

ARTICULATIONS LAB EXERCISE

Axial Skeleton Ligaments

Supraspinous Ligament

Anterior longitudinal Ligament

Appendicular Skeleton Ligaments/Joints

Pectoral Girdle

Sternoclavicular Joint

Acromioclavicular ligament

Coracoclavicular ligament

Coracoacromial ligament

Shoulder Joint

Rotator Cuff Tendons

Supraspinatus tendon

Infraspinatus tendon

Subscapularis tendon

Radio-Ulnar Joint

~~Interosseous Membrane~~

Annular Ligament

Wrist Joint

~~Extensor/Flexor Retinaculum~~

Pelvic Girdle

Sacroiliac Joint

Sacroteruberous ligament

Sacrospinous ligament

Pubic symphysis

Hip Joint

Iliofemoral ligament (horizontal/vertical)

Pubofemoral ligament

Ischiofemoral ligament

Knee Joint

Anterior Cruciate Ligament

Posterior Cruciate Ligament

Medial (Tibial) Collateral Ligament

Lateral (Fibular) Collateral Ligament

Medial/Lateral Meniscus

Patellar Ligament

Ankle Joint

~~Calcaneofibular Ligament~~

Foot

~~Interosseous Tarsal Ligaments~~

~~Long Plantar Ligament~~