

JOINTS

- A joint is the junction between 2 or more bones.
- It includes the ligaments and cartilages

– attaches bone to bone
- helps support a joint and hold bones together

– coats the ends of bones
- provides a smooth surface that reduces friction between moving bones

– attaches muscle to bone

3 major categories of joints

1. – or immovable joints
- joints that are fixed together by fibrous tissue
e.g.

2. – or slightly movable joints
- joints where bones are firmly united by cartilage

e.g.

3. – or freely movable joints
- most joints in body are synovial ones
- there are 6 types of synovial joints

1. – where one bone slides across another bone
e.g.

2. – allows only back and forth movement such as bending and straightening
e.g.

3. – allows only rotation
e.g.

4. – allows side to side movements and back and forth movements
e.g.

5. – allows back and forth, side to side and some rotation
e.g.

6. – allows movement in all directions. It is the joint that provides the greatest freedom of movement.
e.g.