

LIGAMENTS AND TENDONS OF THE HUMAN BODY

Shoulder/Upper Arm

Latin Name	English Name	Articulation
Lm. acromioclaviculare	acromioclavicular l.	Connects acromion to clavicle; strengthens articular capsule
Lm. anulare radii	anular l. of radius	Connects head of radius in radial notch
Lm. collaterale ulnare	collateral ulnar l.	Connects medial epicondyle to humerus and coronoid process of ulna and olecranon
Lm. conoideum	conoid l.	Connects coracoid process of scapula to clavicle
Lm. coracoacromiale	coracoacromial l.	Connects coracoid process to acromion
Lm. coracoclaviculare	coracoclavicular l.	Connects coracoid process of scapula to clavicle
Lm. coracohumerale	coracohumeral l.	Connects coracoid process of scapula to humerus
Lm. costoclaviculare	costoclavicular l.	Connects 1st costal cartilage to clavicle
Lm. glenohumeralia	glenohumeral ligs.	Connects articular capsule of humerus to glenoid cavity and anatomic neck of humerus
Lm. interclaviculare	interclavicular l.	Connects clavicle to opposite clavicle
Lm. orbiculare radii	annular l. of radius	Encircles and holds the head of the radius in the radial notch of the ulna
Lm. sternoclaviculare anterius	anterior sternoclavicular l.	Fibrous band that reinforces the sternoclavicular joint anteriorly
Lm. sternoclaviculare posterius	posterior sternoclavicular l.	Fibrous band that reinforces the sternoclavicular joint posteriorly
Lm. suspensorium axillae	suspensory l.	Connects between the clavipectoral fascia downward to the axillary fascia
Lm. transversum humeri	transverse humeral l.	Connects obliquely from the greater to the lesser tuberosity of the humerus
Lm. transversum scapulae	inferior transverse l.	Connects scapula to glenoid cavity; creates foramen of scapula for vessels/nerves
Lm. transversum scapulae superius	superior transverse l.	Connects coracoid process to scapular notch of scapula
Lm. trapezoideum	trapezoid l.	Connects coracoid process to clavicle

Hand/Forearm

Latin Name	English Name	Articulation
Lm. anulare radii	anular l. of radius	Connects radius to ulna
Lm. carpi radiatum	radiate l. of wrist	Multiple fibrous bands on palmar surface of metacarpal joint
Lm. carpi transversum	transverse carpal l.	Continuous with antebrachial fascia
Lm. carpi volare	transverse carpal l.	Reinforcing fibers in antebrachial fascia, palmar surface of wrist
La. carpometacarpalia dorsalia	dorsal carpometacarpal ligs.	Join carpal bones to bases of metacarpals
La. carpometacarpalia palmaria	palmar carpometacarpal metacarpals	Join carpal bones to metacarpals ligs.
La. collateralia articulationum interphalangealium manus	collateral ligs. of interphalangeal articulations	Fibrous bands on each side of interphalangeal joints of fingers
La. collateralia articulationum metacarpophalangealium	collateral ligs. of metacarpophalangeal articulations	Fibrous bands on sides of each meta-carpophalangeal joint
Lm. collaterale carpi radiale	radial carpal collateral l.	Connects styloid process of radius to scaphoid
Lm. collaterale carpi ulnare	ulnar carpal collateral l.	Connects styloid process of ulna to triquetral and pisiform bones
Lm. collaterale radiale	collateral radial l.	Connects lateral epicondyle of humerus to anular l. of radius
Lm. intercarpalia dorsalia interossea	dorsal intercarpal ligs.	Connect carpal bones
Lm. intercarpalia interossea	interosseous intercarpal ligs.	Connect various carpal bones
Lm. intercarpalia palmaria	palmar intercarpal ligs.	Connect various carpal bones
La. metacarpalia dorsalia	dorsal metacarpal ligs.	Interconnects bases of metacarpal bones
La. metacarpalia interossea	interosseous metacarpal ligs.	Interconnects bases of metacarpal bones
La. metacarpalia palmaria	palmar metacarpal ligs.	Interconnects bases of metacarpals
La. metacarpeum transversum profundum	deep transverse metacarpal l.	Interconnects heads of metacarpals
Lm. metacarpale transversum superficiale	superficial transverse metacarpal l.	Between longitudinal bands of palmar aponeurosis
Lm. natatorium	superficial transverse metacarpal l.	Thickening of the deep fascia in most distal part of the base of the triangular palmar

Abbreviations used: l., ligament; La. ligamenta; Lm., ligamentum; ligs., ligaments.

