

CONCEPT: JOINTS AND MOVEMENTS

Types of Joints

◆ **Joints (Articulations):** contact point between ___ or more bones which are held together by *ligaments*.

▸ **Ligaments:** strong bands of _____ tissue.

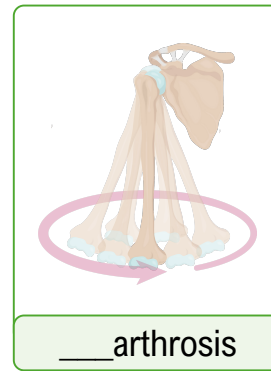
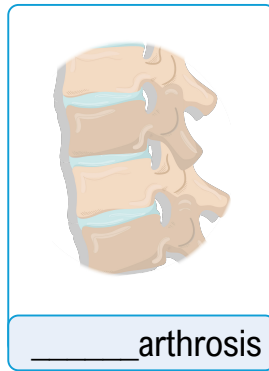
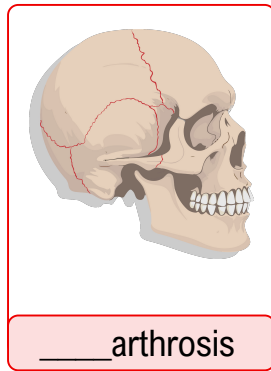
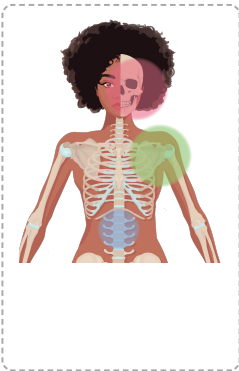
◆ There are ___ joint classes based on amount of _____ allowed.

1. **Synarthrosis:** ___till or ___tationary joint with ___ movement.

Recall: arthr/o = joint

2. **Amphiarthrosis:** a slightly moveable joint with ___ little or “___verage” movement.

3. **Diarthrosis:** ___ynamic and freely moveable joint.



EXAMPLE









Rheumatoid arthritis is a chronic autoimmune disease causing pain when joints move. Which joint type is most likely affected?







- | | |
|-------------------|--------------------|
| a) Amphiarthrosis | c) Diarthrosis |
| b) Synarthrosis | d) All three types |

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Joint Movements

◆ Terms describing movements at ____arthroses (freely moveable) joints.

Movement	Description	Illustration
Abduction ab- = away from	Moving body part _____ from midline.	
Adduction ad- = towards	Moving body part _____ midline.	
Flexion flex/o = to _____	Bending a joint.	
Extension extens/o = _____ out	Straightening a joint.	
Dorsiflexion dors/o = behind	Bending <i>ankle</i> _____wards.	
Plantar Flexion plant/o = _____ of foot	Bending <i>ankle</i> in direction of sole of foot.	
Inversion in- = _____ward	Turning <i>sole of foot</i> inward.	
Eversion e- = _____ward	Turning <i>sole of foot</i> outward.	

Movement	Description	Illustration
Pronation prone- = face down	Turning palm or foot _____ward.	
Supination supine = face up	Turning palm or foot _____ward.	
Protraction pro- = before,	Moving body part forward.	
Retraction re- = _____	Moving body part backwards.	
Circumduction	Moving body part in _____ motion.	
Rotation	Turning body part around _____ axis.	

EXAMPLE

Which of the following best describes protraction and retraction?

- Protraction is bending a joint, while retraction is retracting a joint.
- Protraction is moving a joint upwards, while retraction is moving a joint downwards.
- Protraction is moving body part away from midline, while retraction is moving it towards the midline.
- Protraction is moving body part anteriorly, while retraction is moving body part posteriorly.

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PRACTICE

Match each description with the correct joint movement.

1. Movement decreases angle between two bones at a joint.	_____
2. Turning foot so that sole is pointing outward.	_____
3. Pulling top of foot upward towards the shin.	_____
4. Turning forearm upwards.	_____

- a) Eversion
- b) Supination
- c) Dorsiflexion
- d) Flexion
- e) Circumduction