

Ligaments

I. Pectoral Girdle & Shoulder

A. Coracoclavicular

function – stabilizes acromioclavicular joint

1. Trapezoid

attachments – from coracoid process to trapezoid line of clavicle

2. Conoid

attachments – from coracoid process to conoid tubercle

B. Acromioclavicular

function – stabilizes acromioclavicular joint

attachments – from superior aspect of acromial end of the clavicle to adjacent acromion

C. Coracoacromial

function – prevents the superior displacement of the humeral head

attachments – from lateral border of coracoid process to acromion adjacent to clavicular articulation

D. Transverse scapular

attachments – from the base of the coracoid process to the medial edge of the scapular notch

E. Glenoid capsule & labrum

attachments – from the circumference of glenoid cavity to anatomical neck of the humerus

F. Glenohumeral

function – stabilizes glenohumeral articulation

attachments – from upper part of medial margin of glenoid cavity to lesser tubercle & anatomical neck

G. Transverse humeral

attachments – from lesser to greater tubercle

II. Elbow & Forearm

A. Ulnar collateral

attachments – from medial epicondyle to medial margin of coronoid process & olecranon

B. Radial collateral

attachments – from lateral epicondyle to annular ligament

C. Annular

function – stabilizes joint

attachments – from the anterior margin of the radial notch to posterior margin of radial notch surrounding head of radius

D. Interosseous membrane

attachments – from interosseous border of radius to interosseous border of ulna

III. Wrist & Hand

A. Flexor retinaculum (transverse carpal ligament)

function – prevents bowstringing of the tendons of the flexor pollicis longus, flexor digitorum superficialis and flexor digitorum profundus muscles

attachments – from the pisiform & hook of the hamate to scaphoid & trapezium

B. Palmar radiocarpal

attachments – from the anterior distal radius to anterior scaphoid, lunate & triquetral

function – resists extension of wrist

C. Palmar ulnocarpal

attachments – from the ulnar styloid process & anterior margin of articular disc to lunate & triquetral

function – resists extension of wrist

D. Dorsal radiocarpal

attachments – from the posterior border of distal radius to dorsal surface of scaphoid, lunate & triquetral

function – resists flexion of wrist

E. Radial collateral carpal

attachments – from the tip of radial styloid process to radial side of scaphoid

function – resists adduction of wrist

F. Ulnar collateral carpal

attachments – from apex of ulnar styloid process to triquetral & pisiform

function – resists abduction of wrist