

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 <u>humerus</u>, radius, ulna, carpals, metacarpals, and phalanges.
- These bones connect at joints and are surrounded by muscles, tendons, and ligaments.

Joints Involved:

- The upper himbs have three main joints shouldes, elbow, and wnist.
- 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 dextenty and precision in hand motions.

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L Darling-Hammond

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