

*Polso e mano:
anatomia per
immagini*

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Anatomia del polso

- **Ossea**
- **Articolare**
- **Capsulo-legamentosa**
- **Muscolotendinea**
- **Nervosa**

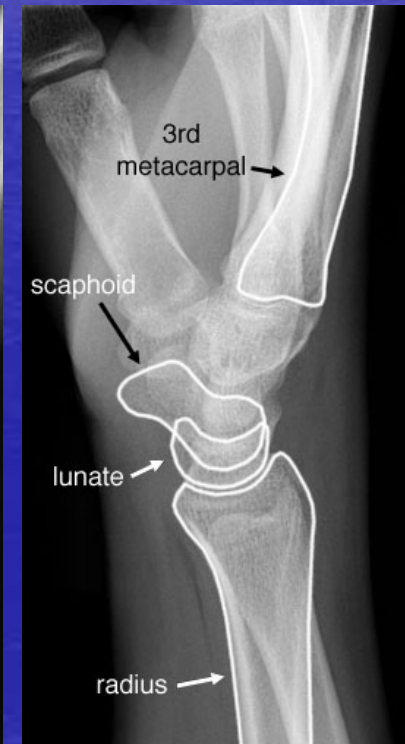
Anatomia scheletrica

Il polso è formato da otto ossa carpali, dal radio e dall'ulna.

Le ossa del carpo sono divise in due filiere, distale e prossimale.

La filiera prossimale comprende scafoide, semilunare, piramidale e pisiforme.

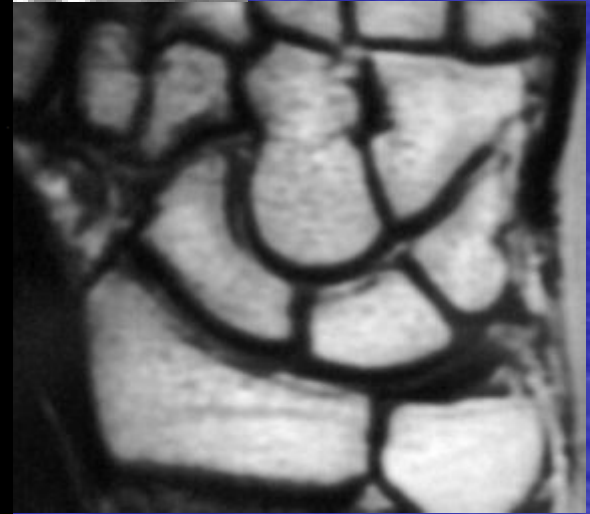
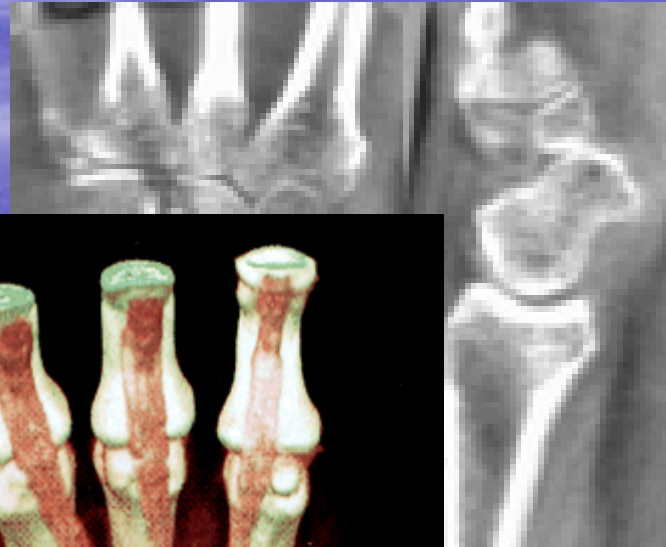
La filiera distale comprende trapezio, trapezoide, capitato e uncinato.



Anatomia scheletrica



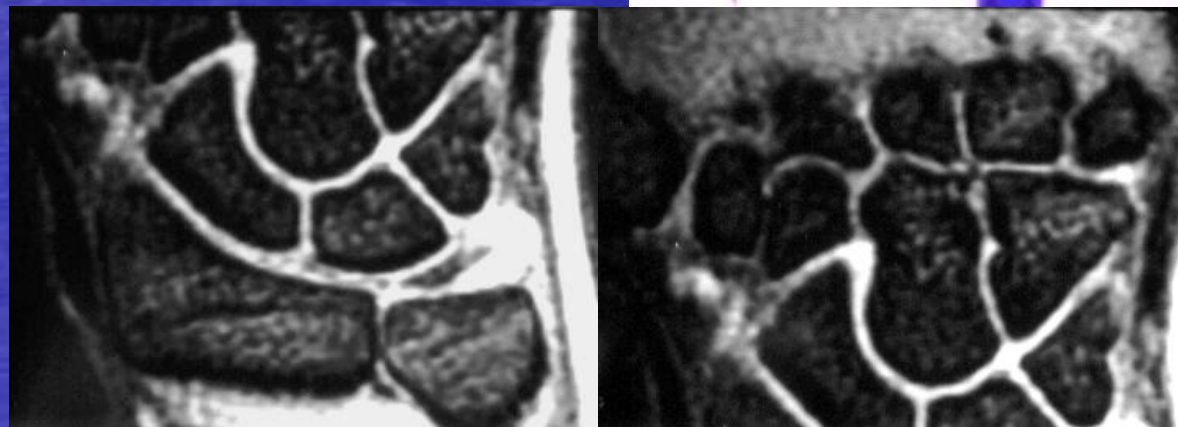
Anatomia scheletrica



Anatomia articolare

Compartimenti articolari

- Radio-carpale
- Radio-ulnare
- Mediocarpale
- Pisiforme piramidale
- Carpo-metacarpale
- Metacarpo-falangeo



Anatomia articolare

➤ Legamenti estrinseci

tra le ossa carpali e radio-ulna e metacarpi

✓ dorsali

✓ ventrali

➤ Legamenti intrinseci (interossei)

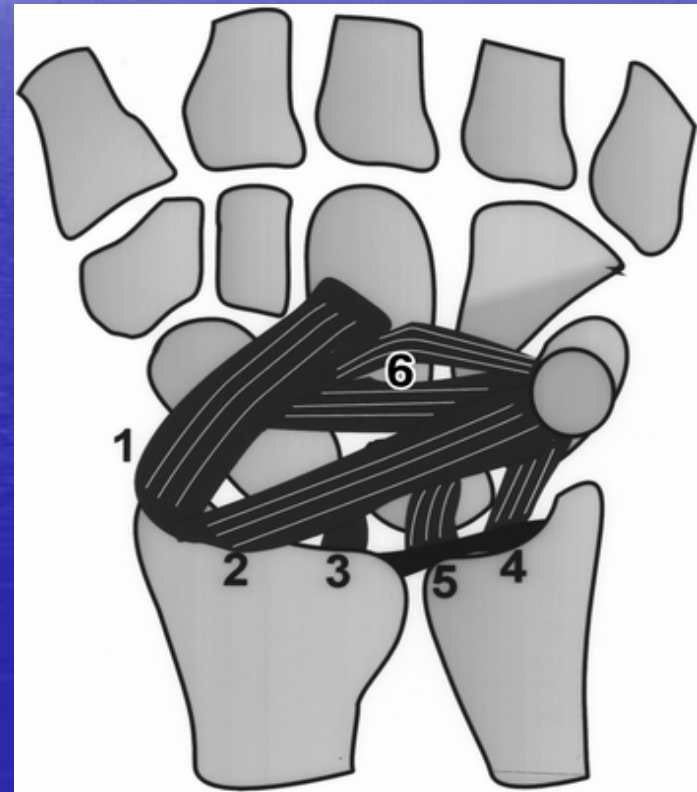
che originano e si inseriscono sulle ossa carpali

