

✓ essny SHOULDER JOINT. - Glenohumeral joint

Sacrificed stability for mobility

① Type: Ball and socket variety of synovial joint.
multiaxial.

functionally → diarthrosis.

② Articular Surfaces: head of humerus incl. {large & round}
glenoid cavity of scapula. {shallow}.

③ Ligaments: ① Capsular ligament.

② Glenohumeral ligament.

③ Coraco humeral ligament.

④ Transverse humeral ligament.

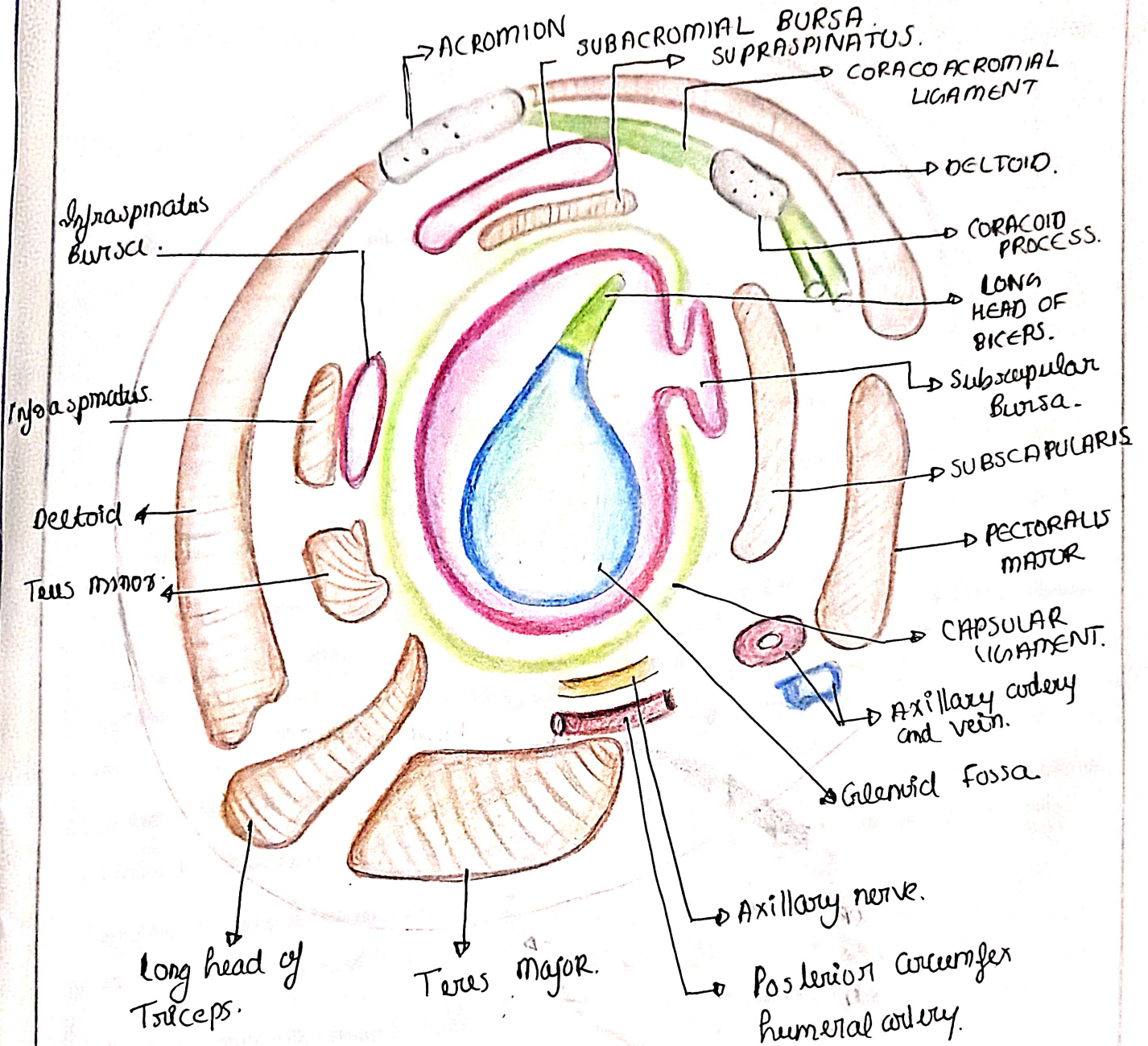
Accessory Ligaments

① Coracoacromial Ligament.

② Coracoclavicular arch.

10/10/23.

