



SNS COLLEGE OF PHYSIOTHERAPY COIMBATORE-35

COURSE : BPT
SUBJECT : BIOMECHANICS
TOPIC : ACROMIOCLAVICULAR JOINT
UNIT : IV
PREPARED BY : ARCHANA K
ASSISTANT PROFESSOR



ACROMIOCLAVICULAR JOINT



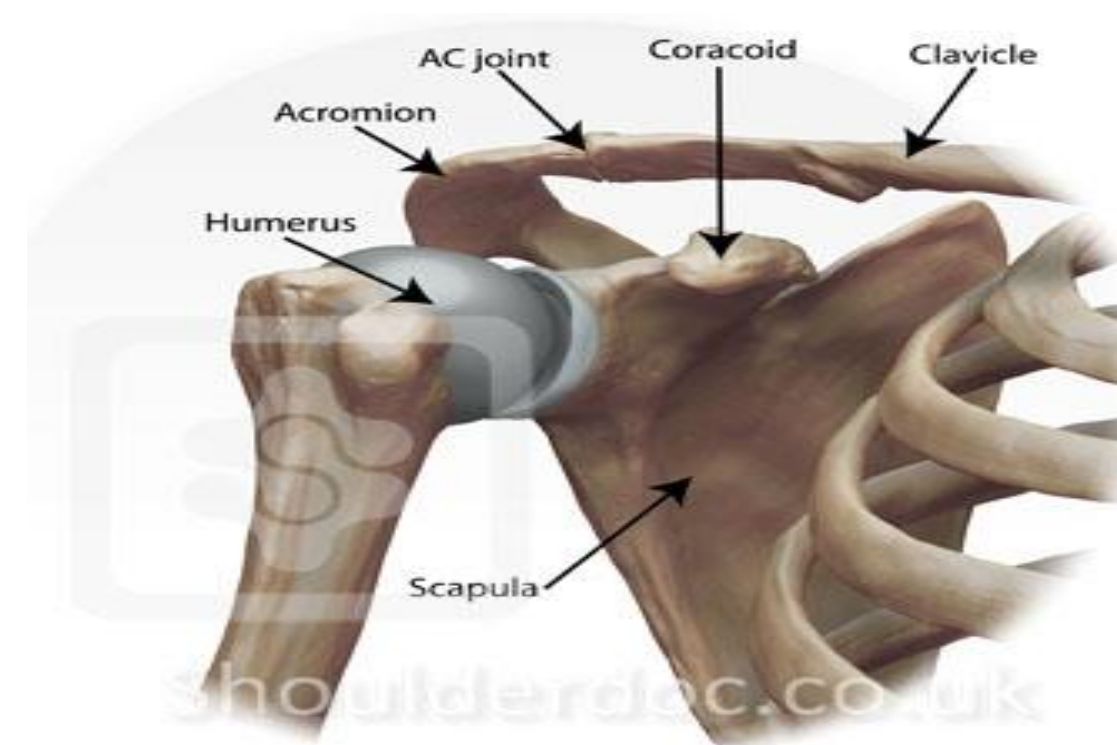
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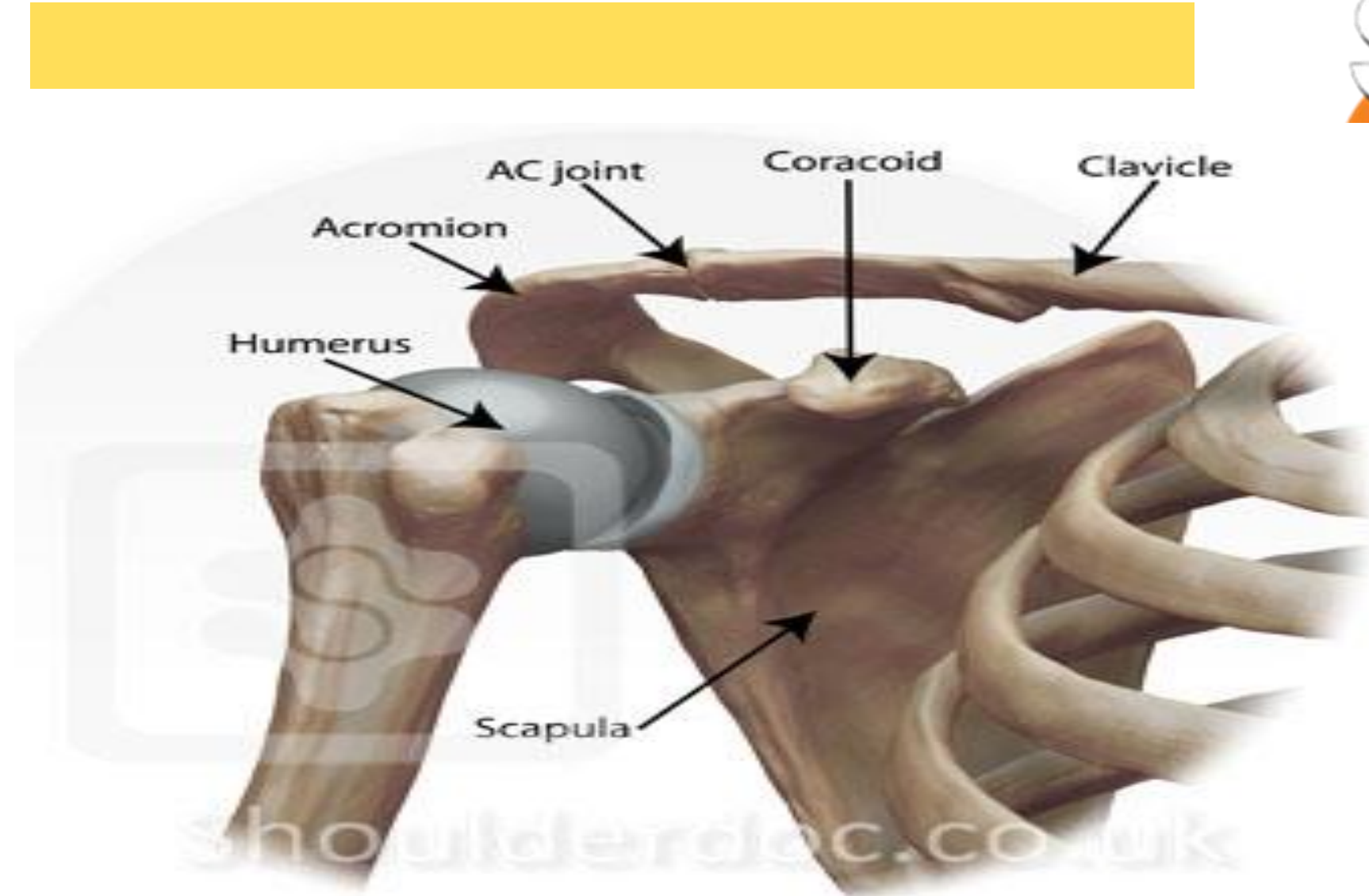


