Joints PowerPoint Notes

Joints in the body (wrist, shoulder, and thigh) can be compared with structures used in machines and simple devices (hinge, ball-and-socket, and sliding joints).

Joints
The place where two bones _______________ is called a joint. Your joints allow your body to _____________ when your ______________ contract. Some joints are _______________ while others _______________.

Fixed Joints
Your _______________ has some fixed joints called sutures. Sutures close up the bones of the skull. _______________ joints are the ones that let you twist, bend, and move different parts of your body.

Moving Joints
1. Hinge Joints
   One type of moving joint is called a _______________ joint. Your elbows and knees each have hinge joints. They allow you to bend and then straighten your _______________ and legs. You also have many smaller hinge joints in your fingers and toes. These joints are like the hinges on a door. Just as most doors can only open one way, you can only bend your arms and legs in _______________direction.

2. Ball & Socket
   Another important type of moving joint is the ball and socket joint, which allow movement in _______________ direction. You can find these joints at your shoulders and hips. They are made up of the _______________ end of one bone fitting into a small cup-like area of another bone.

3. Sliding Joints
   Sliding joints allow bones in your hand to _______________ over one another. Sliding joints also provide _______________.

Friction
When bones move, there is friction. _______________ helps cushion the areas where bones meet. Your joints have their own lubricating _______________ called synovial fluid. This fluid helps them _______________ freely.

Ligaments
Bones are _______________ together at the joints by ligaments. Ligaments are strong elastic bands of _______________ tissue. The word, ligament, comes from Latin, ligare, meaning “to _______________.”

Notes
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________