Anatomia articolare

Legamenti estrinseci

PALMARI

- 1 = radioscafo-capitato (RSC)
- 2 = radioluno-piramidale (RLP)
- 3 = radioscafo-lunato
- 4 = ulno-piramidale palmare
- 5 = ulno-lunato
- 6 = scafo-piramidale palmare

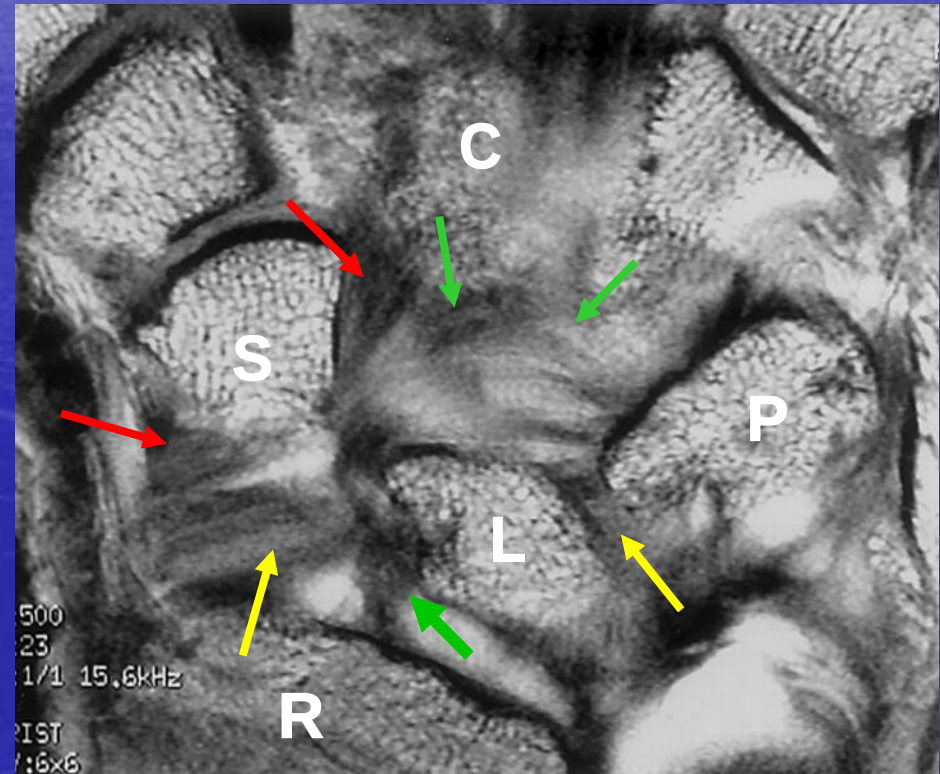


Anatomia articolare

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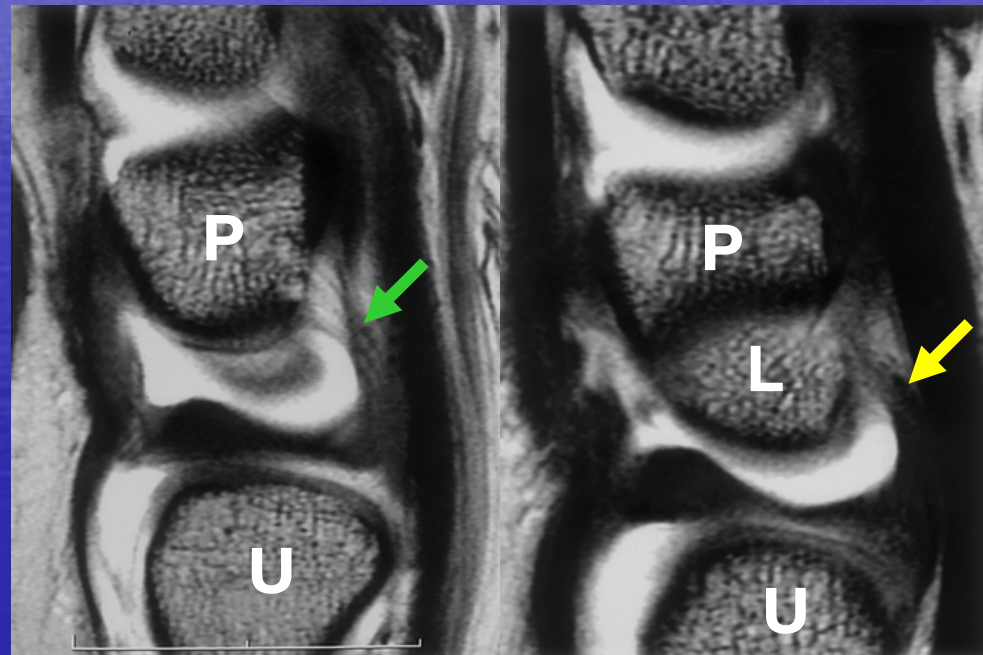


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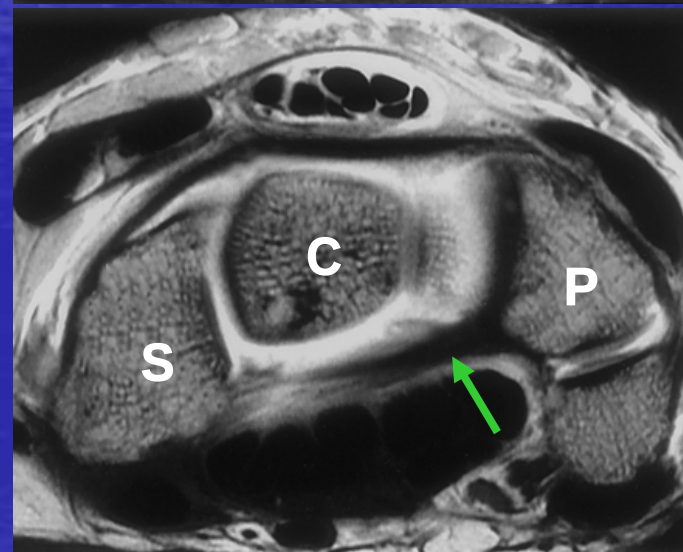
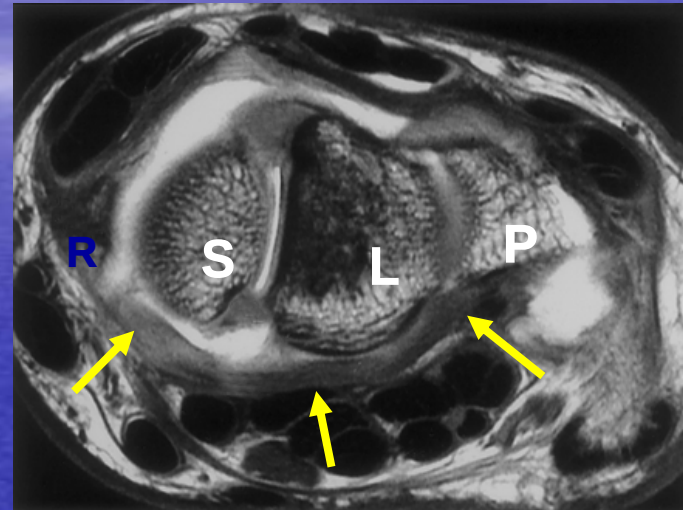


