

COLORING EXERCISE

Using colored pens or pencils, shade in the figure and accompanying labels in contrasting colors of your choice as indicated by the red numerals.

Joint Classification

FIBROUS JOINT 1

CARTILAGINOUS JOINT 2

SYNOVIAL JOINT

ARTICULATING BONE 3

ARTICULAR CARTILAGE 4

SYNOVIAL MEMBRANE 5

SYNOVIAL CAVITY 6

SYNOVIAL CAPSULE 7

SYNOVIAL JOINT TYPES

GLIDING 8

HINGE 9

ELLIPSOID 10

PIVOT 11

SADDLE 12

BALL AND SOCKET 13

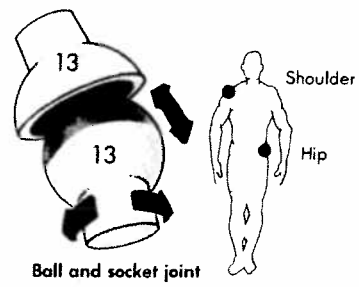
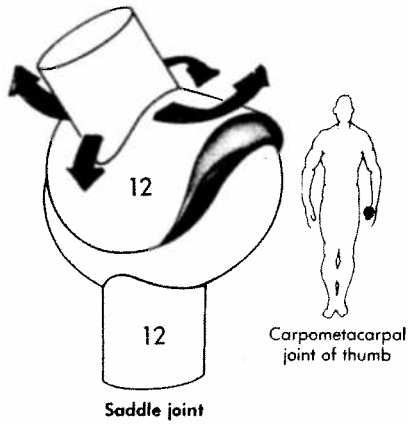
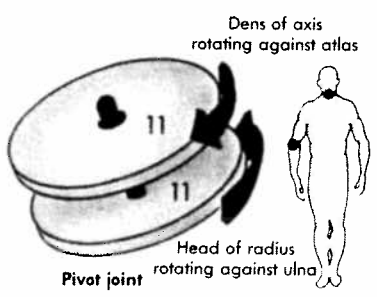
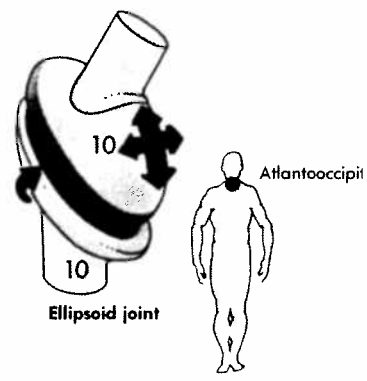
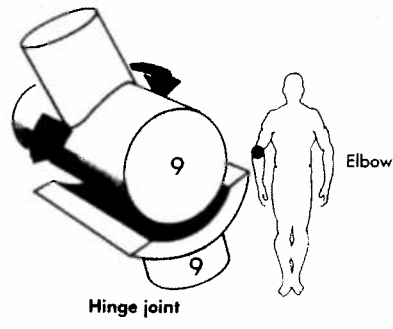
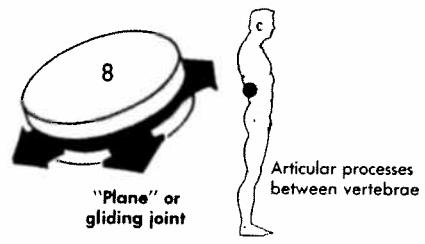
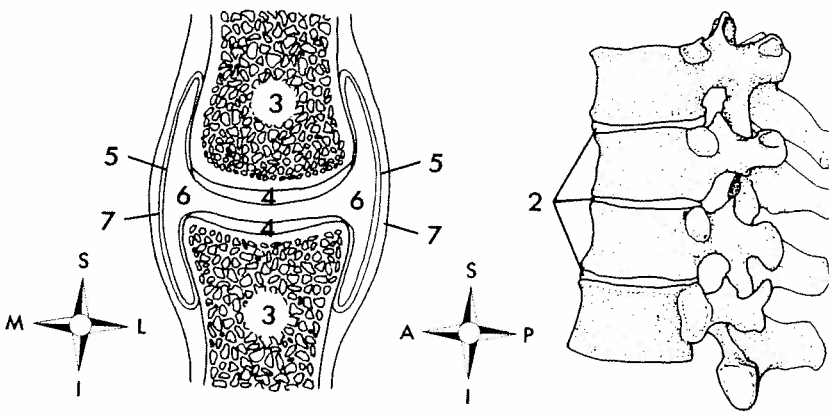
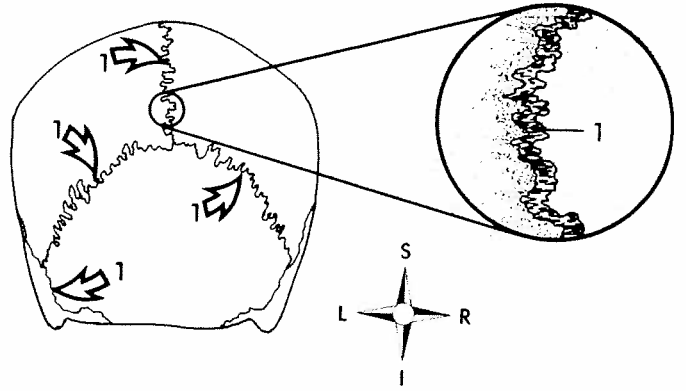


Figure 16-1 Joint structures and types.

