

ULNA

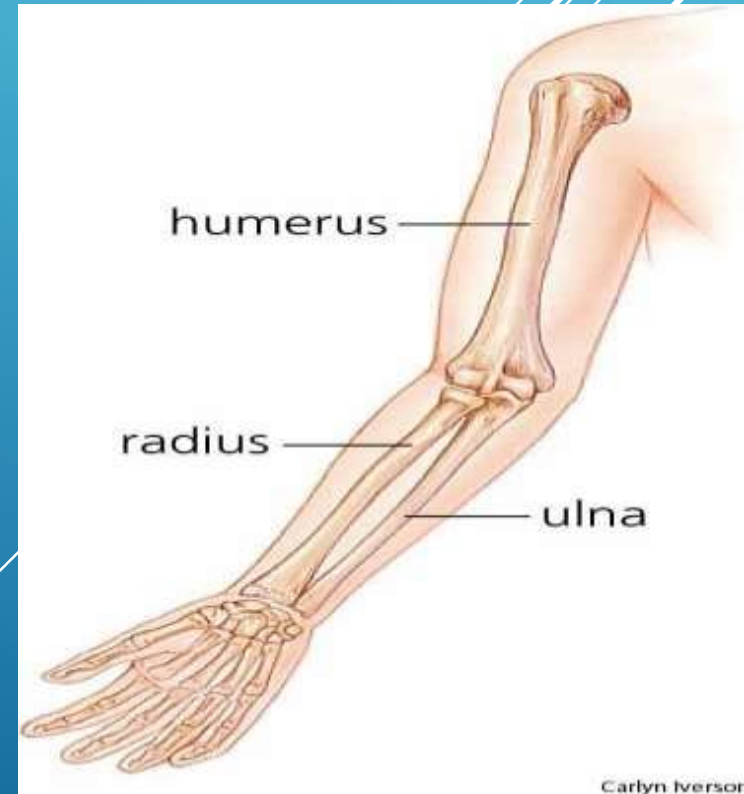
Located on the media aspect (the little finger side) of the forearm.

Longer than radius.

At the proximal end is the olecranon,

Forms the prominence of the elbow.

The coronoid process is an anterior projection, together with the olecranon receive the trochlea of the humerus.

