



# JOINTS OF THE SHOULDER

## Norse Foundation

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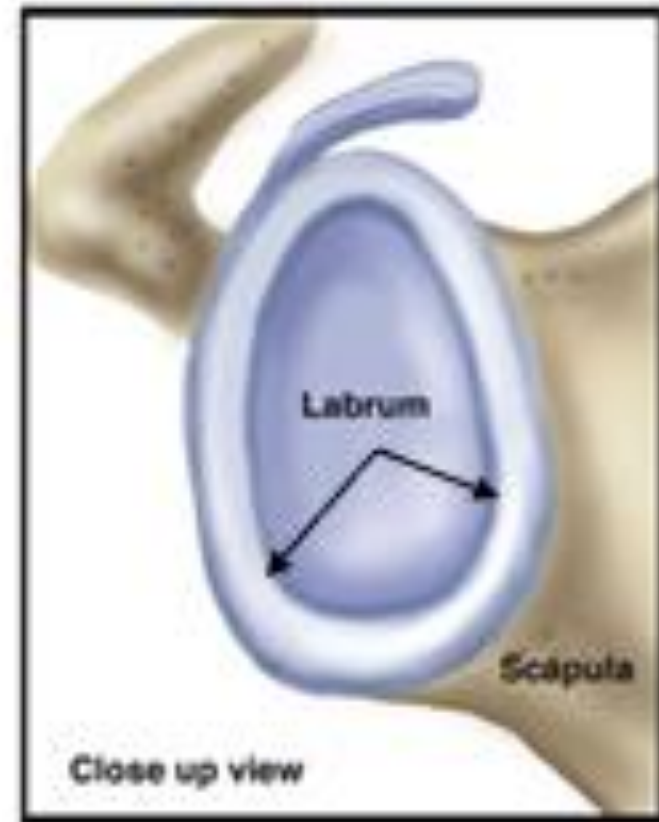
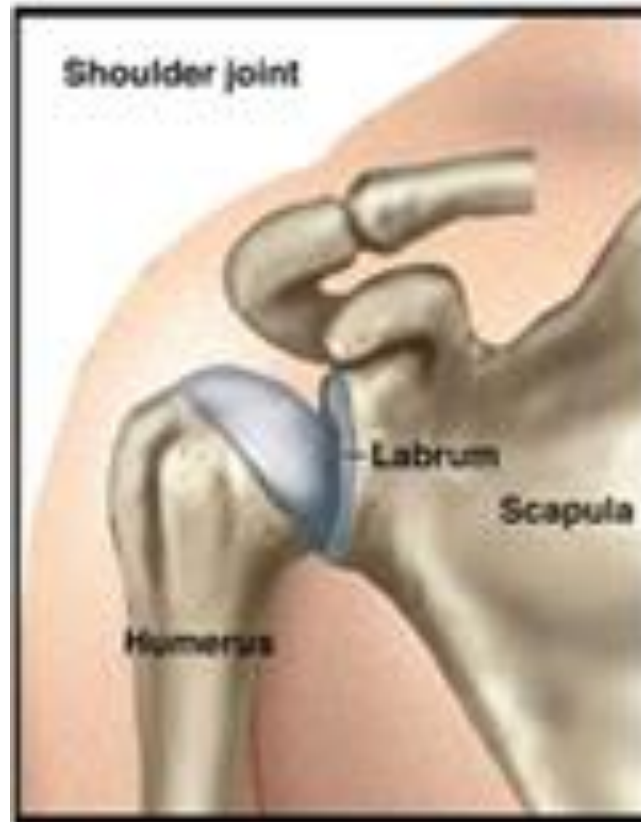
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# JOINTS – GLENO – HUMERAL JOINT

The gleno – humeral joint is a multiaxial synovial ball and socket joint. The joint lies between the humeral head and the glenoid. The joint is made more stable and deepened by the glenoid labrum.

The labrum is a ring of fibro – cartilage, but the area of articulation is less than a third of the humeral head.



