

## LMRT Review Upper Limb & Shoulder Girdle Basics

### **Shoulder Joint**

- The shoulder joint is also called the glenohumeral joint
- It is formed between:
  - The head of the humerus
  - The glenoid cavity of the scapula
- This joint allows a wide range of motion (flexion, extension, abduction, rotation)

### **Elbow Joint**

- The elbow joint is formed between:
  - The humerus
  - The radius
  - The ulna
- It allows flexion and extension of the arm

### **Scapula (Shoulder Blade)**

- The scapula is commonly known as the shoulder blade
- Important parts of the scapula include:
  - Acromion
  - Coracoid process
  - Glenoid cavity

### **Acromion**

- The acromion is a bony projection of the scapula
- It articulates with the clavicle at the AC joint

### **Clavicle**

- The clavicle (collarbone) connects:
  - Sternum (medially)
  - Scapula (laterally)
- Helps stabilize the shoulder

### **Upper Arm Bone**

- The humerus is the long bone of the upper arm
- It connects:
  - Shoulder joint (proximally)
  - Elbow joint (distally)

## **Forearm Bones**

- The forearm is made up of:
  - Radius
  - Ulna

## **Radius**

- Located on the thumb side of the forearm
- Rotates during pronation and supination

## **Ulna**

- Located on the pinky side of the forearm

## **Wrist (Carpal) Bones**

- There are 8 carpal bones in the wrist
- Remember: “Some Lovers Try Positions That They Can’t Handle”
  - Scaphoid
  - Lunate
  - Triquetrum
  - Pisiform
  - Trapezium
  - Trapezoid
  - Capitate
  - Hamate

## **Scapula Projections (Radiography)**

Best Projection to See Scapula Free of Superimposition

- Lateral Scapula (Y View)
- Separates the scapula from ribs and lung fields
- Commonly used to evaluate:
  - Dislocations
  - Fractures

## **Quick Test Tips**

- Shoulder joint = Glenohumeral
- Shoulder blade = Scapula
- Thumb side = Radius
- Upper arm long bone = Humerus
- Forearm bones = Radius & Ulna
- Carpals = 8 bones
- Best scapula view = Lateral (Y view)