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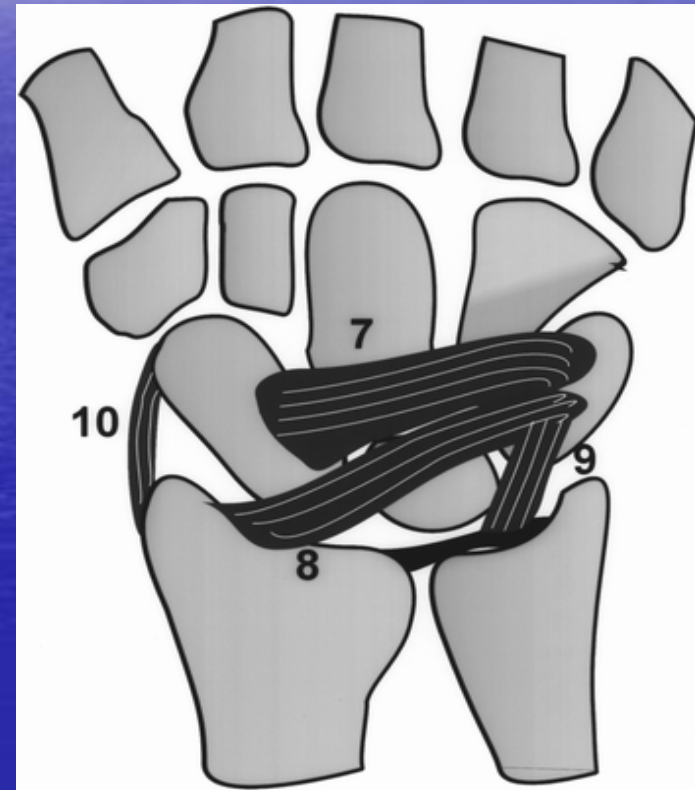


Anatomia articolare

Legamenti estrinseci

DORSALI

- 7 = scafopiramidale dorsale
- 8 = radiopiramidale dorsale
- 9 = ulnopiramidale dorsale
- 10 = leg. collaterale radiale



Anatomia articolare

Legamenti estrinseci

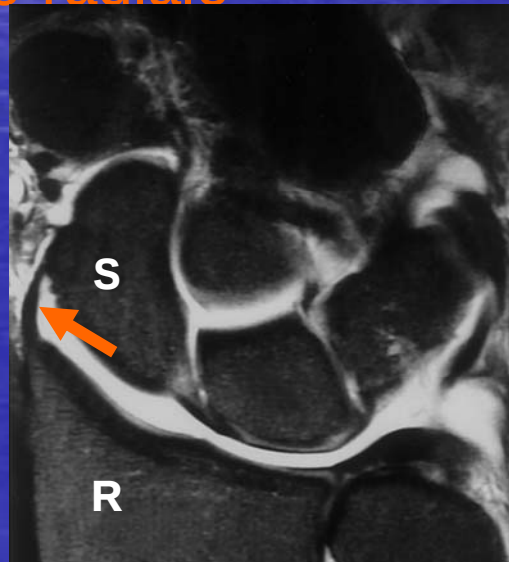
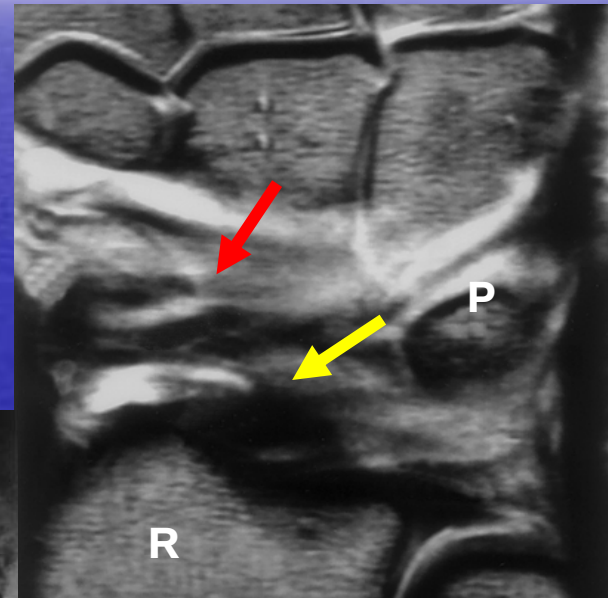
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Anatomia articolare

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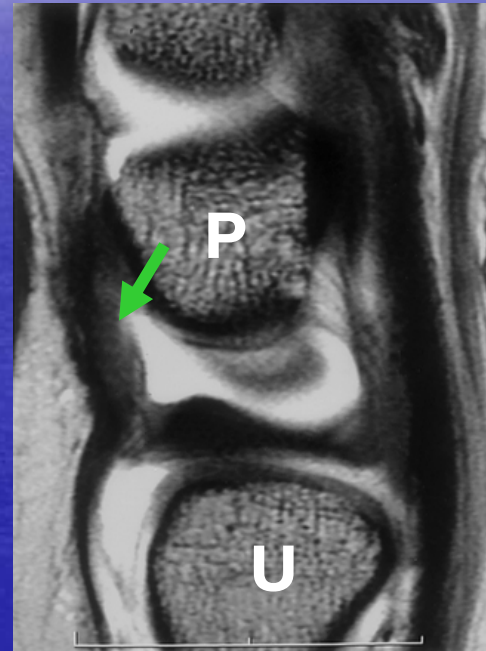
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Anatomia articolare

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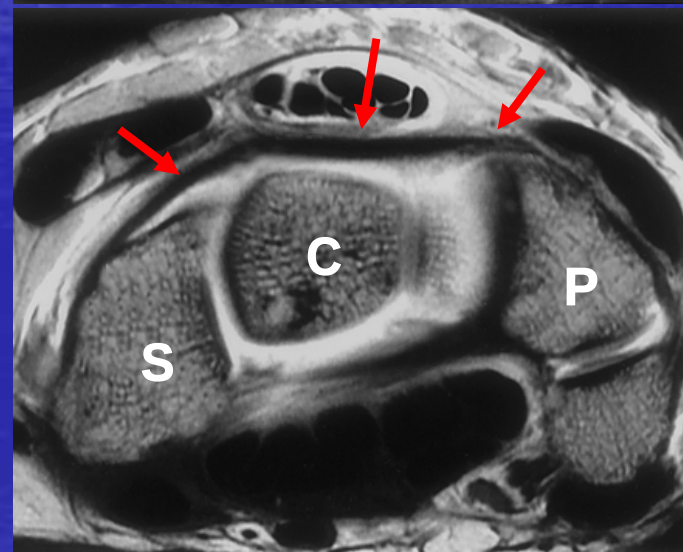
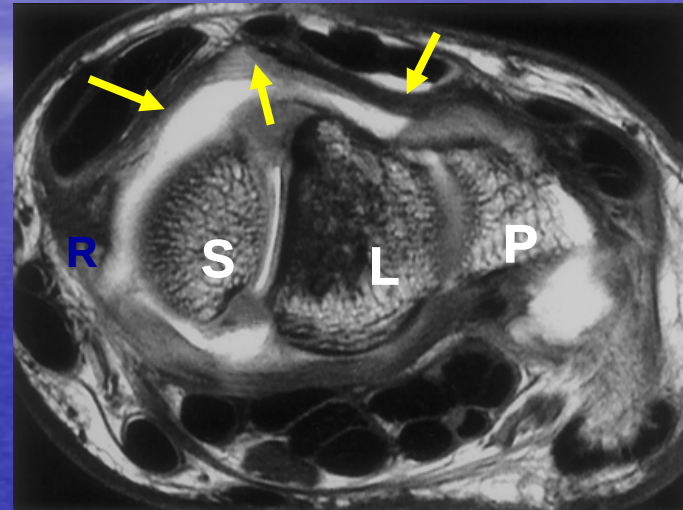
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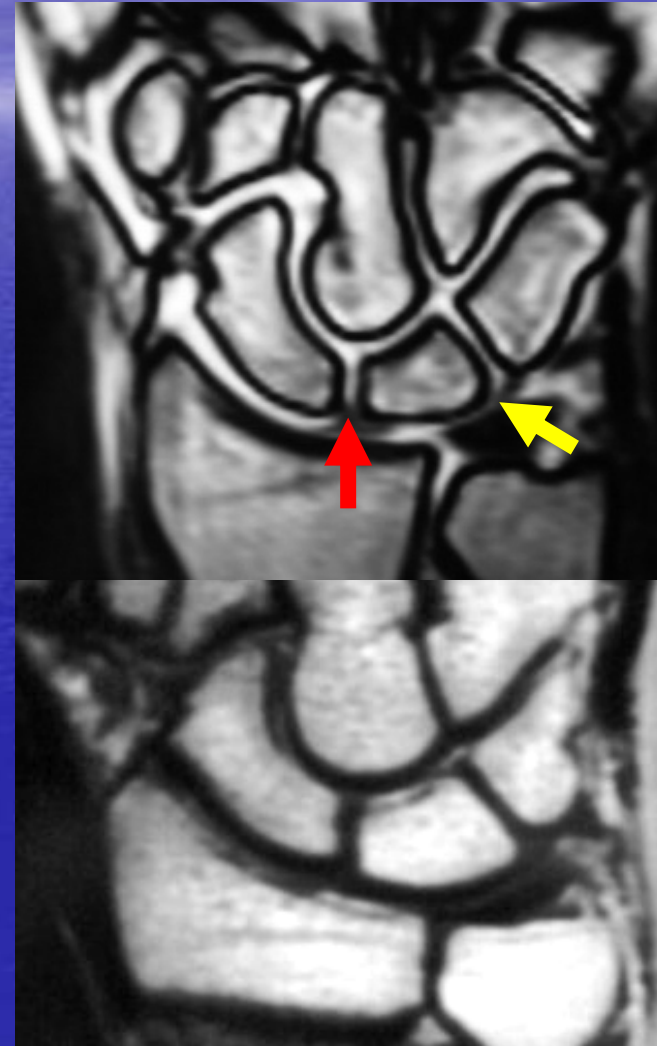
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Anatomia articolare

