



SKELETAL SYSTEM

MOVEMENT OF THE UPPER LIMB

- The upper limb movement, or arm movement, involves bones, muscles, and joints. It helps us do many things like reaching, grasping, and throwing.

Structure of the upper limbs:

- The upper limbs include the humerus, radius, ulna, carpus, metacarpals, and phalanges.
- These bones connect at joints and are surrounded by muscles, tendons, and ligaments.

Joints Involved:

- The upper limbs have three main joints: shoulder, elbow, and wrist.
- The shoulder joint connects the upper arm bone to the shoulder blade, providing extensive mobility in multiple directions.
- The elbow joint allows bending and straightening of the arm.
- The wrist joint, made up of small bones, enables various movements, providing dexterity and precision in hand motions.

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