



Joints & Movement Worksheet

1. What are joints?

Where two or more bones connect

2. What are immovable joints? Joints that don't move

a. What is their functional name? Synarthroses

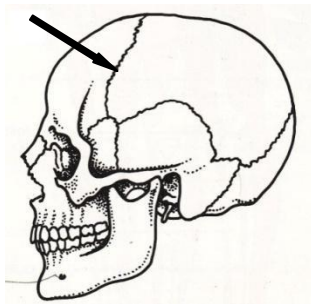
b. What is their structural name? fibrous

3. What are slightly moveable joints? Some movement

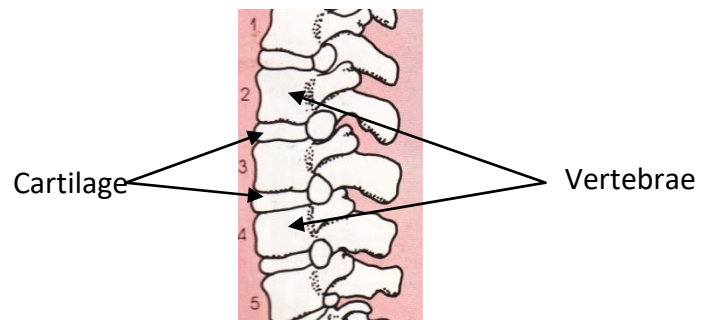
a. What is their functional name? amphiarthrosis

b. What is their structural name? Cartilagenous

4. Name the type of joints shown below.



a. immovable



b. cartilagenous

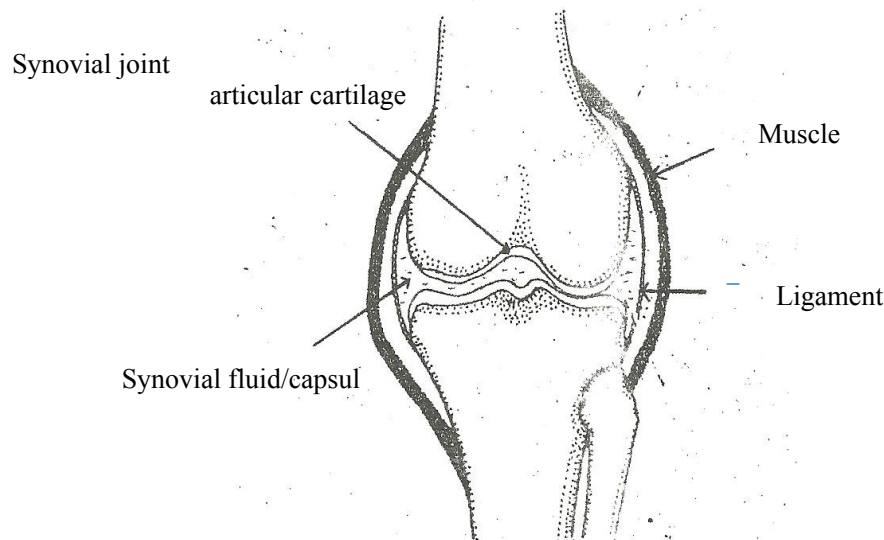
5. What are freely moveable joints? What is their other name? joints that move

a. What is their functional name? Diarthroses

b. What is their structural name? Synovial

6. What type of joint is shown in the following diagram?

a. Label the arrows on the diagram. KNEE JOINT

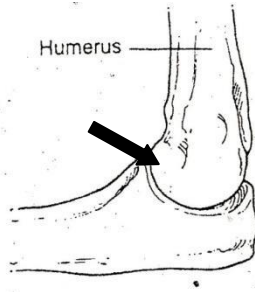


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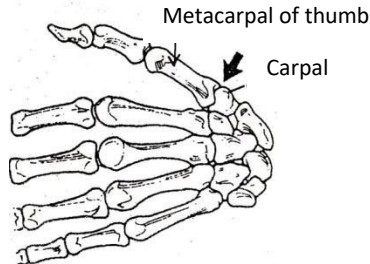
7. How many types of freely moveable joints are there? List them here.

6 Pivot, Hinge, Ball-and-socket, Gliding, Saddle, condiloyid

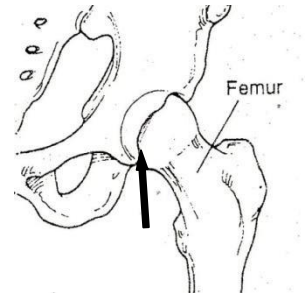
8. Under each picture write the names of the synovial joints shown.