RELATION OF THE SHOULDER JOINT.



① Capsular Ligament / Joint capsule.

- thin, fibrous joint capsule surrounds the glenohumeral joint.

medially → margins of glenoid cavity beyond.

glenoid labrum, include supraglenoid tubercle
& exclude → infraglenoid tubercle.
anatomical.
Laterally → neck of humerus Except inferiorly
↳ till surgical neck.

- long head of biceps brachii is enclosed in joint capsule

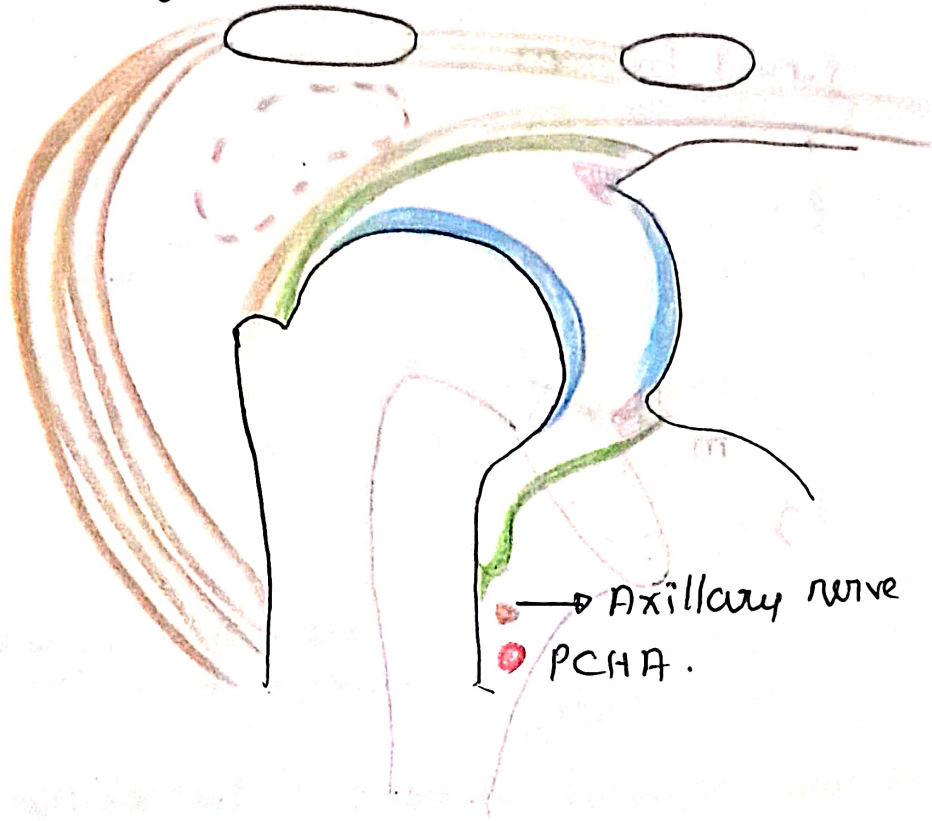
• synovial membrane.

- lines inside of joint capsule.
- forms tubular sheath around tendon of biceps brachii.
- communicates with Subscapular & Infraspinatus bursa.

Joint capsule has 3 apertures

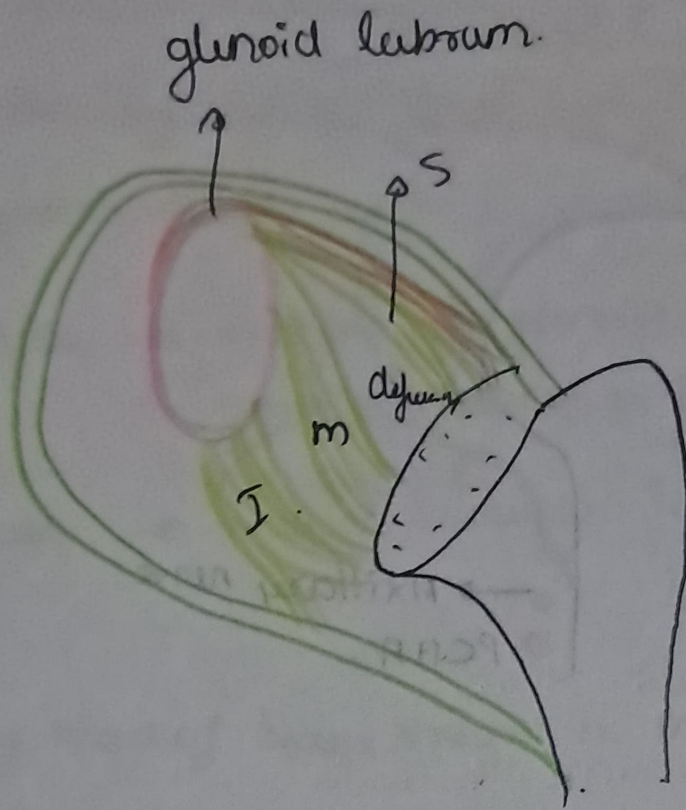
- ✓ opening btw tubercles of humerus for tendon of biceps
- ✓ entering inferior to coracoid process to communicate to subscapular bursa

