



# The Shoulder & Elbow



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



Shoulder  
(acromioclavicular joint with ligaments)

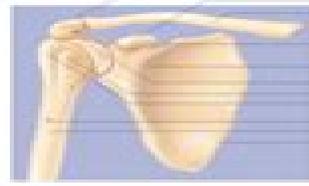
Elbow  
(ulnohumeral joint with ligaments)

## 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, with several ligaments and muscles that help to stabilize it.



Shoulder (ball & socket joint)



Shoulder (oblique view)



Shoulder (acromioclavicular joint)



Elbow (oblique view)



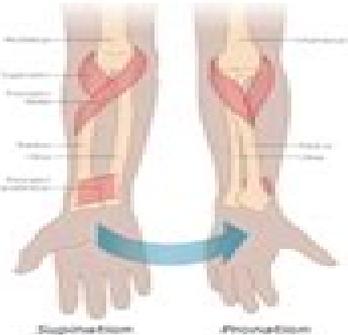
Elbow (superior view)

## The elbow

The elbow is a hinge joint, formed by the distal end of the humerus (upper arm bone) and the proximal end of the 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, with several ligaments and muscles that help to stabilize it.



Elbow (hinge joint)



Supination

Pronation



Flexion



Extension

**Acromioclavicular dislocation  
Grade I (minor injury)**

**Acromioclavicular dislocation  
Grade II (disrupted)**

**Acromioclavicular dislocation  
Grade III (severe injury)**

**Rotator cuff tear (severe injury)**

**Impingement (severe injury)**

# Understanding Shoulder Elbow

**Yijin Wang**



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