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

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Figure 16-1 Joint structures and types.
Joints

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 (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?)

1. 
2. 
3. 
4. 
5. 
6. 
7. 
8. 
9. 
10.
IV. Gymnastic Joints (Range of Motion)

Examiner (PT): ________________________________

Circle the arm and leg used:
Dominant Arm: R  L   Dominant Leg: R  L

<table>
<thead>
<tr>
<th>Arc of Movement (degrees)</th>
</tr>
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<tbody>
<tr>
<td></td>
</tr>
<tr>
<td>Start</td>
</tr>
<tr>
<td>-------</td>
</tr>
<tr>
<td>Elbow</td>
</tr>
<tr>
<td>Wrist</td>
</tr>
<tr>
<td>Index Finger</td>
</tr>
<tr>
<td>Knee</td>
</tr>
<tr>
<td>Dorsiflexion</td>
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<tr>
<td>Plantar Flexion</td>
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</tbody>
</table>

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