

Multiple Choice Questions – Joints of Upper Limb

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1. The only true bony joint connecting the upper limb to the trunk is –

A. Acromioclavicular joint B. Sternoclavicular joint C. Scapulothoracic articulation D. Glenohumeral joint

? Answer: B – Sternoclavicular joint

— *Saddle-type synovial; functionally ball-and-socket.*

2. The main stabilizing ligament of the acromioclavicular joint is –

A. Coracoacromial B. Coracoclavicular C. Interclavicular D. Acromioclavicular

? Answer: B – Coracoclavicular (conoid + trapezoid parts)

3. The shoulder joint is a –

A. Hinge B. Pivot C. Ball-and-socket D. Ellipsoid

? Answer: C – Ball-and-socket synovial joint

4. The chief stabilizers of the shoulder joint are –

A. Ligaments B. Rotator cuff muscles C. Bony congruence D. Capsule only

? Answer: B – Rotator cuff (SITS muscles)

5. The tendon of which muscle is intracapsular but extrasynovial in the shoulder joint?

A. Biceps (long head) B. Coracobrachialis C. Subscapularis D. Deltoid

? Answer: A – Long head of biceps brachii

6. Which movement of the shoulder is initiated by supraspinatus?

A. Flexion B. Extension C. Abduction D. Rotation

? **Answer:** C – Abduction (first 15°)

7. The nerve most commonly injured in shoulder dislocation is –

A. Radial B. Ulnar C. Axillary D. Musculocutaneous

? **Answer:** C – Axillary nerve

8. The elbow joint is a –

A. Hinge B. Pivot C. Ellipsoid D. Saddle

? **Answer:** A – Complex hinge-type synovial joint

9. Which ligament encircles the head of the radius?

A. Radial collateral B. Annular C. Ulnar collateral D. Quadrilateral

? **Answer:** B – Annular ligament

10. The carrying angle of the elbow is –

A. 0° B. 5°–10° C. 10°–15° D. 30°–40°

? **Answer:** C – 10°–15° (males); 15°–20° (females)

11. Supination and pronation occur at –

A. Elbow joint B. Radiocarpal joint C. Superior & inferior radioulnar joints D. Midcarpal joint

? **Answer:** C – Radioulnar joints (pivot type)

12. The interosseous membrane fibres run –

A. Upward & laterally B. Downward & medially C. Horizontal D. Downward & laterally

? **Answer:** B – Downward and medially (from radius to ulna)

13. Which joint of the upper limb is ellipsoid (condyloid)?

A. Elbow B. Wrist C. Shoulder D. 1st CMC

? **Answer:** B – Radiocarpal (wrist) joint

14. Which carpal bones articulate with the radius?

A. Scaphoid and lunate B. Lunate and triquetral C. Scaphoid and triquetral D. All three

? **Answer:** A – Scaphoid and lunate (+ triquetral via disc in ulnar deviation)

15. Most common carpal bone fracture –

A. Lunate B. Scaphoid C. Trapezium D. Hamate

? **Answer:** B – Scaphoid (snuffbox tenderness)

16. The 1st carpometacarpal joint is –

A. Plane B. Saddle C. Ellipsoid D. Hinge

? **Answer:** B – Saddle-type synovial joint

17. Opposition of thumb involves –

A. Flexion only B. Abduction only C. Abduction + Flexion + Medial rotation D. Adduction only

? **Answer:** C – Composite movement for opposition

18. The MCP joints are –

A. Hinge B. Pivot C. Condyloid D. Saddle

? **Answer:** C – Condyloid (ellipsoid) synovial joints

19. The IP joints are –

A. Condyloid B. Hinge C. Pivot D. Plane

? **Answer:** B – Hinge type synovial joints

20. The middle finger acts as –

A. Axis for adduction only B. Axis for abduction/adduction of fingers C. Fixed finger D. Reference for rotation

? **Answer:** B – Axis of hand for abduction/adduction

21. Which ligament prevents hyperextension at MCP & IP joints?

A. Collateral B. Palmar (Volar) plate C. Intermetacarpal D. Annular

? **Answer:** B – Palmar (Volar) plate

22. In mallet finger, which tendon is injured?

A. Flexor digitorum profundus B. Extensor digitorum C. Flexor digitorum superficialis D. Lumbrical

? **Answer:** B – Extensor digitorum tendon at DIP joint

23. The common site for “tennis elbow” is –

A. Common flexor origin B. Common extensor origin C. Biceps insertion D. Triceps insertion

? **Answer:** B – Common extensor origin (ECRB)

24. The axis for supination–pronation passes through –

A. Radial styloid ? Ulnar styloid B. Head of radius ? Head of ulna C. Olecranon ? Capitulum D. None

? **Answer:** B – Head of radius to head of ulna

25. Which ligament prevents upward dislocation of humeral head?

A. Glenohumeral B. Coracohumeral C. Coracoacromial D. Transverse humeral

? **Answer:** C – Coracoacromial ligament (arches over joint)

26. Which joint allows maximum mobility in the body?

A. Elbow B. Knee C. Shoulder D. Wrist

? **Answer:** C – Shoulder joint

27. Which joint has the least stability in the upper limb?

A. Elbow B. Shoulder C. Wrist D. 1st CMC

? Answer: B – Shoulder (shallow socket + loose capsule)

28. The joint most often dislocated in the body is –

A. Elbow B. Shoulder C. Hip D. Knee

? Answer: B – Shoulder joint

29. The nerve compressed in carpal tunnel syndrome is –

A. Median B. Ulnar C. Radial D. Posterior interosseous

? Answer: A – Median nerve

30. “Pulled elbow” results from dislocation of –

A. Ulna B. Radius head C. Humerus D. Pisiform

? Answer: B – Head of radius (from annular ligament)

31. Which joint allows opposition movement?

A. 1st CMC B. MCP C. Radiocarpal D. Elbow

? Answer: A – First carpometacarpal joint

32. The most stable joint of upper limb is –

A. Shoulder B. Wrist C. Elbow D. Thumb CMC

? Answer: C – Elbow joint

? Exam Essentials Summary

• **Sternoclavicular:** Saddle ? trunk link.

• **Acromioclavicular:** Plane ? gliding.

- **Shoulder:** Ball-and-socket ? mobile, least stable.
- **Elbow:** Hinge ? strong, stable.
- **RadioUlnar:** Pivot ? rotation.
- **Wrist:** Ellipsoid ? biaxial.
- **Thumb CMC:** Saddle ? opposition.
- **MCP/IP:** Condyloid & hinge ? grip control.