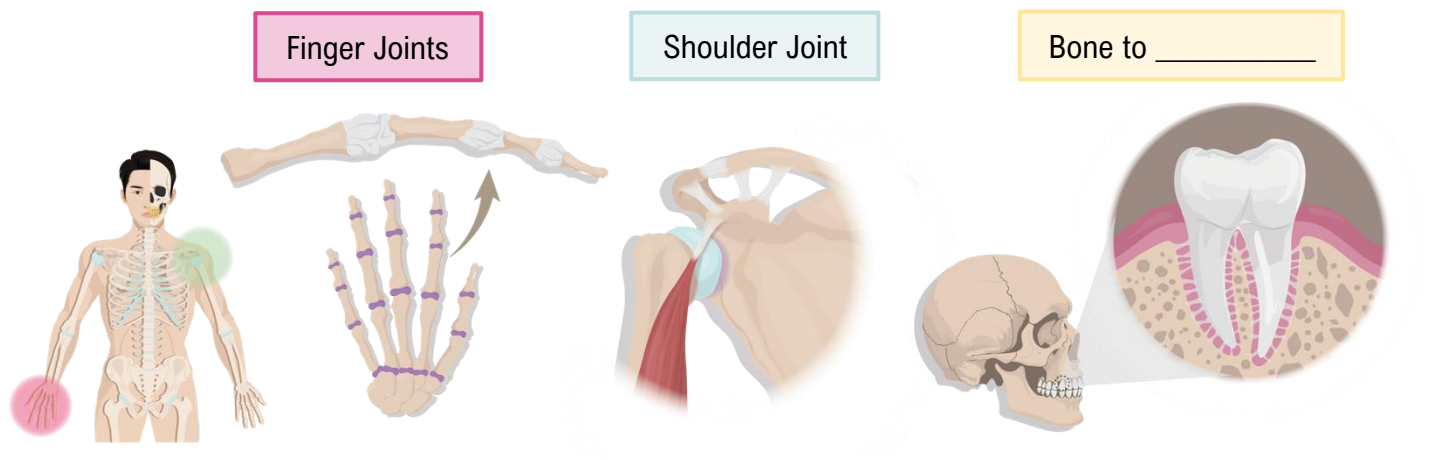
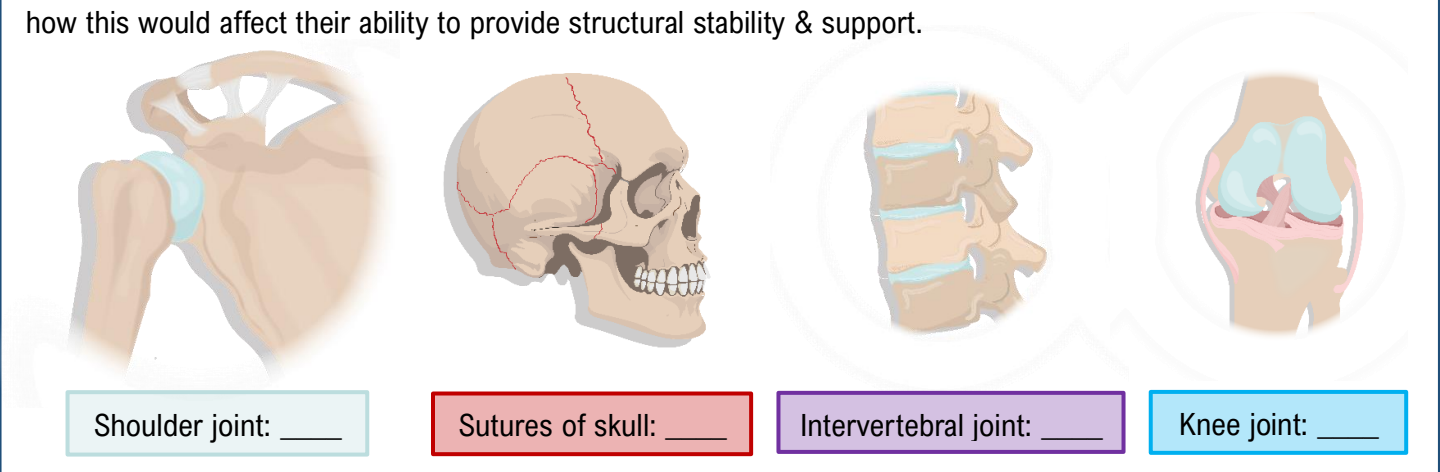


TOPIC: INTRODUCTION TO JOINTS

- The human skeleton has 200+ bones & almost all of them contact other skeletal elements at _____.
- **Joint (Articulation/Arthrosis):** contact point between 2 or more _____ or a bone & *tooth* ("Arthr-" = joint).
 - Can also contain cartilage, ligaments, tendons, & muscles.
- Joints serve _____ essential functions:
 1. Facilitate skeletal _____.
 2. Provide structural _____.
 - The *greater* the range of motion, the _____ stable the joint is.



