GENERAL OBJECTIVES:
- recognize, name and correctly orient forearm and hand bones
- understand movements in elbow, wrist and hand joints

SPECIFIC OBJECTIVES:
**Bones of the forearm and hand**

Identify the bony features on each part of the following bones:
RADIUS  - Upper End
- Shaft
- Lower End
ULNA  - Upper End
- Shaft
- Lower End
Deduce (from the shape of the articular surfaces) the movements at (i) the elbow joint and (ii)
the radioulnar joints.
Indicate the bony attachments of the major ligaments which help to maintain the stability of
these joints (while allowing their mobility).

Identify the following bones
CARPALS  - Proximal Row
- Distal Row
METACARPALS
PHALANGES
Identify the attachments of the Flexor Retinaculum and define the "Carpal Tunnel".
Deduce (from the shape of the articular surfaces) the movements at
(i) the wrist joint
(ii) the carpometacarpal joint of the thumb
(iii) metacarpophalangeal joints
(iv) interphalangeal joints
Indicate the bony attachments of the major ligaments which help to maintain the stability of
these joints (while allowing their mobility).

**Joints of the forearm and hand**

Elbow Joint
*Articular Surfaces (Humeroulnar & Humeroradial)*
*Fibrous Capsule & Joint Cavity*
Synovial Membrane
*Collateral Ligaments (Medial & Lateral)*
Special Structures:
- Olecranon Bursa
- Other Bursae, Pads of Fat
Movements at the Elbow Joint:
Flexion/Extension
Stability
Carrying Angle

Radioulnar Joints
**Proximal Radioulnar Joint**
- Annular Ligament
**Distal Radioulnar Joint**
- Articular Disc

Movements at the Radioulnar Joints:
- Pronation/Supination

Wrist Joint
**Articular Surfaces**
**Capsule & Ligaments**
- Synovial membrane

Movements at the Wrist Joint:
- Flexion/Extension
- Adduction/Abduction

Stability

Joints of Hand
**Intercarpal Joints** (+ “Midcarpal” Joint)
**Carpometacarpal & Intermetacarpal Joints**
**Carpometacarpal Joint of the Thumb**
**Metacarpophalangeal (M.P.) Joints**
- Palmar Ligaments (Plates)
**Interphalangeal (I.P.) Joints**
- Collateral Ligaments, Palmar Plates

Movements of the Thumb:
- Flexion/Extension
- Abduction/Adduction/Opposition

Movements of the Fingers:
- Flexion/Extension
- Abduction/Adduction