

SHOULDER

Bones of the shoulder joint:

- 1.
- 2.
- 3.

Four articulations in the shoulder joint:

1. Name –
Description –

Strength –
Ligaments –
 - 1.
 - 2.
 - 3.
 - 4.

2. Name –
Description –
Strength –
Ligaments –
 - 1.
 - 2.
 - 3.

3. Name –
Description –

Ligaments –
1.

4. Name –
Description –

Ligaments –

Muscles of the shoulder joint:

Superficial

- 1.
- 2.
- 3.
- 4.

Deep

- 1.
- 2.
- 3.
- 4.

The above four deep muscles are collectively known as the _____

Movements of the shoulder joint (major)

Movement

Muscles

1.

2.

3.

Movement of the shoulder joint (other)

1.

2.

3.

4.

ELBOW

Bones of the elbow joint

- 1.
- 2.
- 3.

Articulations

- 1.
- 2.
- 3.

Ligaments

- 1.
- 2.
- 3.
- 4.
- 5.

What is the function of the synovial membrane –

Bursa –

- 1.
- 2.

Movements of the elbow (major)

Movement

Muscles

1.

2.

Movements of the elbow (other)

1.

2.

WRIST AND HAND

Most movements of the wrist occur between forearm bones: 1.

2.

and wrist bones

1.

2.

3.

Hand articulations

1.

2.

Bones of the wrist

Proximal

Distal

1.

2.

3.

4.

Movements of the wrist

1.

2.

3.

4.

5.

Wrist ligaments

- 1.
- 2.
- 3.

How are the metacarpals of the hand named?

Movements of the metacarpals

- 1.
- 2.
- 3.
- 4.

How are the phalanges named?

Movements of the phalanges

- 1.
- 2.