Latin Name	English Name	Articulation
Lm. palmaria	palmar l.	Connects anterior aspect of each metacarpophalangeal and interphalangeal joint of the hand
La. palmaria articulationis interphalangeae manus	palmar lig. of interphalangeal joints of the hand	Interphalangeal articulations of hand between collateral articulations
La. palmaria articulationis metacarpophalangeae	palmar lig. of metacarpal joints	Connects metacarpophalangeal joints to the collateral lig.
Lm. pisohamatum	pisohamate l.	Connects pisiform bone to hook of hamate bone
Lm. pisometacarpeum	pisometacarpal l.	Connects pisiform bone to bases of metacarpals
Lm. quadratum	quadrata l.	Connects radial notch of ulna to neck of radius
Lm. radiocarpale dorsale	dorsal radiocarpal l.	Connects radius to carpal bones
Lm. radiocarpale palmare	palmar radiocarpal l.	Connects radius to lunate, triquetral, capitate, and hamate bones
Lm. ulnocarpale palmare	palmar ulnocarpal l.	Connects styloid process of ulna to carpal bones

Spine

Latin Name	English Name	Articulation
La. alaria	alar l.	Connects axis to occiput; limits rotation of head
Lm. apicis dentis axis	apical dental l.	Connects axis to occiput
La. atlantooccipitale laterale	lateral atlantooccipital l.	Connects occiput to atlas
Lm. capitis costae intraarticulare	interarticular l. of head of rib	Connects crest of rib to intervertebral disk
Lm. capitis costae radiatum	radiate l. of head of rib	Connects head of rib to adjacent vertebrae/disks
Lm. caudale integumenti communis	caudal retinaculum	Forms coccygeal foveola
Lm. costotransversarium	costotransverse l.	Connects neck of rib to transverse process of corresponding vertebra
Lm. costotransversarium laterale	lateral costotransverse l.	Connects transverse process of vertebra to corresponding rib
Lm. costotransversarium superius	superior costotransverse l.	Connects neck of rib to transverse process of vertebra above
Lm. cruciforme atlantis	cruciform l. of atlas	Connects transverse l. of atlas to longitudinal fascicles
La. flava	yellow lig.	Joins laminae of two adjacent vertebrae
Lm. iliiofemorale	iliofemoral l.	Connects anterior/inferior iliac spine and intertrochanteric femur
Lm. iliolumbale	iliumbar l.	Connects L4-L5 to iliac crest
Lm. interspinale	interspinous l.	Interconnect spinous processes
Lm. intertransversarium	intertransverse l.	Interconnect vertebral transverse processes
Lm. longitudinale anterius	anterior longitudinal l.	Extends from occiput/atlas to sacrum
Lm. longitudinale posterius	posterior longitudinal l.	Extends from occiput to coccyx
Lm. lumbocostale	lumbocostal l.	Connects 12th rib to transverse processes of L1-L2
Lm. nuchae	radiate l.	Connects head of each rib to bodies of the two vertebrae with which it articulates
Lm. sacrococcygeum anterius	anterior sacrococcygeal l.	Connects sacrum to coccyx
Lm. sacrococcygeum laterale	lateral sacrococcygeal l.	Connects 1st coccygeal vertebra to sacrum; completes foramen of S5
Lm. sacrococcygeum posterius profundum	deep posterior sacrococcygeal l.	Terminal portion of posterior longitudinal l.; unites S5 and profundum coccyx
Lm. sacrococcygeum posterius superficiale	superficial posterior sacrococcygeal l.	Connects sacral hiatus to coccyx superficiale
La. sacroiliaca anteriora	anterior sacroiliac lig.	Connects sacrum to ilium
La. sacroiliaca interossea	interosseous sacroiliac lig.	Numerous bundles connecting tuberosities of sacrum to those of ilium
La. sacroiliaca posteriora	posterior sacroiliac lig.	Connects ilium and iliac spines to sacrum
Lm. sacrospinale	sacrospinous l.	Connects ischium to lateral margins of sacrum
Lm. sacrotuberale	sacrotuberous l.	Connects ischial tuberosity to sacrum and coccyx and iliac spine
Lm. supraspinale	supraspinous l.	Interconnects tips of spinous processes of vertebrae
Lm. transversum	atlantis transverse l. of atlas	Horizontal portion of cruciform l. of atlas

Abbreviations used: l., ligament; La, ligamenta; Lm., ligamentum; lig., ligaments.

