

Metacarpophalangeal and interphalangeal joints

Type of joint

Metacarpophalangeal joints are condyloid synovial joints

Interphalangeal joints are hinge joints

Articulating surfaces

Bases and heads

Articular capsule

Joint capsules surround each joint, attaching to the margins

Ligaments

Each MCP and ICP joint is reinforced by a medial and lateral collateral ligaments

Each of these ligaments has two parts:

The dense cord-like part passes from one head to the next base; the thin fan-like part passes anteriorly to fuse with the anterior (palmar) part of the joint capsule

The cord-like parts are slack during extension and taut during flexion- this means you usually cannot spread (abduct) the fingers when the fingers are fully flexed

The fan-like parts move like a visor over the underlying heads

The palmar ligament (thick part of the capsule) blend with the digital sheaths and provide grooves for the flexor tendons to glide in.

At the MCPs, THE PALMAR LIGAMENTS ARE UNITED by the deep transverse metacarpal ligament

Stability factors

ligaments

Movements

MCPs: flexion, extension, adduction, abduction

Blood supply

Digital arteries

Nerve supply

Digital nerves from the median and ulnar nerves