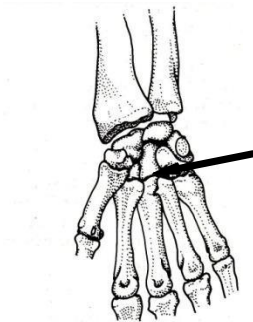
a. Hinge



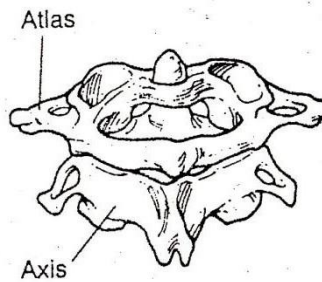
b. Saddle joint



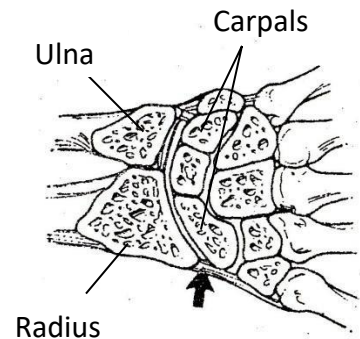
c. ball-and-socket



d. Gliding



e. Pivot



f. Condyloid

9. First, define what is meant by each joint, then identify the areas in the body where the following joints can be found:

- Ball and socket: It is a ball in a socket. It is located in the hip and shoulder

- Hinge: It Has two movemtn, flexion and extension. It is found in your elbow

- Pivot: Turns around an axis ; neck radioler joint

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- Condylod: wrist abduction and aduction circumduction
- Cartilaginous: slightly moveable veebrae
- Fixed: dont move fibers sutures

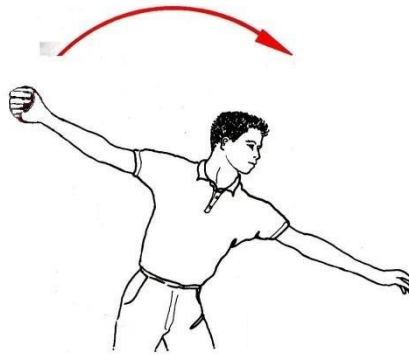
10. Complete the following sentences

- ligaments link bones together and limit the range of motion of a joint.
- articular cartilage protects bones and prevents them from wearing each other down.

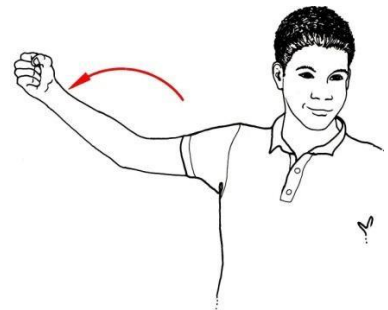
11. Below each picture name the movement that is shown.



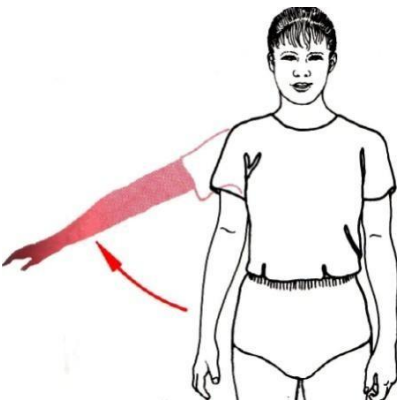
a. flexion



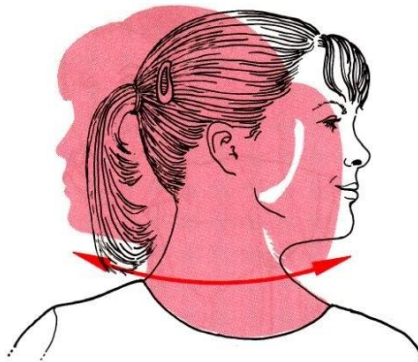
b. shoudler felxion



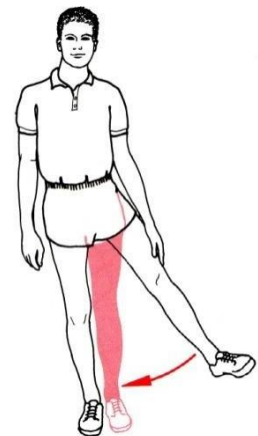
c. extension



d. abduction



e. circumduction



f. adduction

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12. Identify the type of movements that are allowed by the following joints.

Type of joint	Movement(s) allowed
Ball and socket	flexion extension, ad/abduction, circumduction, internal and external rotation
Pivot	circumduction or supin/pronation
Hinge	flexion and extension
Condylloid	flex/ext, ab/ad, circumduction
Gliding	slide
Saddle	opposition

13. What are examples of a syndesmotic joint? radius/ulna fibia/tibula

14. What are 3 examples of a synarthrotic/fibrous joint? sutures, syndesmoses, and gomphoses.

15. What are examples of an amphiarthrotic/cartilagneous joint? manubrium/sternum, intervertebrael

16. What are examples of a suture joint? radius and ulna tibia and fibula