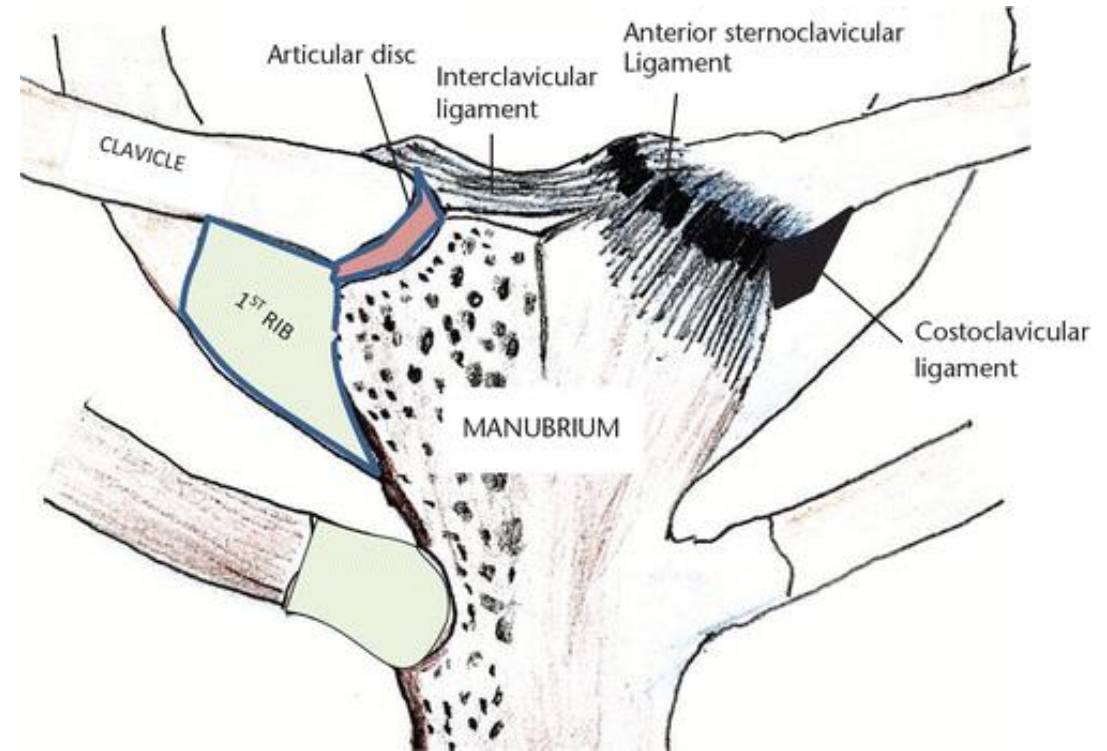


# JOINTS – STERNOCLAVICULAR

The sternoclavicular joint (SCJ) is a synovial joint and is classified as a saddle joint. Its main action is to glide.

The joint articulation is between the manubrium of the sternum and the clavicle. Specifically, the clavicular notch and the first rib.

The surface of the two articular structures are lined with fibro – cartilage and they have a small disc that separates them. This means that there is a medial and a lateral compartment of the joint.