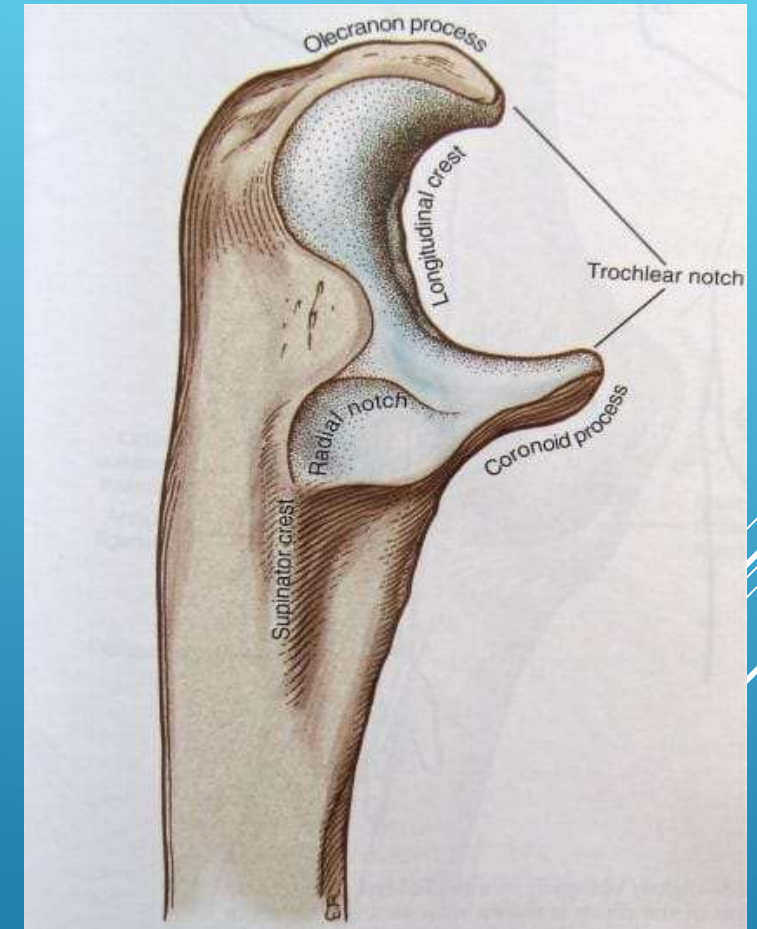


Olecranon

- This is a large, curved bony prominence which is accepted into the olecranon fossa, located on the humerus, during elbow extension.
- The olecranon forms the upper part of the semi-lunar notch which is a smooth, large depression and articulates with the humeral trochlea during elbow flexion and extension.

Coronoid process

- The coronoid process is a horizontal, bony projection which attaches directly onto the ulnar shaft. It is received into the coronoid fossa of the humerus in elbow flexion.
- The coronoid process also forms the lower part of the semi-lunar notch.
- On the lateral side of the coronoid process is the radial notch where the head of the radius sits.



Head of the ulna

- The lateral, distal end of the ulna is the head of the ulna. It articulates with the ulnar notch on the radius and with the triangular articular disc in the Wrist Joint.

Shaft of the Ulna

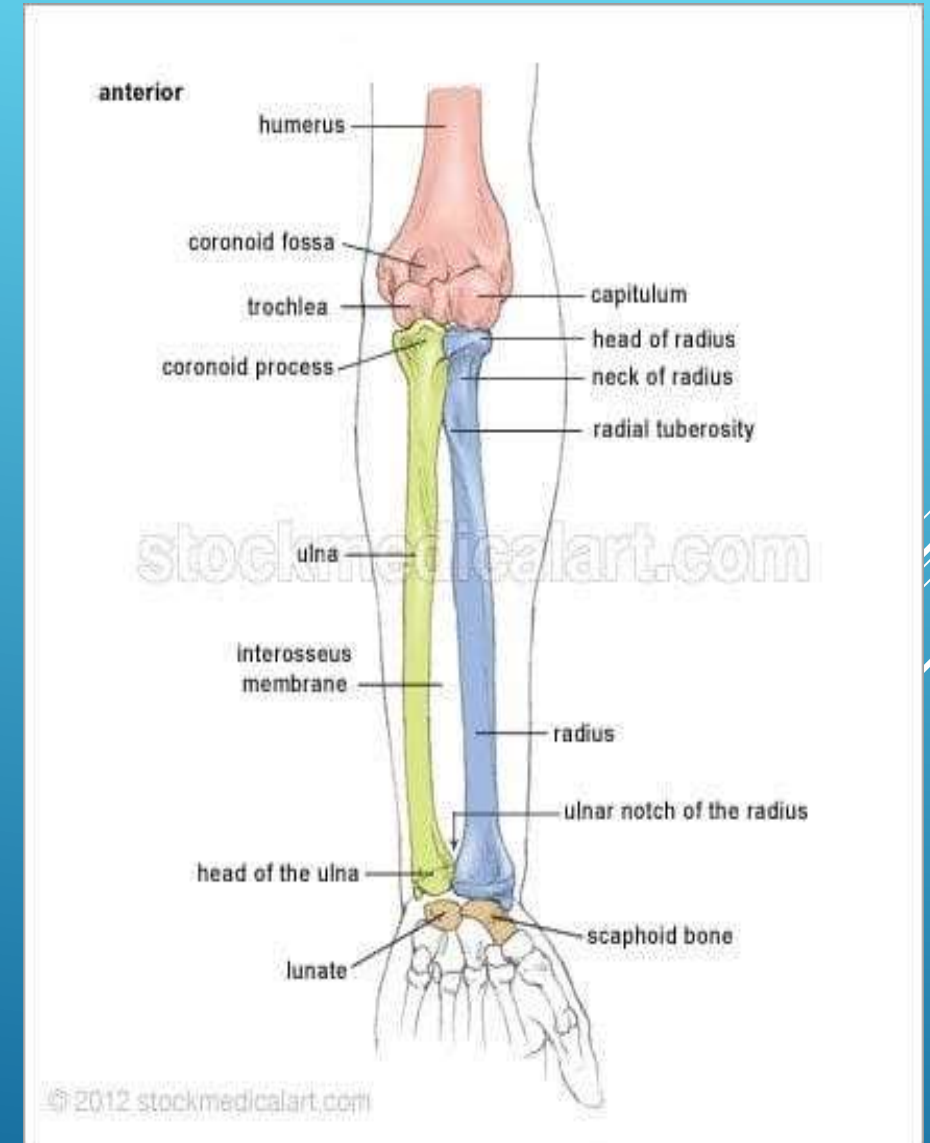
- The shaft of ulna is triangular in shape and it consists of three borders and three surfaces. It's width is decreased as it moves towards distal end.

