## Articulations -



Joints


EQ: How is the

## Functions...

- Hold the bones together...
- Create flexibility for movement to occur



## Union Between Bones



- Joints may be freely moveable or completely fixed
- They can also fall somewhere in between



# Joints Classified Functionally 

- Immovable Joints (synarthroses) arthrose=joint, syn=together - bone stuck together
- Slightly Movable Joints (amphiarthroses) amphi=both - in between immovable and freely movable
- Freely Movable Joints (diarthroses) dia=apart - bone apart, can move easily


# Joints Classified Structurally 

- fibrous joints
- cartilaginous joints
- synovial joints


## Fibrous Joints

- No Joint Cavity
- Most are immovable with a few slightly movable
- 3 Subtypes

1. Sutures
2. Syndesmosis
3. gomphosis

*Sutures - immovable

*Syndesmosis - little movement *Gomphosis - immovable

## Cartilaginous Joints

- No Joint Cavity
- Bones are connected with each other by cartilage


## Cartilaginous Joint - Symphysis



## Synovial Joints

- Freely moveable
- A closed space or joint cavity between the bones
- Think the "knee" here as a good example
- Lubricated by synovial fluid



## 6 Major Types...

1. Hinge
hinge joint pivot joint ball-and-socket joint
2. Pivot
3. Ball and socket


## 6 Major Types...

4. Condyloid (Ellipsoidal)
5. Gliding

gliding joint


+ wrist
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+ tarsus
saddle joint

+ thumb



## Bursae

- are small sacs filled with synovial fluid that reduce friction in the joint.
- lined with synovial membrane
- The knee joint contains 13 bursae



## Disorders...

- Ankle sprains and fractures
- Gouty Arthritis
- Rheumatoid Arthritis
- Tendinitis


## Ankle Sprain Type 1 Ankle Sprain Type 2



Type I Sprain

- ligaments stretched

Ankle<br>Sprain<br>Type 3


*ADAM.

## Gouty Arthritis

- Uric crystals build up in joints-pain
- Bones fuse



## Rheumatoid Arthritis

- Autoimmune disorder
- Cartilage attacked
- Inflammation, swelling \& pain
- Final step is fusion in joint



## Tendonitis

Shoulder Impingement

- Tendons become
- Tendonitis
literally means inflammation of the tendon.
- The most common cause of tendonitis is overuse.

