

Student Name: _____

Using your notes from AP I and Myology along with the Anatomy of Movement textbook complete the following review. It is due the week that Chapter 5 (Assessment of the wrist and hand) is done. It will be graded. No late papers will be accepted.

WRIST AND HAND REVIEW:

Wrist and Hand ranges of motion:

A. Describe the following wrist ranges of motions:

- a. Flexion: _____
- b. Extension: _____
- c. Radial deviation: _____
- d. Ulnar deviation: _____
- e. Circumduction: _____

B. Be able to describe and identify the following finger ranges of motion:

- a. Flexion: _____
- b. Extension: _____
- c. Radial deviation: _____
- d. Ulnar deviation: _____
- e. Circumduction: _____

C. Be able to describe and identify the following thumb ranges of motion:

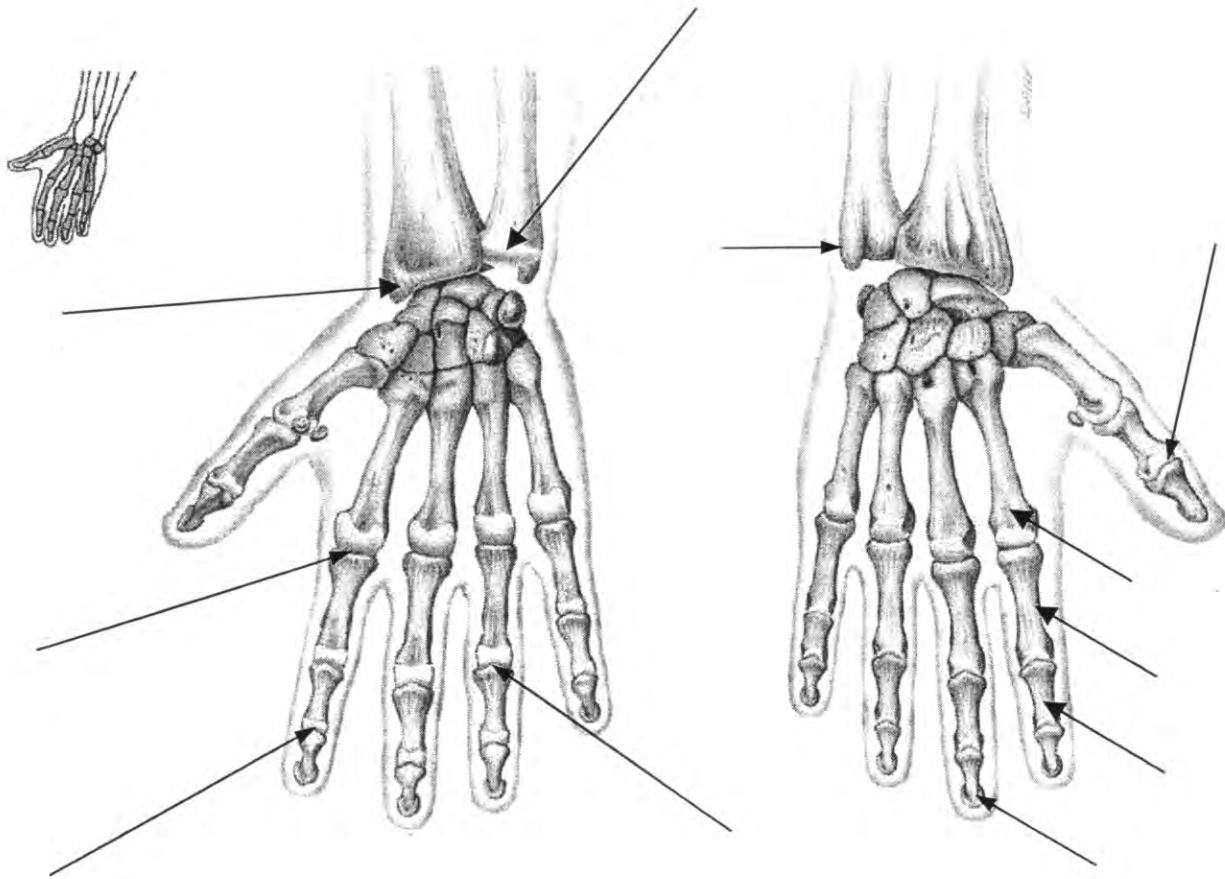
- a. Flexion: _____
- b. Extension: _____
- c. Radial deviation: _____
- d. Ulnar deviation: _____
- e. Circumduction: _____

Osteology Review:

1. What are the four proximal carpal bones of the wrist: _____
2. Which two proximal carpal bones articulate with the distal radius: _____
3. What are the four distal carpal bones of the wrist: _____
4. What are the three parts of the metacarpals and phalanges stating which is most proximal to distal: _____

5. Describe where the following ligaments of the wrist: (attachments)

- a. capsule: _____
- b. radial collateral ligament: _____
 - i. what movement does it prevent: _____
- c. ulnar collateral ligament: _____
 - i. what movement does it prevent: _____



Arthrology Review:

1. What types of joint is the radiocarpal joint and what movements does it allow: _____

2. What type of joints are the midcarpal joints and what movements are allowed: _____

3. What type of joint is the first carpometacarpal joint and what movements does it allow: _____
 - a. describe the position of the first metacarpal in relation to the other metacarpals: _____

4. What type of joints are the 2nd through the 5th carpometacarpal joints and what movements are allowed. _____
 - b. describe the position of the 3rd and 4th metacarpals in relation to the others: _____

5. What type of joints are the metacarpalphalangeal joints and what movements do they allow: _____
6. What type of joints are the interphalangeal joints and what movements do they allow: _____

7. What is the function of the flexor and extensor retinaculum: _____
8. What are the attachments of the medial and lateral collateral ligaments and what are their functions: _____

Myology Review:

Muscles that move the wrist:

1. Name three muscles that flex the wrist:
 - a. _____
 - b. _____
 - c. _____} What is their common origin: _____

2. Name two muscles that cause ulnar deviation of the wrist: _____

3. Name three muscles that extend the wrist:
 - a. _____
 - b. _____
 - c. _____} What is their common origin: _____

4. Name two muscles that cause radial deviation of the wrist: _____

Muscles that move the fingers:

1. Which muscle causes flexion of the fingers at the MP joints and middle phalanges: _____

2. Which muscle causes flexion of all finger joints: _____
3. Which muscle causes extension of all finger joints: _____
4. Which muscles cause flexion of the MP joints and extension of the DIP's and PIP's: _____

5. What muscles cause abduction and adduction of the fingers: _____
6. What muscles make up the thenar pad: _____

7. What muscles make up the hypothenar eminence: _____

8. What is the insertion of the opponens pollicis: _____
9. What is the origin of the:
 - a. abductor pollicis longus: _____
 - b. abductor pollicis brevis: _____