

Joints of the hand!!

Interphalangeal joint (IP)

- * Connects the phalanges of the fingers
- * Synovial hinge joint (uniaxial)

9 interphalangeal joints

↳ including distal + proximal interphalangeal joint!
* 1 IP for thumb!

Distal Interphalangeal joint (DIP)

- * Found between the distal + middle phalanges.
 - * Synovial hinge joint
- 4 DIP.

Proximal Interphalangeal Joint (PIJ)

- * located between the proximal + middle phalanges.
 - * Synovial hinge joint
- 4 PIJ

27 joints in total!

9 IP
4 DIP
4 PIJ
5 MCP
5 CMC

Metacarpophalangeal Joint (MCP)

- * Connects the metacarpus to the fingers.
- * Multiaxial condyloid joint
- * Flexion, Extension, limited adduction + abduction, circumduction + limited rotation!
- * 5 MCP joints!

Carpometacarpal Joint (CMC)

- * articulations between base of the metacarpal with the distal row of carpal bones.

- * 5 CMC :- 1st : CMC of thumb (trapeziometacarpal joint) = Saddle Synovial

- 40°-50° Flexion + Extension. ↳ most immobile
- * CMJ 2-3 limited anteroposterior gliding
- CMC 4 : Flexion + Extension
- CMC 5 : Flex, Extend, Internal + External rotation.

Plane Synovial joint.