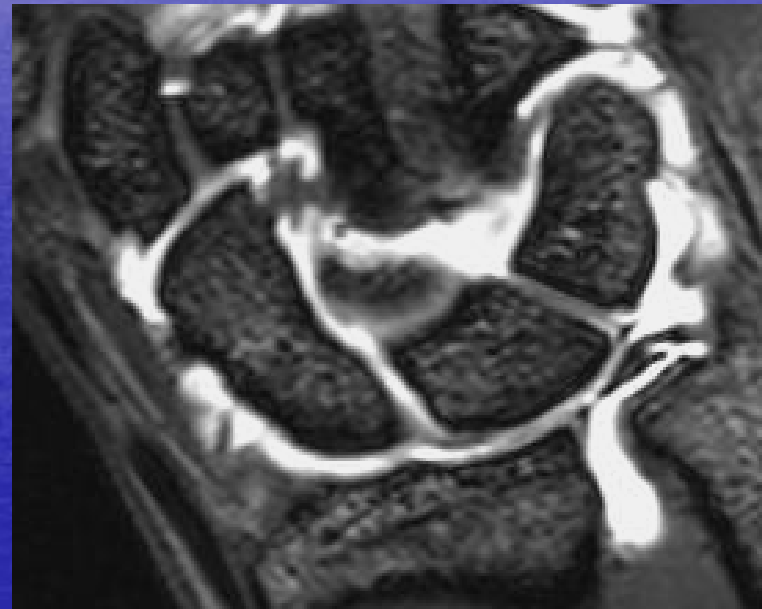
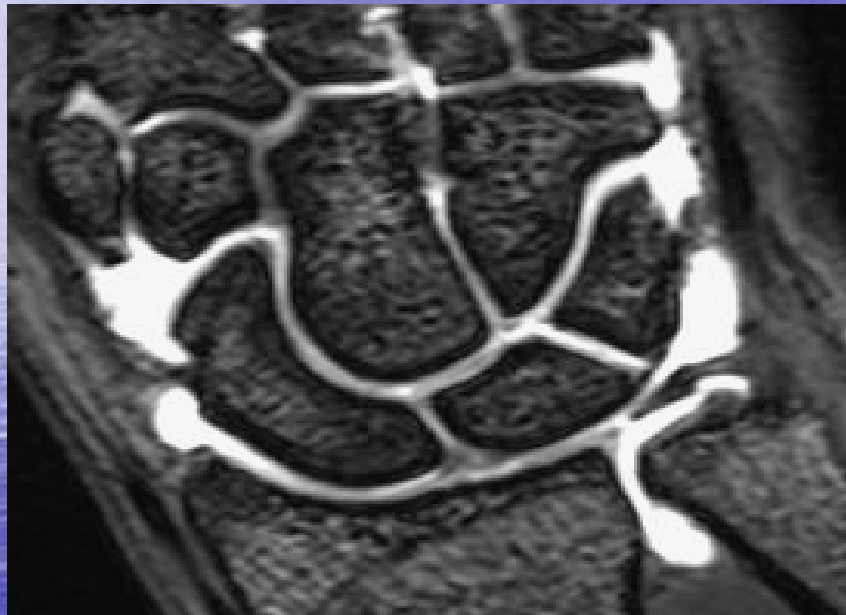
Legamenti intrinseci

- **scafo-lunato**
- **luno-piramidale**
- **arcuato o deltoideo**
- **piramidale-uncinato**
- **capito-uncinato**
- **capito-trapezoide**
- **trapezio-scafoideo**



Anatomia articolare

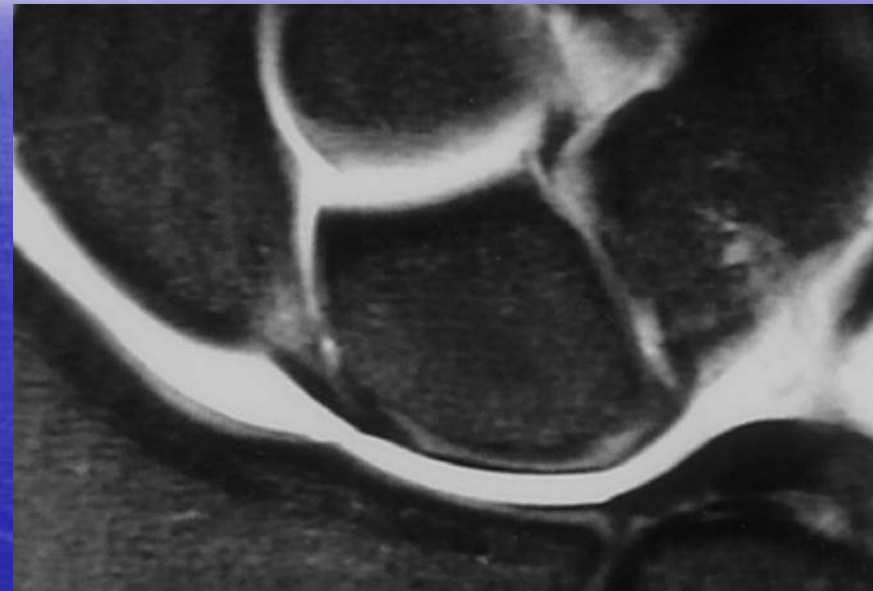
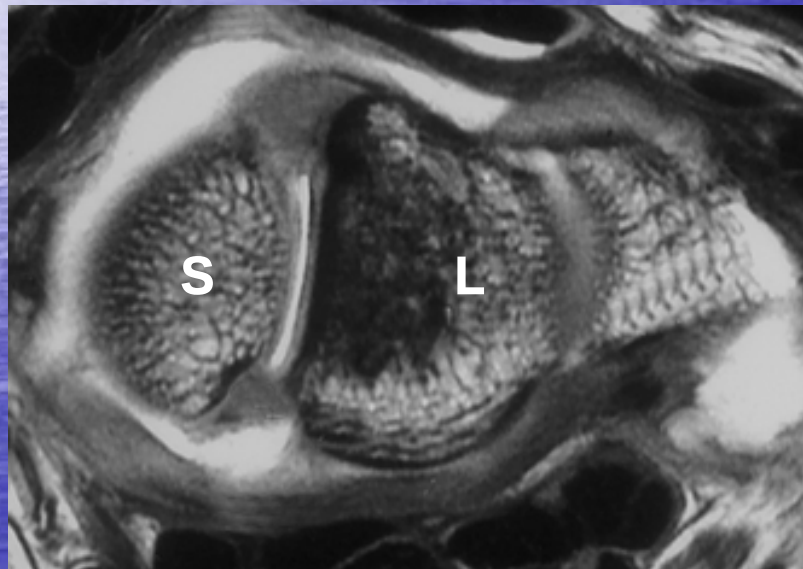
Legamenti intrinseci



