

Elbow joint

Type → hinge joint - synovial joint. - compound joint.
cubital articulation 3 joints

articular surface → (1) capitulum & trochlea of humerus

(2) head of radius

(3) trochlear notch of ulna.

Cubital articulation - 3 joints.

(ball & socket) humero radial. → cap + head of radius

(saddle) humero ulnar. → trochlea + T-notch.

(pivot) superior radio-ulnar joint.

LIGAMENTS

(1) Joint capsule: attached to peripheral margins of articular surfaces of radius & ulna. & humerus.

- It is thick medially & laterally.

- thin anteriorly & posteriorly.

- Includes 3 fossa → coronoid fossa, radial fossa & olecranon fossa.

- merges with annular ligament of superior radio-ulnar joint.

(2) Synovial mem: lines inner surface of capsule.



Ulnar Collateral (medial Ligament)

→ triangular shaped.

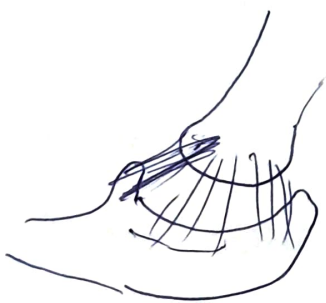
apex → medial epicondyle

base → split to 3. → anterior band → coronoid process.

attach to.

posterior band → olecranon process.

inferior band → between these 2 process.



Radial Collateral Ligament (lateral ligament)

lateral epicondyle of humerus to annular ligament (blends)

MOVEMENTS

RELATIONS

anteriorly → brachial artery
median nerve
bicipital aponeurosis
brachialis muscle.

posteriorly → biceps tendon,
anconeus.

medial → flexor carpi ulnaris
common flexor origin
ulnar nerve.

lateral → common extensor origin
extensor carpi radialis brevis
supinator.

Blood supply

arterial anastomoses around elbow.

NS

radial nerve

ulnar nerve

median nerve

musculocutaneous nerve.

Supraco radio-ulnar joint

Type: pivot type of synovial joint.

articular surface : circumference of radial head.

fibrous ring made by radial notch of ulna & annular ligament.

Ligaments

Capsular ligament.

• annular ligament. → ^{fibrous} band

that encircles circumference of radius & attaches it to radial notch on ulna.

• Quadrate ligament. → neck of radius → ulna.

Relations

anteriorly → ~~coronoid~~ supinator muscle

posteriorly → anconeus.

B. J → A. - anastomose.

NS → same.

movements → supination & pronation