



The Shoulder & Elbow



Shoulder (glenohumeral joint)
(acromioclavicular joint, clavicle removed)



Shoulder
(acromioclavicular joint with ligaments)

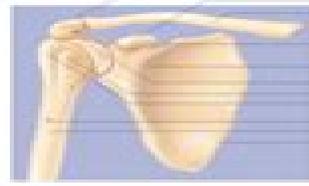
Elbow
(ulnohumeral joint with ligaments)

The shoulder

The shoulder is a ball-and-socket joint, formed by the head of the humerus (upper arm bone) resting in the glenoid cavity of the scapula (shoulder blade). It is a synovial joint, which means it is surrounded by a joint capsule and synovial fluid. The shoulder is a highly mobile joint, allowing for a wide range of motion. It is also a complex joint, involving the acromioclavicular joint and the sternoclavicular joint. The shoulder is supported by several ligaments and muscles, which help to stabilize the joint and prevent dislocation. The shoulder is a common site of injury, particularly in athletes and in older adults. Common injuries include rotator cuff tears, acromioclavicular joint sprains, and shoulder dislocations.



Shoulder
(ball & socket joint)



Shoulder
(distal view)



Shoulder
(proximal view)



Elbow
(superior view)



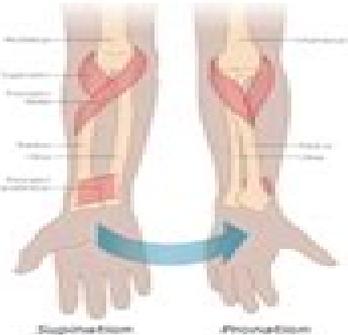
Elbow
(distal view)



Elbow
(hinge joint)

The elbow

The elbow is a hinge joint, formed by the distal humerus (upper arm bone) and the proximal radius and ulna (forearm bones). It is a synovial joint, which means it is surrounded by a joint capsule and synovial fluid. The elbow is a highly mobile joint, allowing for a wide range of motion. It is also a complex joint, involving the acromioclavicular joint and the sternoclavicular joint. The elbow is supported by several ligaments and muscles, which help to stabilize the joint and prevent dislocation. The elbow is a common site of injury, particularly in athletes and in older adults. Common injuries include elbow dislocations, ligament sprains, and tendon tears.



Supination

Pronation



Flexion



Extension



Acromioclavicular dislocation
Grade I (minor)

Acromioclavicular dislocation
Grade II (minor)

Acromioclavicular dislocation
Grade III (minor)

Rotator cuff tear

Impingement

Understanding Shoulder Elbow

D Keegan

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red-to-white gradient semi-circle positioned behind the bar's end.

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