Anatomia articolare

Legamenti intrinseci

Scafolunato e lunopiramidale

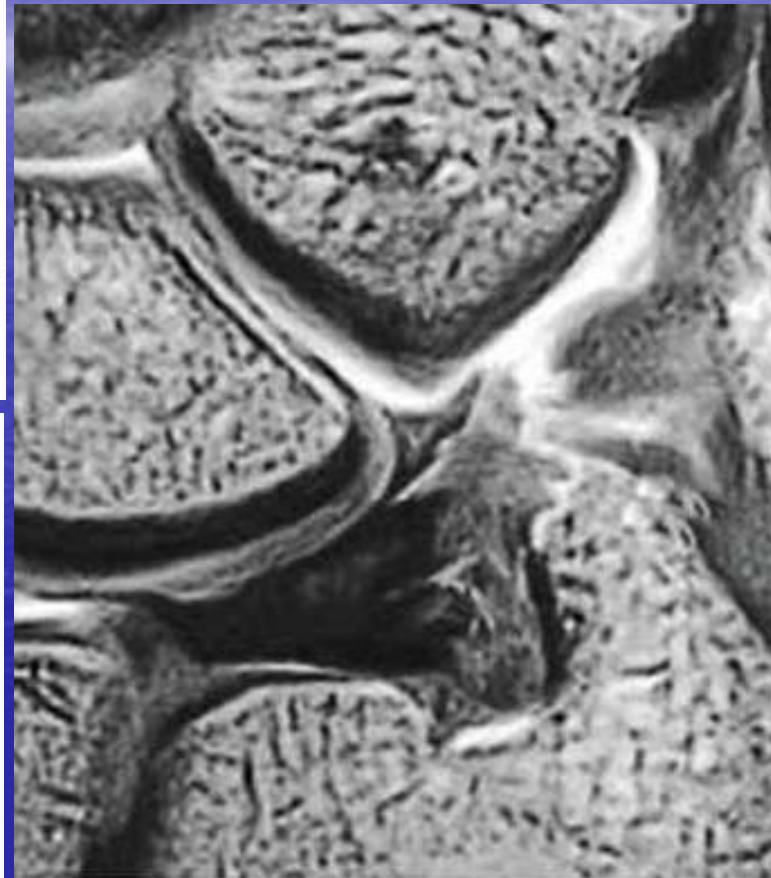
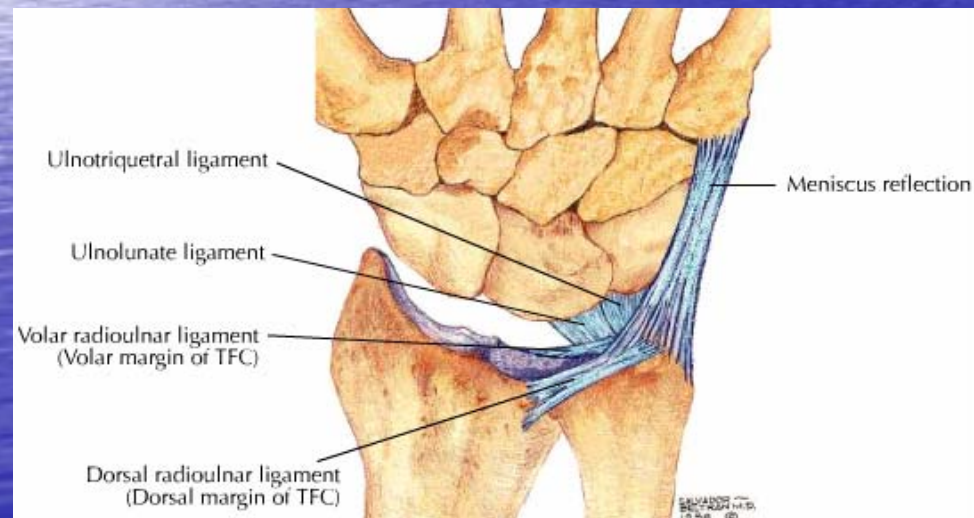
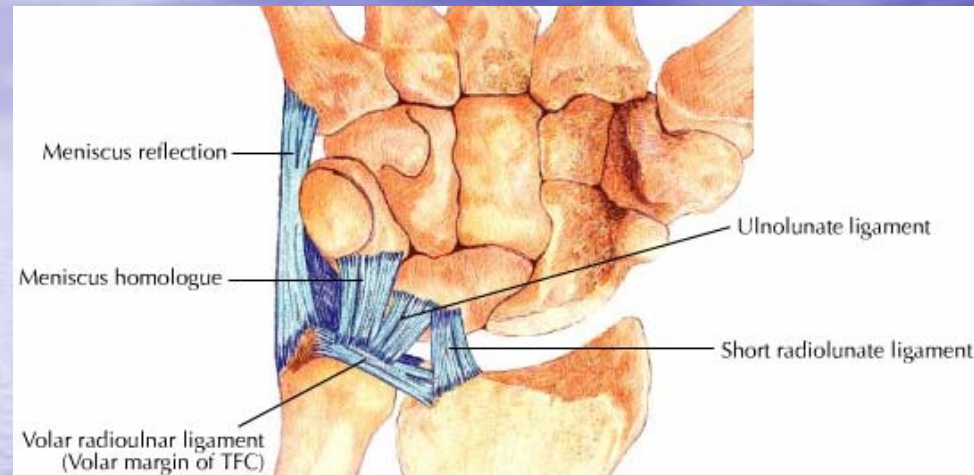


Complesso della fibrocartilagine triangolare (TFCC)