- posterior opening to communicate with infraspinatus bursa for synovial cavity.



② Glenohumeral Ligaments.

- 3 thickening in anterior part of joint capsule.
- superior, middle & inferior glenohumeral ligaments.
- only visible from anterior of joint.
- there is a deficiency b/w superior & middle.
- { important in anterior dislocation of shoulder joint }



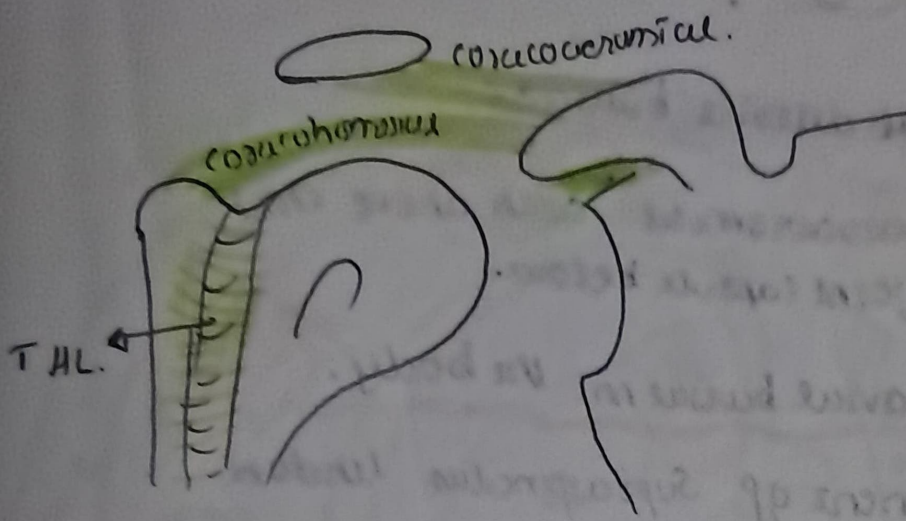
Glenohumeral Ligament.

③ Coracohumeral Ligament.

- strong band of fibrous tissue.
- from base of coracoid process to greater tuberosity of humerus.

④ Transverse Humeral.

- bridges bicipital groove. Convert groove to canal for passage of tendon of long head of biceps brachii



- Accessory ligaments.

- ① Coracoacromial ligament → between coracoid process & acromion process. protects superior aspect of joint.
- ② Coracoacromial arch → formed by coracoid process, acromion process and Coracoacromial ligament.
 - Osseoligamentous structure forms a protective arch above head of humerus and prevents its superior displacement.

④ Bursae of shoulder joint

Subacromial / subdeltoid bursae.

→ lies between coracoacromial arch above and supraspinatus & joint capsule below.

→ The Largest synovial bursae in the body.

→ facilitates movement of supraspinatus tendon.

Subscapular bursa. {deep to subscapular tendon}

• between neck of scapula & subscapularis tendon.

• protects tendon from friction

• communicates with joint capsule.

Infraspinatus bursa

• between infraspinatus and joint capsule.

Relations



Superiorly

- coracoacromial arch,
- subacromial bursa.
- Supraspinatus.
- deltoid ✓

Anteriorly

- subacromial bursa.
- subapular bursa.
- coracoacromial arch
- deltoid ✓
- short head of biceps brachii

Inferiorly

- long head of biceps.
- Ax. N, PCH vessels.

Posteriorly

- infraspinatus, bursa,
- teres minor, deltoid ✓

! Arterial Supply:

- Anterior and posterior humeral arteries.
- Suprascapular artery.
- Subscapular artery.

! Nerve Supply:

- Axillary nerve
- Suprascapular nerve.
- musculocutaneous nerve.

factors providing stability to shoulder joint.

- 1 Rotator cuff (musculotendinous cuff)
- 2 Coracoacromial arch
- 3 long head of biceps tendon.
- 4 glenoid labrum.