Abdominal/Pelvic

Latin Name	English Name	Articulation
Lm. arcuatum laterale	lateral arcuate l.	Connects first lumbar vertebrae and 12th rib to diaphragm
Lm. arcuatum mediale	medial arcuate l.	Connects body of first lumbar vertebra to transverse process
Lm. arcuatum pubis	inferior pubic l.	Arches across pubic symphysis
Lm. falciforme	falciform process of sacrotuberous l.	Passes from ischial tuberosity to ilium, sacrum, and coccyx
Lm. laterale vesicae	lateral bladder l.	Passes from one side of the bladder to blend with the pelvic fascia
Lm. pectineale	pectineal l.	A strong fibrous band that passes laterally from the lacunar l. along the pectineal line of the pubis
Lm. pubicum inferius	inferior pubic l.	Arches across the inferior aspect of the pubic symphysis
Lm. pubicum superius	superior pubic l.	Passes transversely above the pubic symphysis
Lm. pubofemorale	pubofemoral l.	Connects from the superior ramus of the pubis to the intertrochanteric femur
Lm. sacrodurale	sacrodural l.	Connects between the midline of the inferior part of the dorsal sac to the posterior longitudinal l. of the sacrum.
Lm. sacroiliacum posterius	posterior sacroiliac ligs.	Connects from the ilium to the sacrum posterior to the sacroiliac joint
Lm. sacrospinale	sacrospinal l.	Connects between the ischial spine and the sacrum and coccyx

Hip/Thigh

Latin Name	English Name	Articulation
Lm. capitis	femoris l. of head of femur	Connects femur, acetabular notch, and transverse l. of acetabulum
Lm. inguinale	inguinal l.	Connects ilium to pubis
Lm. ischiofemorale	ischiofemoral l.	Connects ischium to femur
Lm. transversum acetabuli	transverse acetabular l.	Connects acetabular lip of hip joint to acetabular notch

Knee/Calf

Latin Name	English Name	Articulation
Lm. capitis fibulae anterior	anterior l. of fibular head	Connects head of fibula to lateral condyle of tibia
Lm. capitis fibulae posterior	posterior l. of fibular head	Connects head of fibula to lateral condyle of tibia
Lm. collaterale fibulare	collateral fibular l.	Connects lateral epicondyle of femur to head of fibula
Lm. collaterale tibiale	tibial collateral l.	Connects medial epicondyle of femur to medial meniscus and tibia
Lm. cruciatum anteriorus genus	anterior cruciate l. of knee	Connects lateral condyle of femur to condylar eminence of tibia
La. cruciata genus	cruciate ligs. of knee	Bundles in knee joint between condyles of femur
Lm. cruciatum posterius genus	posterior cruciate l. of knee	Connects medial condyle of femur to intercondylar area of tibia
Lm. menisci lateralis	posterior meniscofemoral l.	Connects between the medial condyle of the femur to the posterior crus of the lateral meniscus
Lm. meniscofemorale anterior	anterior meniscofemoral l.	Connects lateral meniscus to posterior cruciate l.
Lm. meniscofemorale posterius	posterior meniscofemoral l.	Connects lateral meniscus to medial condyle of femur
Lm. patellae	patellar l.	Connects patella to tibial tuberosity
Lm. popliteum arcuatum	arcuate popliteal l.	Connects fibula to articular capsule
Lm. popliteum obliquum	oblique popliteal l.	Connects medial condyle of tibia to lateral epicondyle of femur
Lm. teres femoris	head of femur l.	Connects from the fovea in the head of the femur to the borders of the acetabular notch
Lm. tibiofibulare anteriorus anterior	tibiofibular l.	Connects tibia to fibula
Lm. tibiofibulare posterius	posterior tibiofibular l.	Connects tibia to distal fibula
Lm. tibionaviculare	tibionavicular part of medial l. of ankle joint	Connects from medial malleolus of the tibia downward to the tarsal bones
Lm. transversum genus	transverse l. of knee	Connects lateral meniscus to medial meniscus

Abbreviations used: l., ligament; La. ligamenta; Lm., ligamentum; ligs., ligaments.