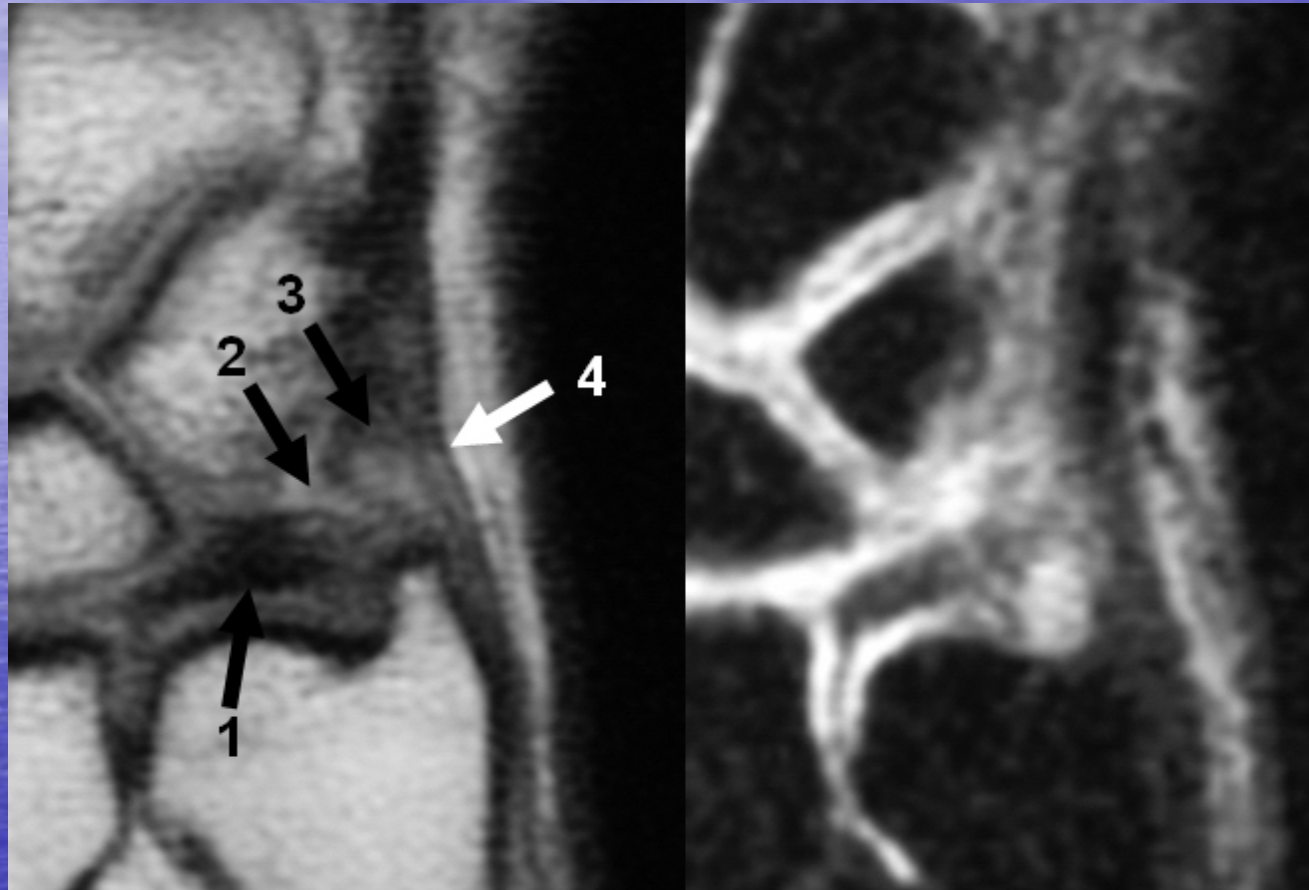
Rappresenta il principale stabilizzatore della radio-ulnare distale

- Fibrocartilagine triangolare
- Legamenti radioulnari dorsale e volare
- Menisco omologo
- Legamento collaterale ulnare
- Guaina del tendine estensore ulnare del carpo

Complesso della fibrocartilagine triangolare (TFCC)