The three surfaces are:

- ❖ Anterior surface
- ❖ Posterior Surface
- ❖ Medial Surface

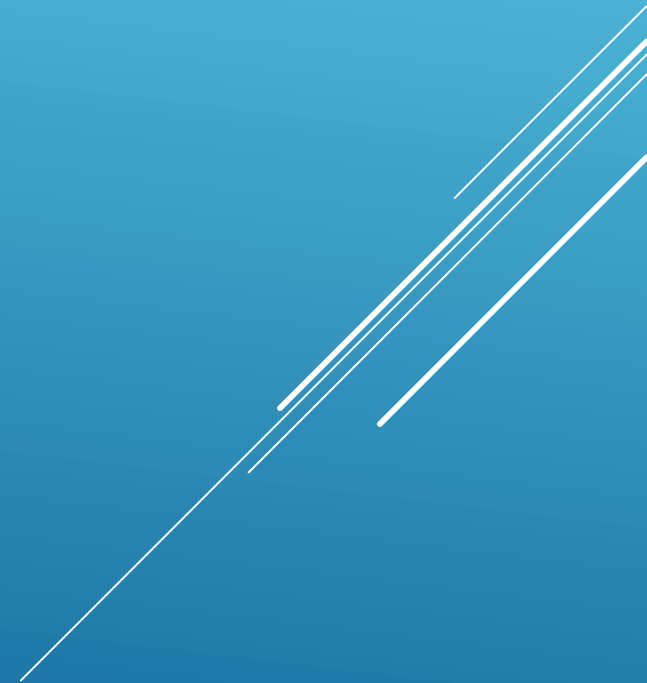
The three borders are:

- ❖ Interosseous Border
- ❖ Anterior Border
- ❖ Posterior Border



Distal End

- The head of Ulna has convex articular surface on its lateral side in order to articulate with ulnar notch of radius. It forms the distal radio-ulnar joint.
- The styloid process has attachment of ulnar collateral ligament.

