone
- LOCATED OVER THE UPPER ANTERIOR RIB CAGE
- SCAPULA - SHOULDER BLADE
  - Inverted triangle shape
  - Upper margin of scapula: at the level of 2nd posterior rib
  - Lower margin of scapula: T& Of the posterior rib
  - FLAT BONE

## EXAMINATION OF THE SHOULDER JOINTS

### SHOULDER NON- TRAUMA

### AP INTERNAL ROTATION/ EXTERNAL ROTATION

### AP INTERNAL ROTATION

- DEMO:

- Horizontally to midcoronal

## SUPEROINFERIOR AXIAL PROJECTION

- DEMO: LESSER TUBERCLE
- POSITION:
  - FLEXION: 90 DEGREES
  - EXTEND SHOULDER
- CRD: 5-15 DEGREES TOWARDS THE ELBOW

## TANGENTIAL PROJECTION

### FISK METHOD

- DEMO: INTERTUBERCULAR GROOVE
- POSITION:
  - SEATED
  - UPRIGHT
- CRD:
  - SUPINE: 10- 15 DEGREES CEPHALAD
  - PERPENDICULAR
  - UPRIGHT: 10- 15 DEGREES CAUDALLY

## AP OBLIQUE PROJECTION

### RPO/ LPO

### GRASHEY METHOD

- demo: GLENOID CAVITY IN PROFILE
  - GLENOID FOSSA IN FOSSA
- RECUMBENT

- CRD:
  - 15 degrees caudally

**Preview from Notesale.co.uk**  
**Page 28 of 28**