1. Introduction
2. Anatomy
3. Acromioclavicular motions

DEFINITION

- ▶ Joint consists of the articulation between the **lateral end of the clavicle and a small facet on the acromion of the scapula.**
- ▶ Facet of acromion/ clavicle – variable (flat/concave-convex/ vice versa)
- ▶ **Plane synovial joint**







ANATOMY



1. DISC

Joint disc is variable in size between individuals and between sides of same individual.

▶ Disc is meniscoid which is fibrocartilaginous remnant.

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ANATOMY



2. CAPSULE

Capsule is **weak** .

▶so it maintain the joint integrity with the help of acromioclavicular ligments.



.LIGAMENTS



Superior and inferior acromio clavicular ligaments.

▶ **Superior acromio clavicular ligament** is the main ligament, limiting movement caused by **anterior and posterior forces** applied to the distal clavicle.

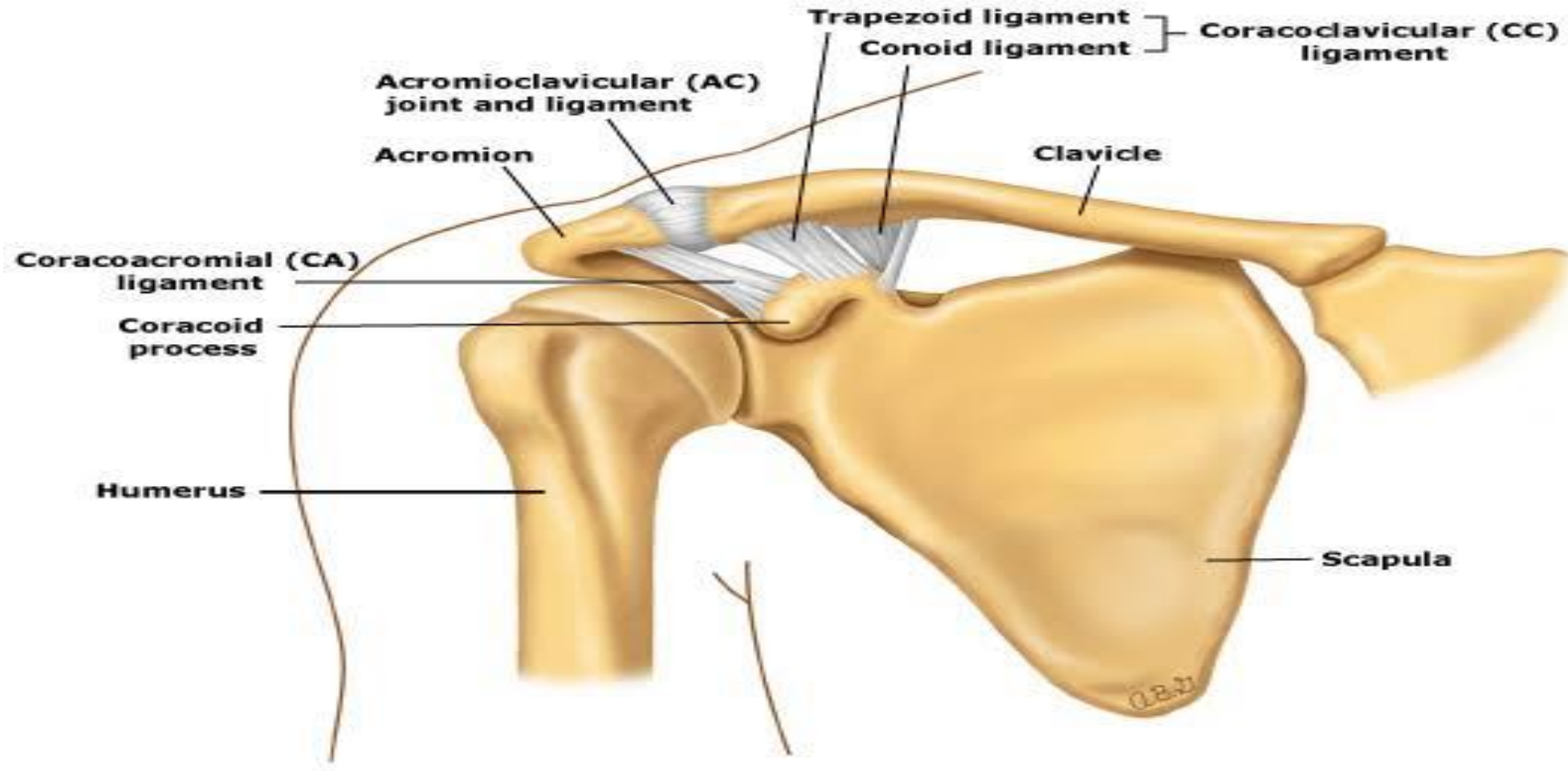


Corococlavicular ligament



- ▶ Conoid portion
- ▶ Trapezoid portion

.LIGAMENTS





II. MOVEMENT AND PRECEPTION

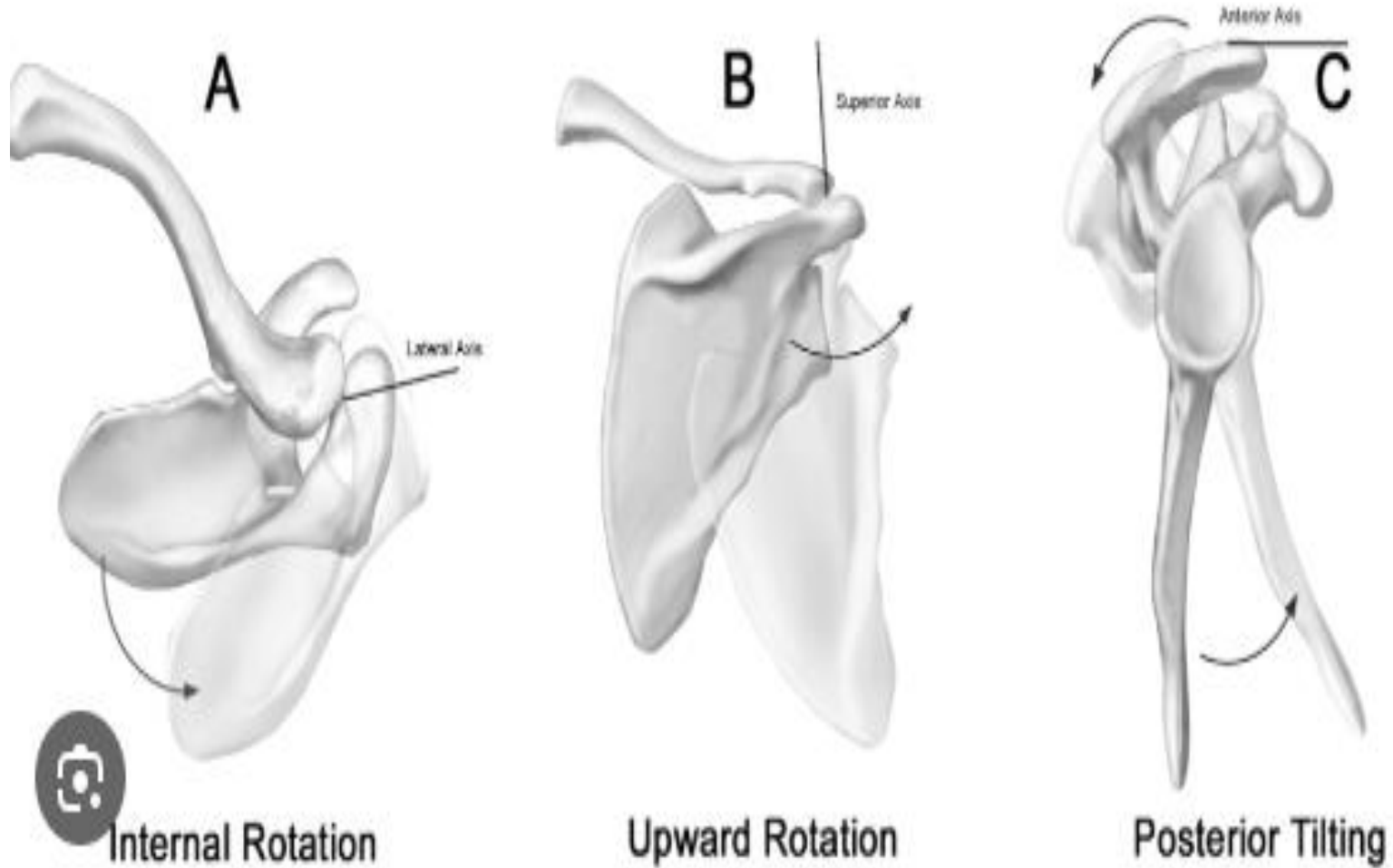


1. Internal and external rotation

- ▶ Plane- plane of scapula ,
- ▶ **Axis- vertical axis.**
- ▶ **Internal Rotation- bring the glenoid fossa anteromedially.**

