Carpometacarpal and Intermetacarpal joints

**Type of joint**
- Plane type synovial joints - EXCEPT the carpometacarpal joint of the thumb, which is a saddle type joint

**Articulating surfaces**
- Distal surfaces of the carpal bones articulate with the bases of the metacarpals

- The important thumb joint is the articulation between the trapezium and the base of the first metacarpal

- The INTERMETACARPAL joints are adjacent metacarpals articulating with each other’s bases

**Articular capsule**
- The medial four carpometacarpal joints, and the three intermetacarpal joints, are all enclosed by the same articular capsule.

- The thumb CMC joint has its own capsule

**Ligaments**
- All these bones are united by the palmar and dorsal carpometacarpal ligaments, and by the intermetacarpal ligaments.

- The DEEP TRANSVERSE METACARPAL LIGAMENT and the SUPERFICIAL TRANSVERSE METACARPAL LIGAMENT (which is part of the palmar aponeurosis) both work to prevent separation of the metacarpal bases

**Stability factors**
- The above ligaments are the major stability factors

**Movements**
- Almost no movement at the CMCs of the 2nd and 3rd fingers,

- Slight movement at the 4th CMC

- Moderate movement of the 5th CMC (flexion, extension and rotation)

**Blood supply**
- Periarticular arterial anasomoses of the wrist and hand (basically, the arterial arches)

**Nerve supply**
- Anterior interosseous branch of the median nerve,

- posterior interosseous branch of the radial nerve, and dorsal and deep branches of the ulnar nerve

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The carpometacarpal joint of the thumb is independent – it has its own synovial capsule