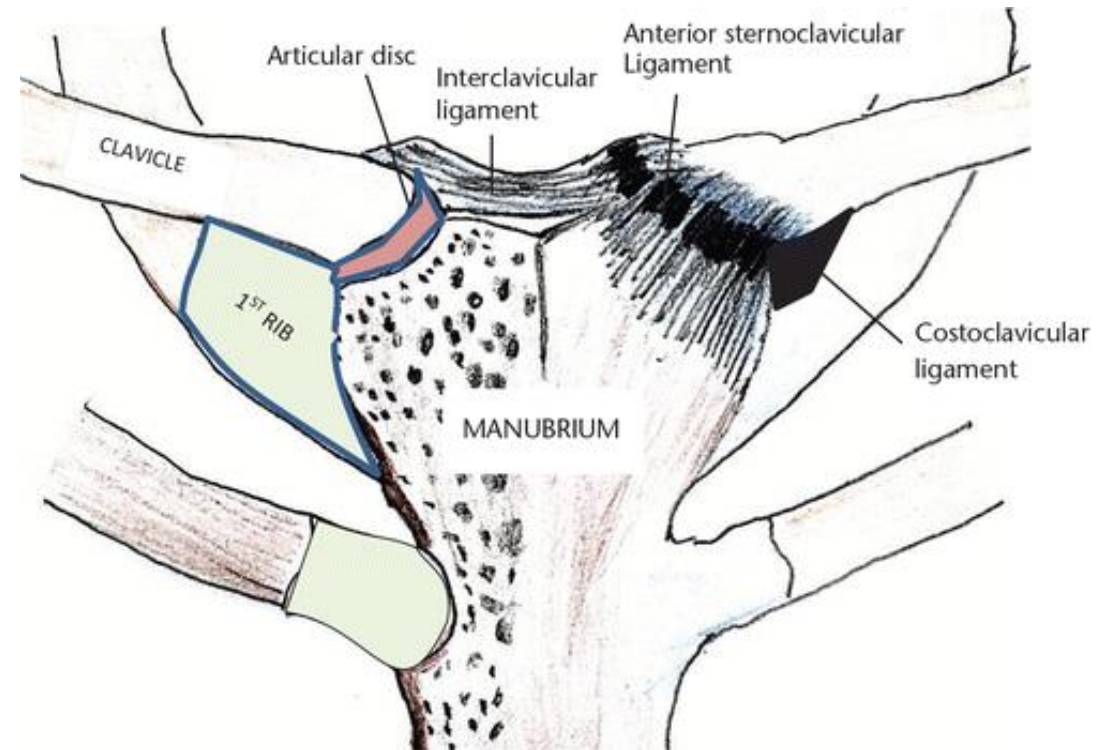


# JOINTS – STERNOCLAVICULAR

The main stabiliser of the joint is the costoclavicular ligament.

SCJ dislocations are rare but can occur due to trauma to the clavicle or the shoulder. A posterior dislocation needs special care because they can be fatal.

The movement of the joint is in three planes, anteroposterior, vertical and rotation. Movements are described as elevation and depression.



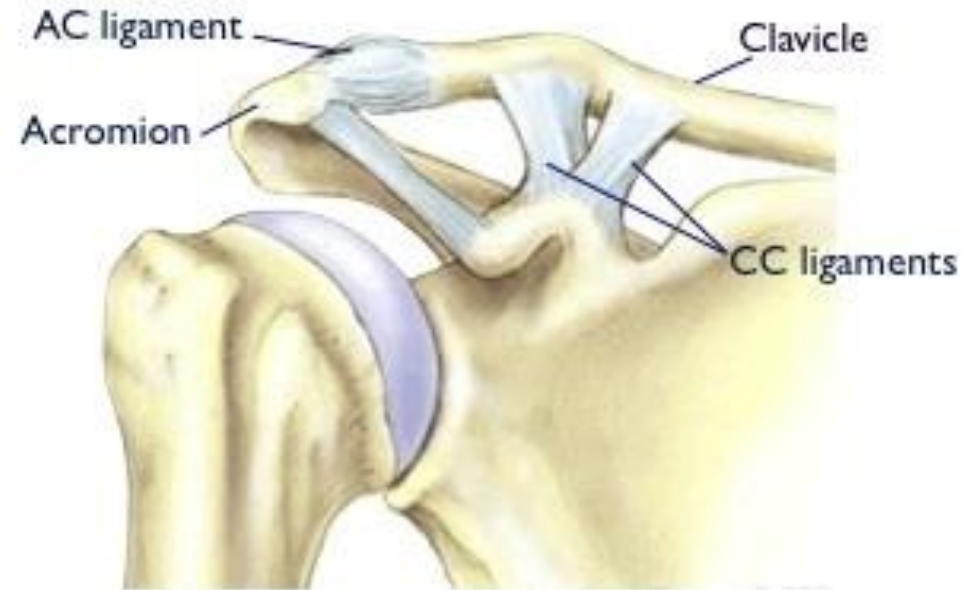


# JOINTS – ACROMIOCLAVICULAR

The acromioclavicular joint or ACJ is a plane synovial joint that lies between the oval facet of the lateral end of the clavicle and the medial side of the acromion.

The joint is stabilised by three ligaments the acromioclavicular ligaments;

- Superior AC ligament – covers superior part of the joint – parallel fibres – attaches to traps and deltoid and articular disc.
- Inferior AC ligament – thinner – cover under side of the joint.
- Coracoacromial ligament – travels from the coracoid process to the acromion – strong triangular band.







# JOINTS – ACROMIOCLAVICULAR

The function of the ACJ allows the arm to be raised above the head. The joint acts as a pivot point or a strut, which helps the movement of the scapular allow arm rotation.

[https://en.wikipedia.org/wiki/Acromioclavicular\\_joint](https://en.wikipedia.org/wiki/Acromioclavicular_joint)

