

Select Joints and Ligaments

Shoulder Joint

Articular Capsule

Rotator Cuff = Combination of ligaments

Coracohumeral ligament

coracoid process --> greater tubercle of humerus

Glenohumeral ligament

3 extensions from glenoid cavity --> lesser tubercle and anatomical neck of humerus

Transverse humeral ligament

Narrow sheet from greater tubercle --> lesser tubercle of humerus

Glenoid labrum

Narrow rim of fibrocartilage around glenoid cavity

Bursae:

Subscapular

Subdeltoid

Subacromial

Subcoracoid

Elbow Joint

Articular capsule

Ulnar collateral ligament

medial epicondyle of humerus --> coronoid process and olecranon of ulna

Radial collateral ligament

lateral epicondyle of humerus -->

annular ligament (ligament of radialannular pivot joint) and radial notch of ulna

Hip Joint

Articular capsule

Iliofemoral ligament

anterior inferior iliac spine --> intertrochanteric line of femur

Pubofemoral ligament

pubic rim of acetabulum -> neck of femur

Ligament of the head of the femur

fossa of acetabulum --> fovea capitis of the femur head

Acetabular labrum

ring of cartilage on acetabulum

Transverse ligament of the acetabulum

connected with head of the femur and the articular capsule

Knee Joint

Articular Capsule

Medial and Lateral Patellar Retinacula

Fused tendons of insertion of the quadriceps femoris muscle and the fascia lata

Patellar Ligament

patella --> tibial tuberosity

Oblique popliteal ligament

intercondylar fossa of femur --> head of the tibia

Arcuate popliteal ligament

lateral condyle of femur --> styloid process of head of the fibula

Tibial collateral ligament

medial condyle of the femur --> medial condyle of the tibia

Fibular collateral ligament

lateral condyle of the femur --> later side of the head of the fibula

Intracapsular ligaments

Anterior Cruciate Ligament (ACL)

anterior section of intercondyle area of tibia --> lateral condyle of femur

Posterior Cruciate Ligament (PCL)

posterior section of intercondyle area of tibia and lateral meniscus --> medial condyle of femur

Articular Discs (Menisci)

Medial and Lateral

Bursae:

Prepatellar bursa - between patella and skin

Intrapatellar bursa - superior part of tibia and patellar ligament

Suprapatellar bursa - inferior part of femur and deep surface of quadriceps femoris