Wrist joint & joints of hand

- **Synovial joint**
- Variety – **ellipsoidal**
- **Articular surface** -
  Proximal-Distal end of radius & Inferior surface of articular disc of inferior radioulnar joint
- Distal- Proximal surface of scaphoid, lunate & triquetral
Capsular ligament-
Attached to the margin of proximal & distal surface

Thickenings in the capsule-
Anteriorly - in lateral part palmar radiocarpal ligament
in medial part palmar ulnocarpal ligament
Thickenings in the capsule-

**Posteriorly** - dorsal radiocarpal ligament
- Ulnar collateral ligament
- Radial collateral ligament
- **Nerve supply** - Anterior & posterior interosseous nerves
- **Blood supply** - Radial, ulnar & anterior interosseous artery

**Movements occurring at wrist joint**
- **Flexion** - Palmaris longus, FDS, FDP & FPL
- **Extension** - Extensor digitorum, EDM & extensor indicis
- **Adduction** - ECU & FCU
- **Abduction** - ECRL, ECRB
Joints of hand

• Mid carpal ligament- present between proximal & distal row of carpal bones

Carpometacarpal joint of thumb-

• Saddle variety of synovial joint
• Articular surface- Distal surface of trapezium
Proximal surface of the first metacarpal
Movement occurring at first Carpometacarpal joint of thumb:

- Flexion- FPL, FPB, & OP
- Extension- EPL, EPB and APL
- Abduction- APB and APL
- Aduction - AP
• Intercarpal, carpometacarpal and intermetacarpal joints - all plane joints having gliding movements only.
• Metacarpophalangeal joints - ellipsoid joints allows
• Flexion- Lumbricals, FDS, FDP, PI & DI
• Extension- ED
• Abduction- ED and DI
• Adduction- PI and FDS and FDP of the fingers.
• **Metacarpophalangeal joints**- ellipsoid joints allows

• **Flexion**- Lumbricales, FDS, FDP, PI & DI

• **Extension**- ED

• **Abduction**- ED and DI

• **Adduction**- PI and FDS and FDP of the fingers.
• **Interphalangeal joints** - Hinge joints of the condylar type.
• Each finger has two joints proximal and distal.

**Flexion** at proximal IP joints by FDS and FDP
• Flexion at distal IP joints by FDP

**Extension** at proximal and distal IP joints by ED, lumbricals and interossei
• The EI helps in extension of index finger and EDM helps in that little finger
Applied

- Wrist joint is commonly involved in rheumatoid arthritis
- Back of wrist is common site of ganglion