LAB REPORT 16

Joints

Figure 16-8

1. _____
2. _____
3. _____

Matching I

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Matching II

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Matching I (may be used more than once)

- a. Fibrous joint
 - b. Synovial joint
 - c. Cartilaginous joint
-
1. Gliding joint
 2. Synchondrosis
 3. Freely movable
 4. Suture
 5. Gomphosis
 6. Saddle joint
 7. Hinge joint
 8. Symphysis
 9. Mainly hyaline cartilage or fibrocartilage
 10. Ellipsoid joint

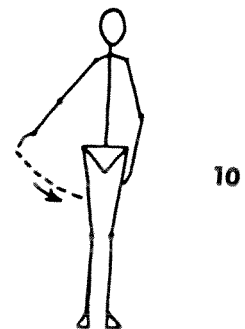
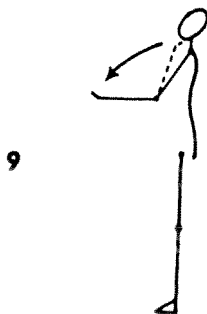
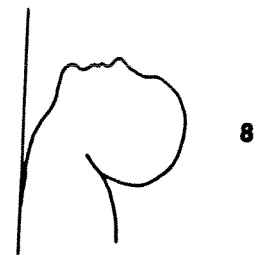
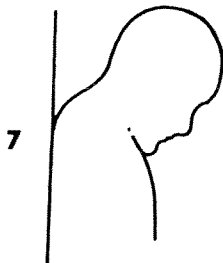
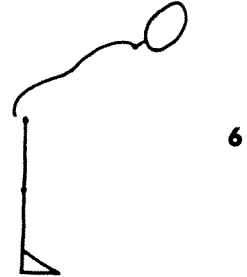
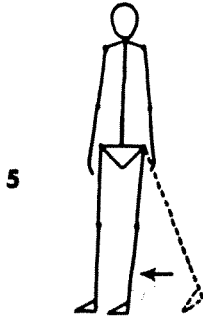
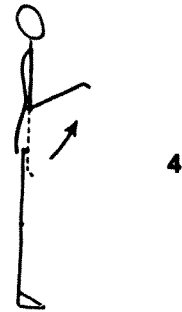
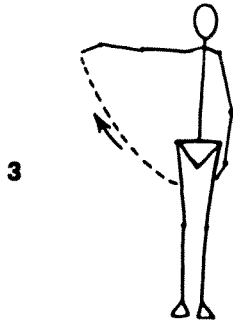
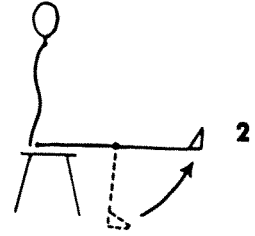
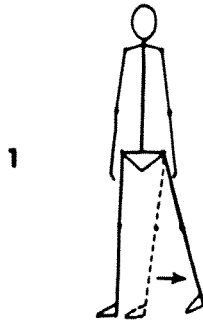
Matching II (match these examples to their types)

- a. Suture
 - b. Syndesmosis
 - c. Gomphosis
 - d. Synchondrosis
 - e. Symphysis
 - f. Hinge
 - g. Gliding
 - h. Pivot
 - i. Saddle
 - j. Ball and socket
-
1. Between bodies of vertebrae
 2. Between the distal ends of the tibia and fibula
 3. At the base of the thumb's proximal phalanx
 4. Between the articular facets of the vertebrae's processes
 5. Between the true ribs and sternum
 6. Between the talus and lower leg
 7. Between C1 and C2, at the dens
 8. The shoulder
 9. The transverse palatine suture
 10. Between the tooth and jaw

Identify

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Identify (In the blanks that follow, write the type of motion illustrated in the matching figure to the right. For example, in #1 is *abduction* or *adduction* shown?)



IV. Gymnastic Joints (Range of Motion)

Examiner (PT): _____

Circle the arm and leg used:

Dominant Arm: R L

Dominant Leg: R L

Arc of Movement (degrees)

	Start	Finish	Total
Elbow			
Wrist			
Index Finger			
Knee			
Dorsiflexion			
Plantar Flexion			

1. Compare your range of motion results with the normals posted at the the front of the room. Were there any joints in which your range of motion was less that normal? More than normal? Explain

2. What do you think are some factors that might affect range of motion in a joint?

3. How do you think range of motion might affect the likelihood of an injury occurring?

4. Why does the shoulder have greater motion than the hip (both ball and socket joints)?