Foot and Ankle

Latin Name	English Name	Articulation
m. bifurcatum	bifurcate l.	Dorsum of foot; comprises calcaneonavicular and calcaneocuboid lig.
Lm. calcaneocuboideum	calcaneocuboid l.	Connects calcaneus to cuboid
Lm. calcaneocuboideum plantare	plantar calcaneocuboid l., short plantar l.	Connects calcaneus to cuboid
Lm. calcaneofibulare	calcaneofibular l.	Connects fibula to calcaneus
Lm. calcaneonaviculare	calcaneonavicular l.	Connects calcaneus to navicular bone
Lm. calcaneonaviculare dorsale	dorsal calcaneonavicular l.	Connects calcaneus to navicular bone
Lm. calcaneonaviculare plantare	plantar calcaneonavicular l.	Connects sustentaculum tali to navicular; supports talus
Lm. calcaneotibiale	calcaneotibial l.	Connect medial malleolus to sustentaculum tali of calcaneus
Lm. collateralia articulationum	collateral lig. of metatarsophalangeal articulations	Fibrous bands on sides of each metatarsophalangeal joint
Lm. cruciatum cruris	inferior extensor of foot	Joins malleolus to dorsum of foot
Lm. cuboideonaviculare dorsale	dorsal cuboideonavicular l.	Connects cuboid and navicular bones
Lm. cuboideonaviculare plantare	plantar cuboideonavicular l.	Connects cuboid and navicular bones
Lm. cuneocuboideum dorsale	dorsal cuneocuboid l.	Connects cuboid and lateral cuneiform bones
Lm. cuneocuboideum interosseum	interosseous cuneocuboid l.	Connects cuboid and lateral cuneiform bones
Lm. cuneocuboideum plantare	plantar cuneocuboid l.	Connects cuboid and lateral cuneiform bones
La. cuneometatarsalia interossea	interosseous cuneometatarsal lig.	Connects cuneiform and metatarsal bones
La. cuneonavicularia dorsalia	dorsal cuneonavicular lig.	Connects navicular and cuneiform bones
La. cuneonavicularia plantaria	plantar cuneonavicular lig.	Connects navicular to cuneiform bones
La. intercuneiformia dorsalia	dorsal intercuneiform lig.	Connects dorsal surfaces of cuneiform bones
La. intercuneiformia interossea	interosseous intercuneiform lig.	Connects adjacent cuneiform bones
La. intercuneiformia plantaria	plantar intercuneiform lig.	Joins plantar surfaces of cuneiform bones
Lm. laterale articulationis talocruralis	lateral l. of ankle joint	Lateral side of ankle joint
Lm. mediale articulationis talocruralis	medial l. of ankle	Connects medial malleolus of tibia to tarsal bones
La. menisconfemoralia	menisconfemoral lig.	Connects from posterior part of lateral meniscus to the lateral surface of the medial meniscus
Lm. metatarsale transversum profundum	deep transverse metatarsal l.	Joins heads of metatarsals
Lm. metatarsale transversum superficiale	superficial transverse metatarsal l.	Lies on sole of foot beneath heads of metatarsals
La. metatarsalia dorsalia	dorsal metatarsal lig.	Interconnects bases of metatarsal bones
La. metatarsalia interossea	interosseous metatarsal lig.	Interconnects bases of metatarsal bones
La. metatarsalia plantaria	plantar metatarsal lig.	Plantar surface of metatarsal bones
La. plantaria articulationum interphalangealium pedis	plantar lig. of interphalangeal articulations	Interphalangeal articulations of foot between collateral lig.
La. plantaria articulationum metatarsophalangeae	plantar lig. of metatarsophalangeal articulations	Plantar surface of metatarsophalangeal articulations between collateral lig.
Lm. plantare longum	long plantar l.	Connects calcaneus to bases of metatarsal bones
Lm. talocalcaneum	talocalcaneal l.	Connects talus to calcaneus
Lm. talocalcaneum laterale	lateral talocalcaneal l.	Connects talus to calcaneus
Lm. talocalcaneum mediale	medial talocalcaneal l.	Connects tubercle of talus to sustentaculum tali of calcaneus
La. talocalcaneum interosseum	talocalcaneal interosseous l.	Connects calcaneus to talus
Lm. talofibulare anterius	anterior talofibular l.	Connects lateral malleolus of fibula to posterior process of talus
Lm. talonaviculare	talonavicular l.	Connects neck of talus to navicular bone
Lm. talotibiale medial	tibiotalar l.	Connects downward from the medial malleolus of the tibia of the tarsal bones
La. tarsi	tarsal lig.	Connects bones of tarsus
La. tarsi dorsalia	dorsal lig. of tarsus	Collectively, bifurcate, dorsal cuboideonavicular, cuneocuboid, cuneonavicular, intercuneiform, and talonavicular lig.
La. tarsi interossea talocalcaneal lig.	interosseous lig. of tarsus	Collectively, interosseous, cuneocuboid, intercuneiform, and
La. tarsi plantaria	plantar lig. of tarsus	Inferior lig. of foot (long plantar, plantar calcaneocuboid, calcaneonavicular, cuneonavicular, cuboideonavicular, intercuneiform, cuneocuboid)

Abbreviations used: l., ligament; La. ligamenta; Lm., ligamentum; lig., ligaments.

LIGAMENTS AND TENDONS OF THE HUMAN BODY

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Latin Name	English Name	Articulation
La. tarsometatarsalia dorsalia	dorsal tarsometatarsal lig.	Connects bases of metatarsals to dorsal cuboid and cuneiform bones
La. tarsometatarsalia plantaria	plantar tarsometatarsal lig.	Connects metatarsal bones to cuboid and cuneiform bones
Lm. transversum cruris	superior extensor retinaculum lig. of foot	Connects tibia to fibula; holds extensor tendons in place
Tendo calcaneus	achilles tendon, calcaneal tendon	Connects triceps surae muscle to tuberosity of calcaneus

Abbreviations used: l., ligament; La. ligamenta; Lm., ligamentum; lig., ligaments.