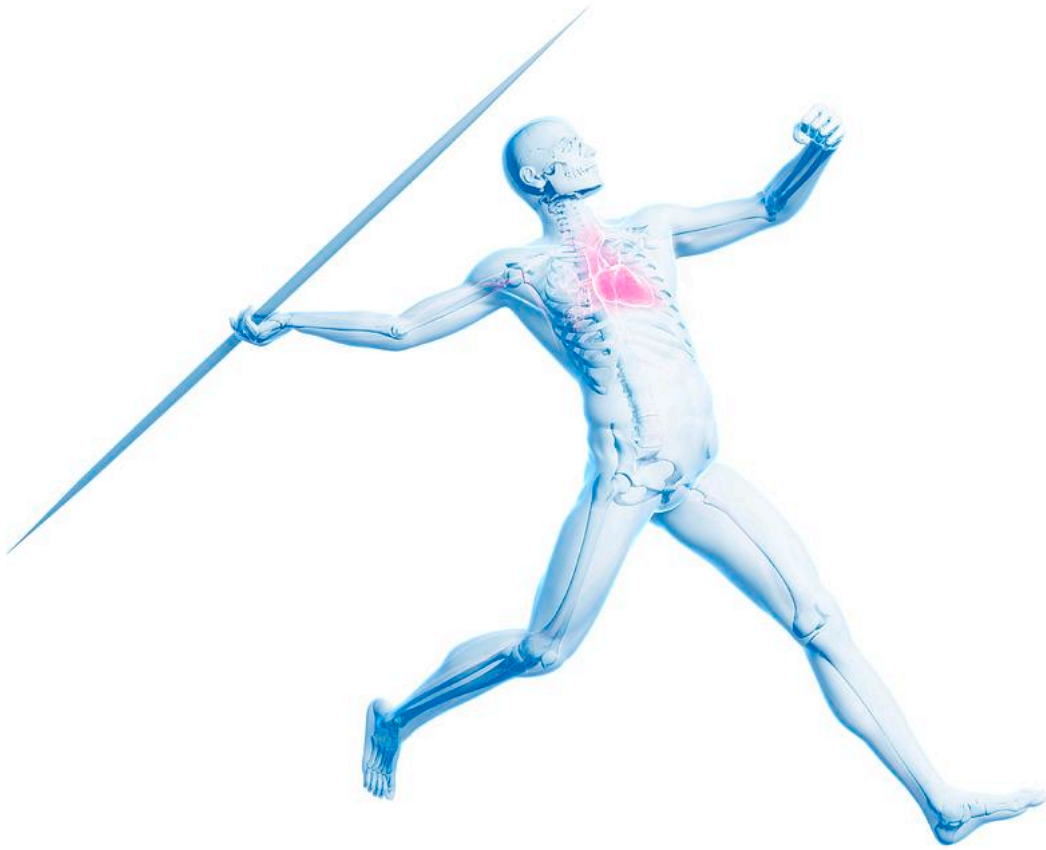


Unit 1: Anatomy and Physiology

Transition work – week 2

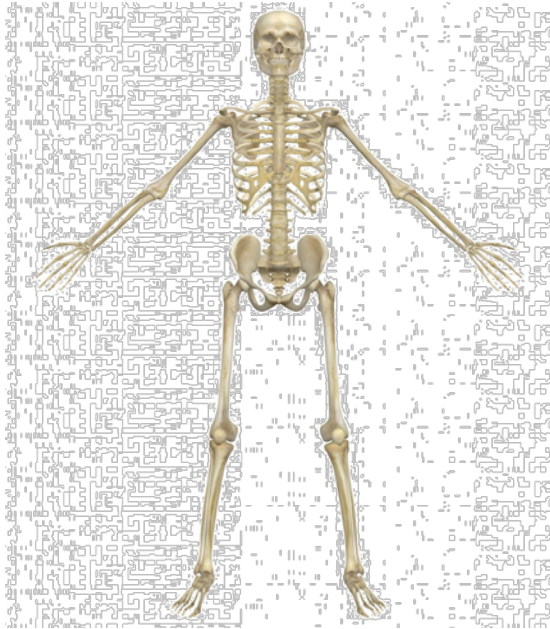


Name: _____

A3 - Joints

Flexibility can be defined as having an adequate range of motion in all joints in the body or the ability to move a joint fluidly through its complete range of movement.

TASK: On the diagram of the skeleton below can you identify the joints of the upper and lower skeleton by circling them...



TASK: List an example of a joint within the different classifications?

- **Fibrous joints** (fixed joints) – these joints are fixed and don't allow any movement

E.g's;
- **Cartilaginous joints** (slightly moveable joints) – these joints can only move a small amount

E.g's:
- **Synovial joints** (freely moveable joints) – these are joints where a greater degree of movement is possible and we will be looking at these types of joints in more detail as there are numerous different types of synovial joints you need to know about, these include;
 - *Hinge*
 - *Ball and socket*
 - *Condyloid*
 - *Pivot*
 - *Saddle*
 - *Gliding*

Movements:

Complete the table on each movement giving a **full** description and **specific** sport example

Movement	Description	Sports Examples
Flexion		
Extension		
Dorsiflexion		
Plantaflexion		
Lateral flexion		
Horizontal flexion		
Horizontal extension		
Hyperextension		
Abduction		
Adduction		
Horizontal abduction		

Horizontal adduction		
Rotation		
Circumduction		

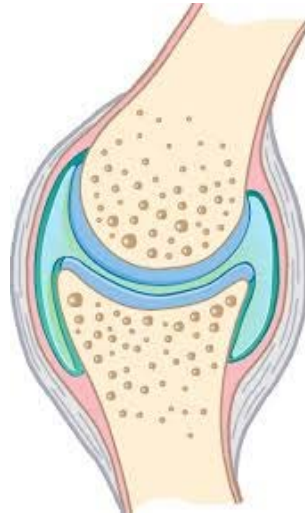
TASK Complete the table on synovial joints

- Remember range of movement = flexion, extension, dorsiflexion, plantarflexion, etc

Joint Type	Where you find it	Bones that form it	Range of movement	Sport example

Structure of Synovial Joints

TASK: Use the headings in the next table below to label the synovial joint



TASK: Describe the structure and function of each part of a synovial joint.

Part of the Joint	Structure	Function
Joint Capsule		
Bursa		
Articular Cartilage		
Synovial Membrane		
Synovial Fluid		
Ligaments		