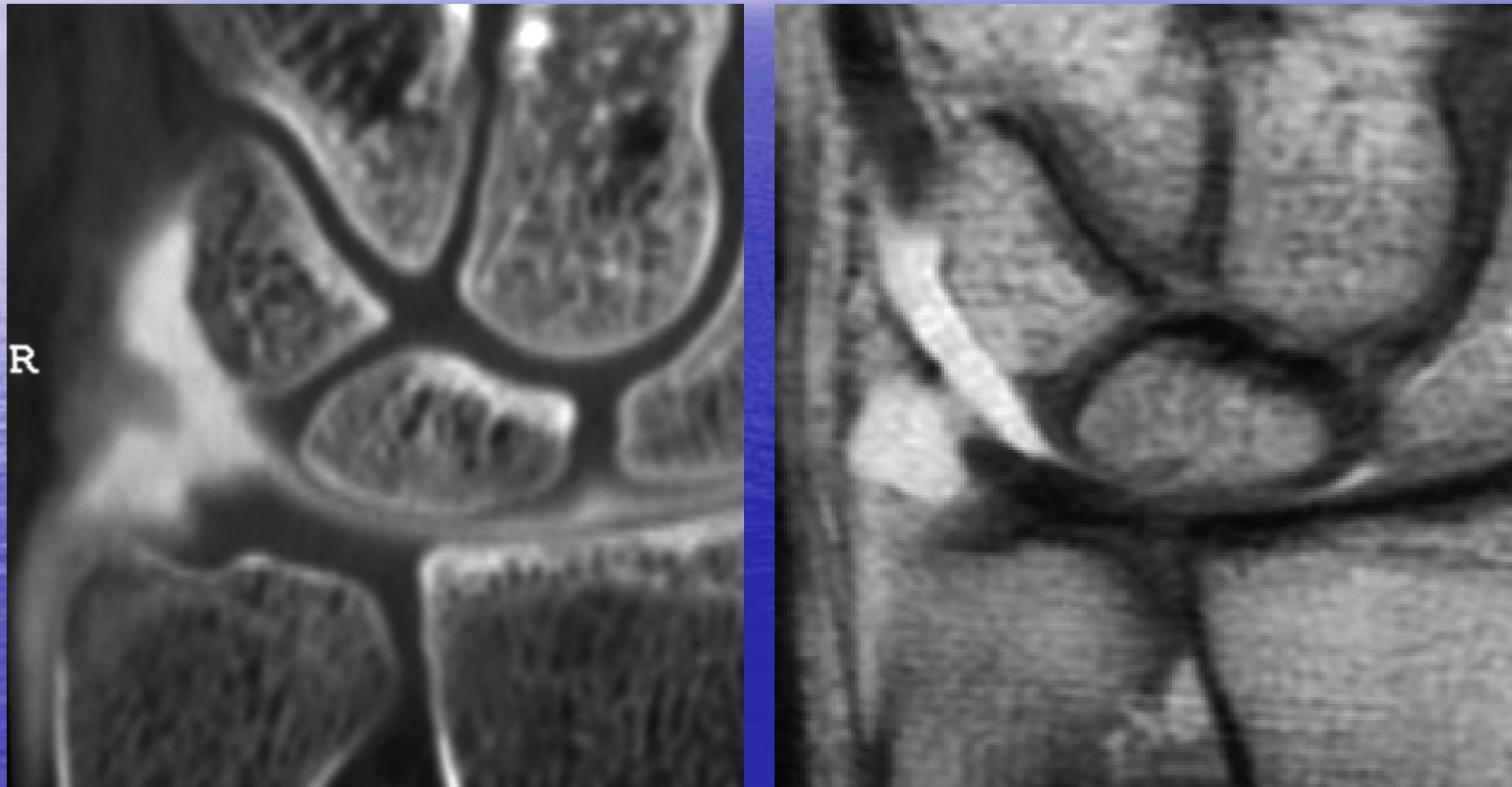


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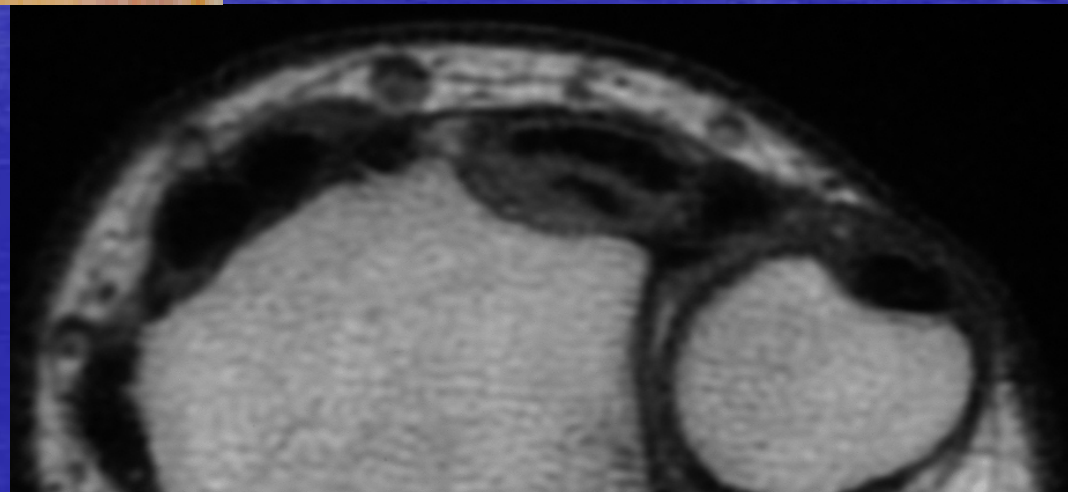
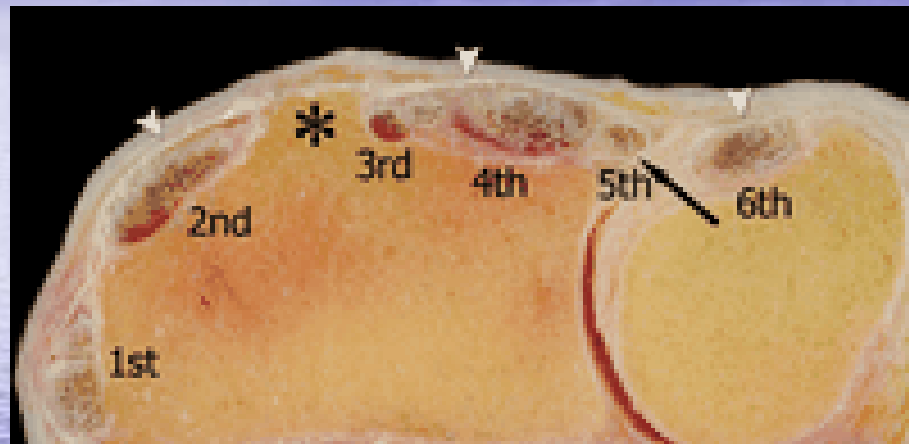
1-TFC 2-Recesso prestiloideo 3-Menisco omologo 4-
Legamento collaterale ulnare

Complesso della fibrocartilagine triangolare (TFCC)



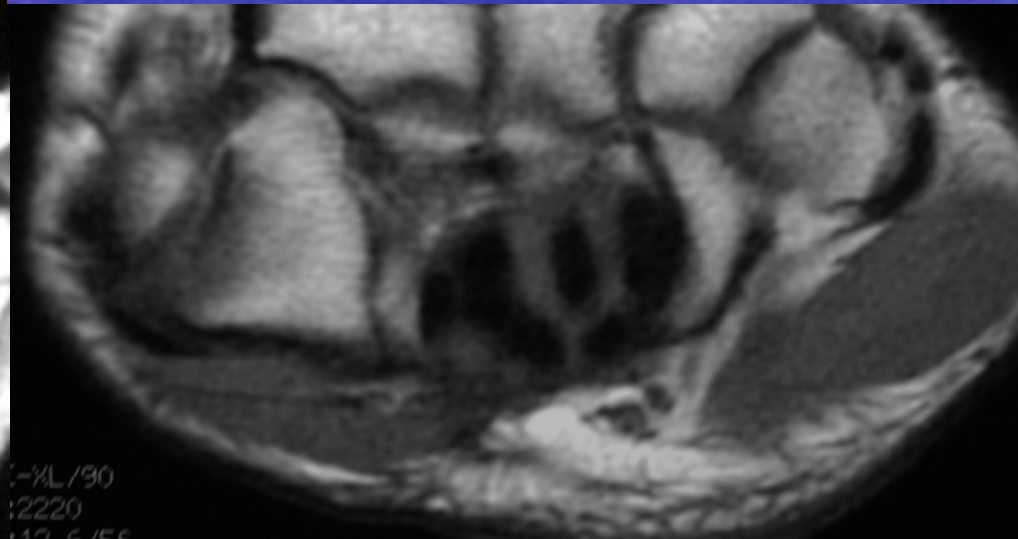
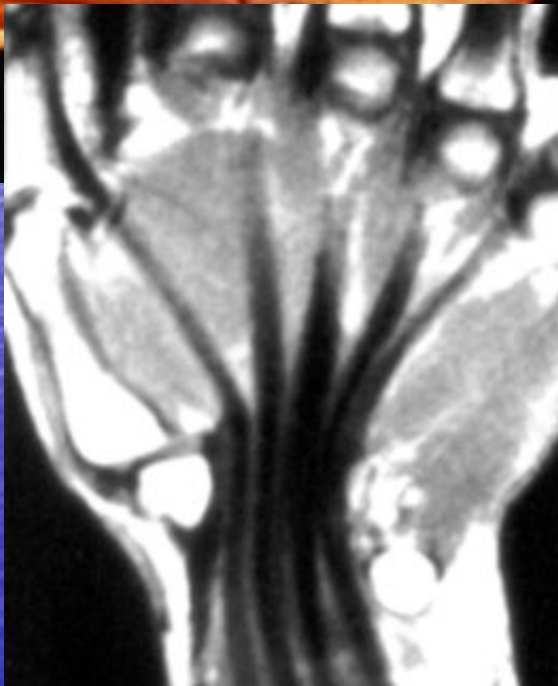
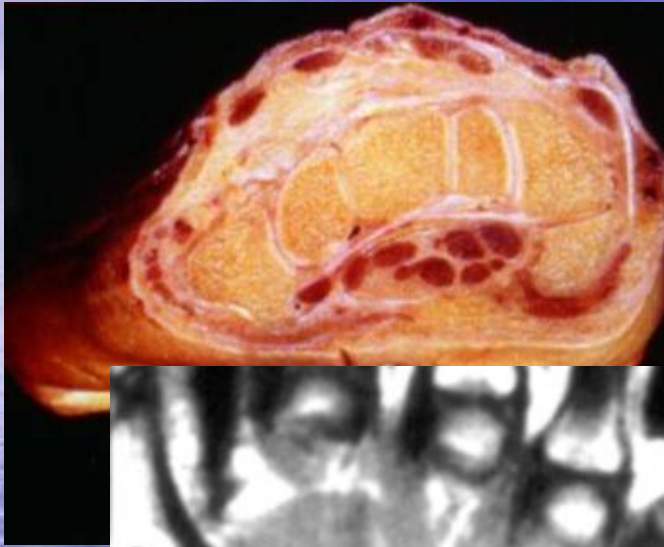
Anatomia tendinea