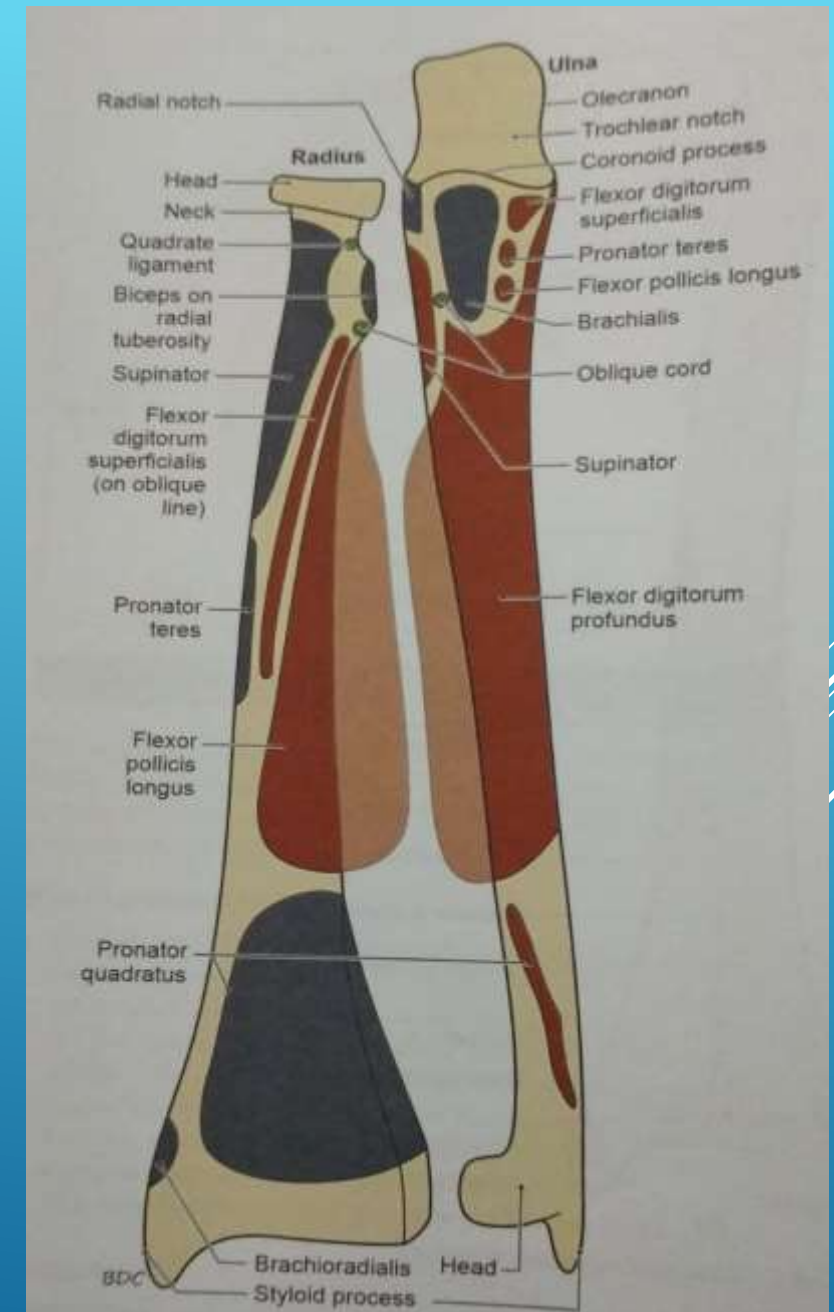


Muscle attachments

Olecranon process

Triceps - inserts onto the posterior of the olecranon process.[1]

- Anconeus - inserts onto lateral aspect
- Flexor Carpi Ulnaris - origin:posterior, also shares an origin from humeral medial epicondyle
- Coronoid process Brachialis - inserts to anterior, inferior coronoid process
- Pronator teres - originates medial surface, also from humeral medial epicondyle
- Flexor Digitorum Superficialis - originates medial surface, also from humeral medial epicondyle
- Shaft of ulna
 - All of the following arise from the shaft of the ulna:
- Flexor Digitorum Profundus
- Pronator quadratus
- Extensor carpi ulnaris - also shared with lateral epicondyle of humerus
- Abductor pollicis longus - also originates from interosseous membrane
- Extensor Pollicis Longus - also originates from interosseous membrane
- Extensor indicis - also originates from interosseous membrane



CLINICAL ANATOMY

- ❖ The most common issues that affect the ulna are fractures, osteoporosis and damage to the ulnar nerve.
 - ❖ Fracture of olecranon
 - ❖ Dislocation of elbow
 - ❖ Madelung's deformity
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- A series of several parallel white lines of varying lengths and thicknesses, arranged diagonally in the bottom right corner of the slide.

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