External Rotation- bring the glenoid fossa posterolaterally

II. MOVEMENT





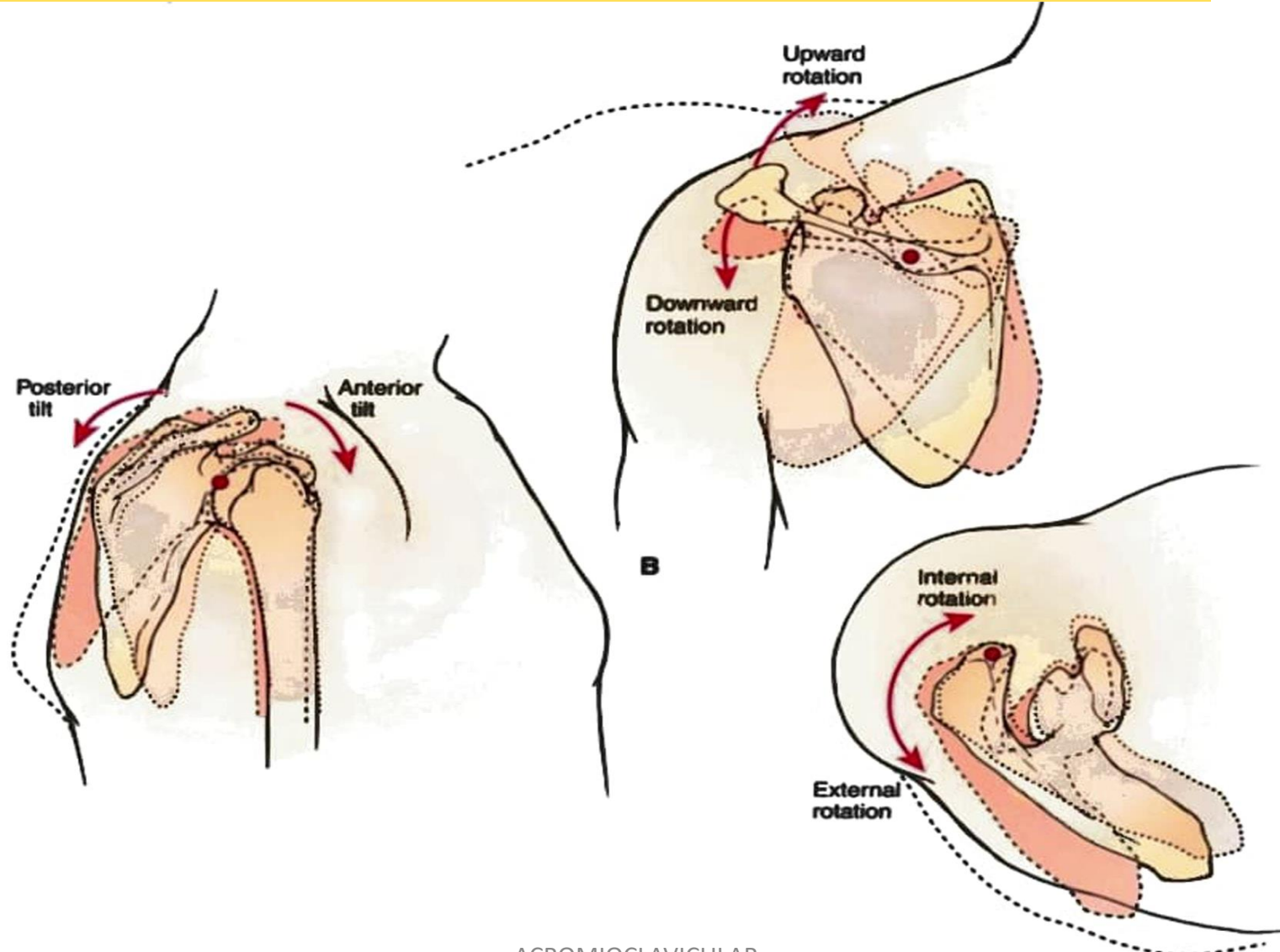
2. Anterior and posterior tilting



2. Anterior and posterior tilting

- ▶ Plane- plane of scapula, Axis- coronal axis
- ▶ **Anterior tilting- acromion tilting forward, inferior angle of scapula tilting backward.**

Posterior tilting- rotates the acromion backward, inferior angle forward.





THANKYOU