Tendini estensori



Anatomia tendinea

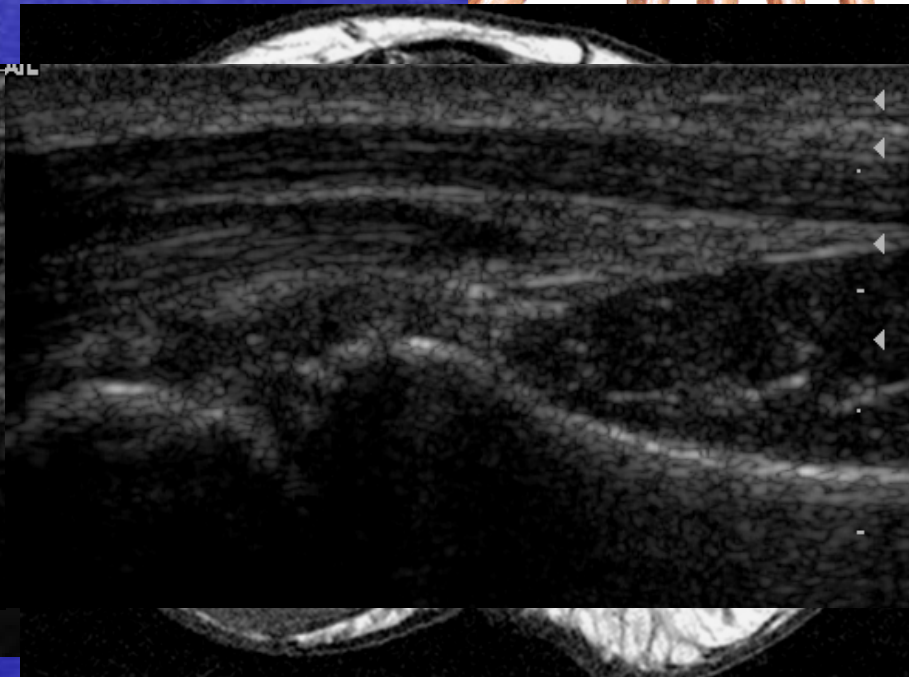
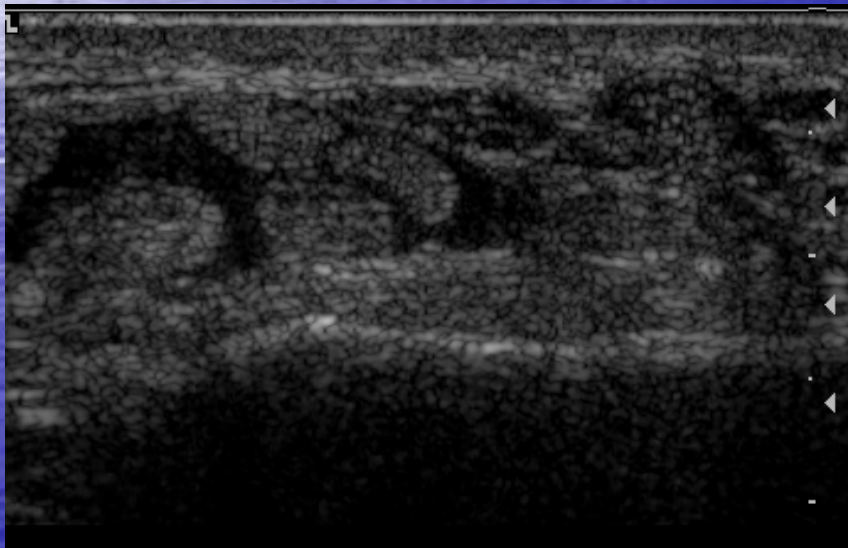
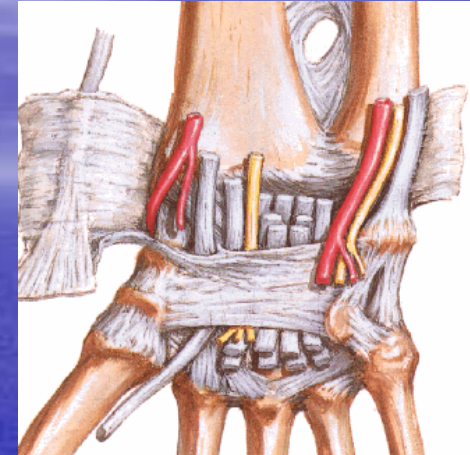
Tendini flessori



Tunnel carpale

E' un tunnel osteofibroso delimitato dorsalmente, lateralmente e medialmente dalle ossa del carpo. Sul versante palmare è chiuso dal retinacolo dei flessori.

Lo percorrono il **nervo mediano**, il flessore lungo del pollice e otto tendini flessori delle dita.



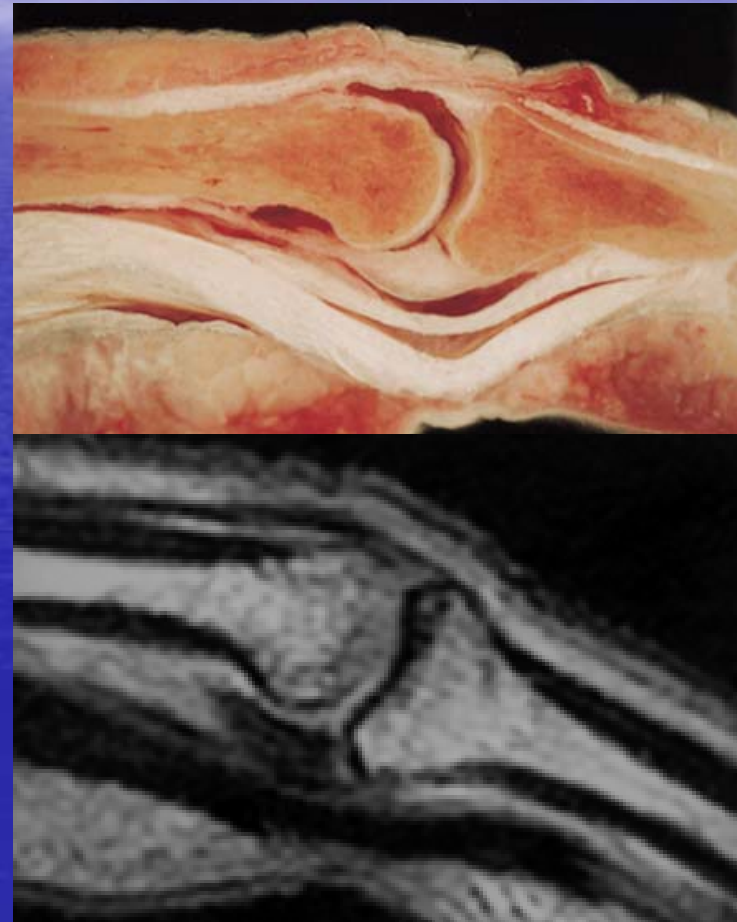
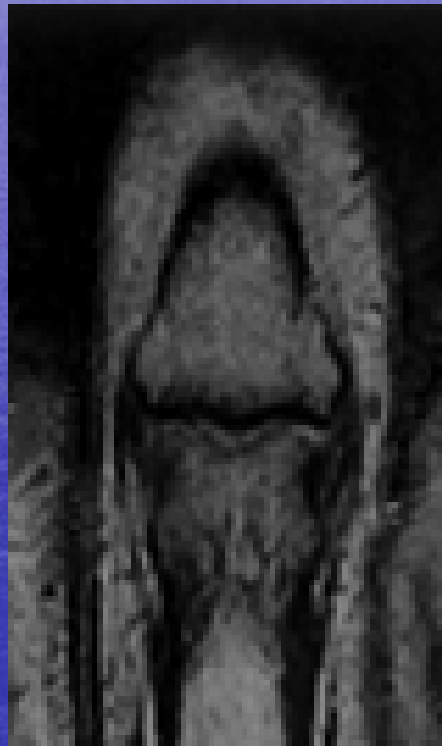
Mano: anatomia ossea



Mano: anatomia articolare



Mano: anatomia articolare



Mano: anatomia articolare