EXAMPLE: Rank the following joints in order from the least (1) to the greatest range of motion (4), then predict how this would affect their ability to provide structural stability & support.



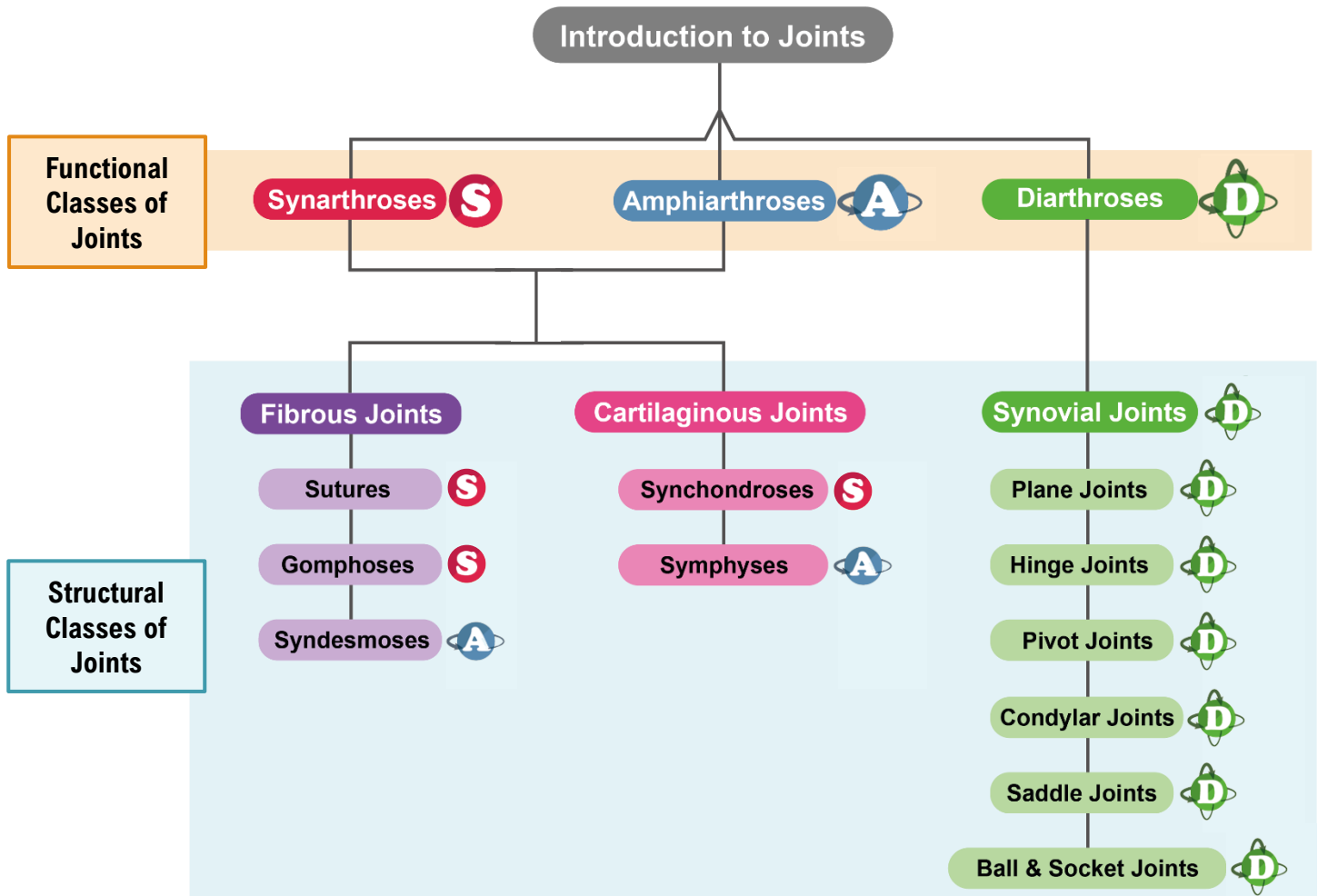
PRACTICE: Why is dislocation of the shoulder joint one of the most common joint injuries?

- a) Most sports put a lot of stress on the shoulder joint.
- b) People often try to lift things that are too heavy.
- c) It has a very large range of motion, meaning it's relatively unstable.
- d) It's designed to dislocate to allow us to have a greater range of motion.

TOPIC: INTRODUCTION TO JOINTS

Map of the Lesson on Joints

- Here is a _____ you can continuously use to help guide you through our lessons on joints!
 - As we move forward in the lesson, we will “double-click” to expand & compress portions of the map.



PRACTICE: Which of the following is a correct description of syndesmoses?

- e) Fibrous synarthrosis.
- f) Cartilaginous amphiarthrosis.
- g) Fibrous amphiarthrosis.
- h) Fibrous diarthrosis.