

# Joint Anatomy and Actions

A Short Lesson in the Kinesiology of Exercise

## The Wrist Joint

There are several "wrist joints". First, there is the articulation in the radio-carpal joint formed by the end of the end of the radius bone of the forearm and three of the first row of carpal (wrist) bones (the scaphoid, lunate, and triquetrum). The ulna bone of the forearm does not participate because it is separated from the carpals by a disc of fibrocartilage.

The two rows of carpal bones articulate at the intercarpal joints. The carpal bones glide across one another and allow some flexion and slight extension. Also, the carpal bones in each row articulate with the bone or bones adjacent to them in the same row. Movements of the thumb is atypical because it includes many varied and different movements.

### Basic Movements in the Wrist Joint



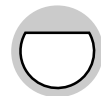
#### Extension

Moving the back side of the hand towards the posterior surface of the forearm.



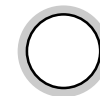
#### Flexion

Moving the palm side of the hand towards the forearm.



#### Abduction or Radial Flexion

Moving the thumb side of the hand away from the body when the arm is in the anatomical position, that is, when the palm faces forward. Also called radial flexion.



#### Adduction or Ulna Flexion

Moving the little finger side of the hand towards the body when the arm is in the anatomical position, that is, when the palm faces forward. Also called ulna flexion.

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