

Proximal Radioulnar Joint

Type of joint

Pivot type synovial joint

Articulating surfaces

The head of radius articulates with the radial notch of the ulna

Articular capsule

The fibrous part blends into the elbow joint

The synovial part is continuous with the elbow joint

There is also a SACIFORM RECESS of the joint, a distal extension of it down the radius which allows the radius to rotate without tearing the synovium

Ligaments

The ANULAR ligament encircles the head of the radius

Stability factors

The bones articulate well

The ANULAR ligament is the main stability factor, preventing dislocation of the radial head.

The INTEROSSEOUS MEMBRANE also prevents distraction of the radius

The joint is surrounded by muscles eg. brachioradialis and brachialis, which contribute to its stability in a minor way

Movements

Pronation and supination

Supination is the palm turning up, as if to receive alms

The axis of rotation passes through the head of radius and through the site of attachment of of radius and ulna distally

THE RADIUS IS THE ONE THAT ROTATES
the ulna stays stationary

Blood supply

Supplied by the radial portion of the periarticular arterial anastomosis of the elbow, which is the anastomosis of radial and middle collateral arteries with the radial and recurrent interosseous arteries

Nerve supply

Supplied by the musculocutaneous, median and radial nerves, where

- pronation is work of the median
- supination is the work of the radial and musculocutaneous nerves