

JOINTS WORKBOOK

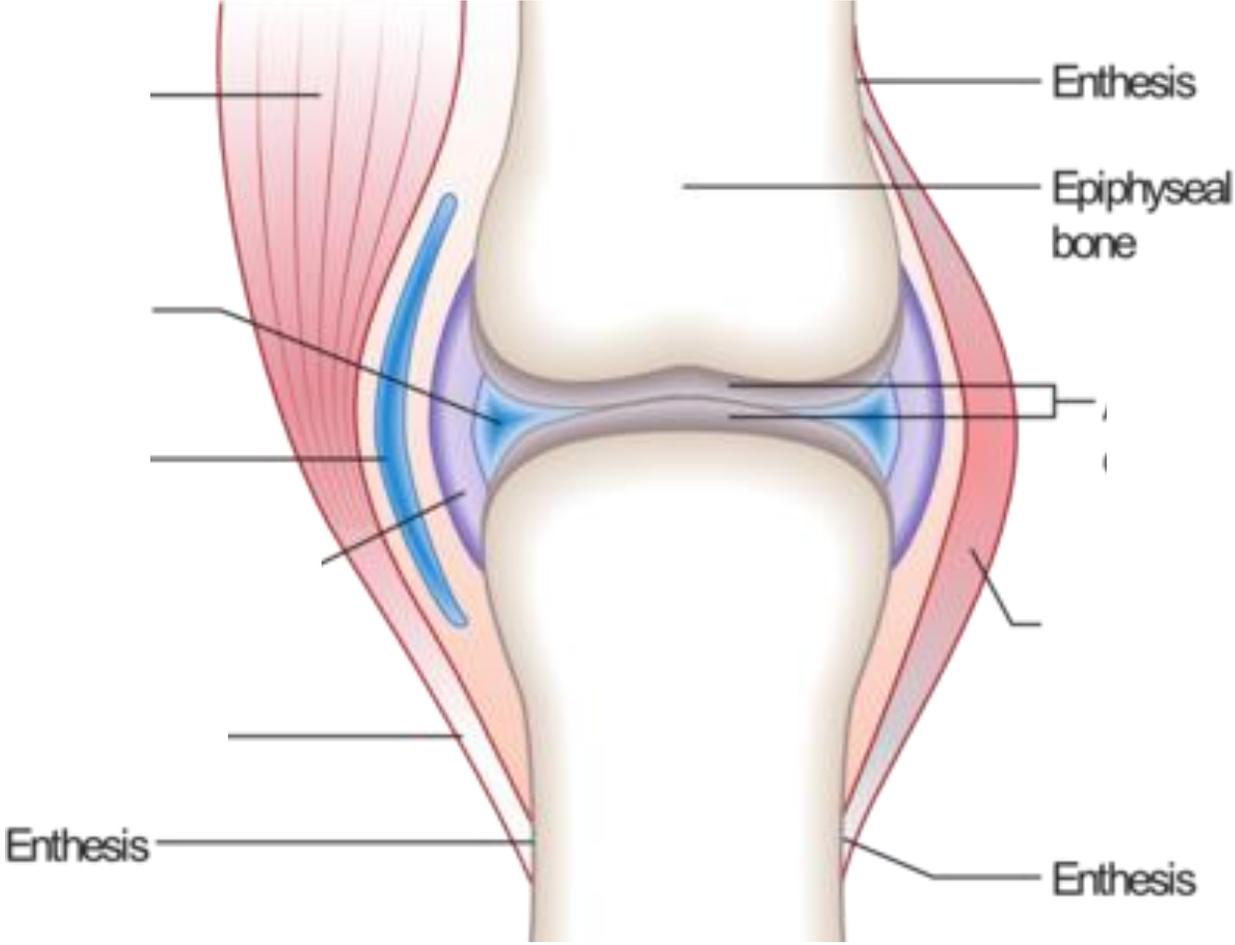
Key terms

Term	Definition
joint	
ligament	
tendon	
to articulate	
motility	

Types of Joints

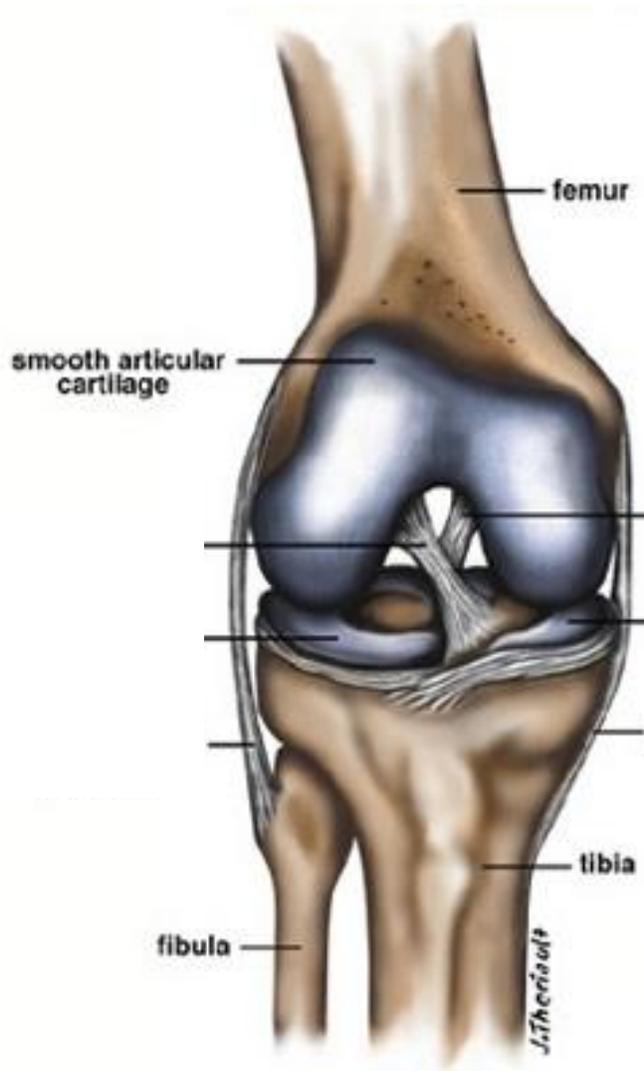
Type	Description	Example
fibrous		
cartilaginous		
synovial		

Structure of a Synovial Joint



Knee Injury Poster Circus

Ligaments of the knee



ACL Injuries

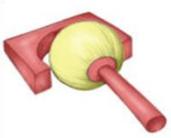
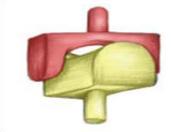
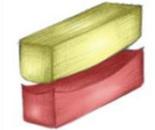
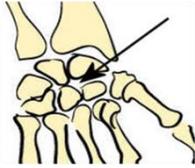
What is the primary purpose of the ACL?

How can the ACL be torn or injured?

What are some activities where the ACL is commonly injured?

According to AAOS, which groups of athletes are at a higher risk of ACL injuries?

Different Types of Synovial Joints

Joint Type	Movement at joint	Examples	Structure
Hinge			
Pivot			
Ball and socket			
Saddle			
Condyloid			
Gliding			

3. BONE FRACTURES: <http://www.medicinenet.com/fracture/article.htm>

a. Greenstick fracture: (draw and define)

b. Comminuted fracture: (draw and define)

c. Compound fracture: (draw and define)

4. WHAT'S UP WITH THE PHRASE 'DOUBLE-JOINTED? –CAN YOU EXPLAIN WHAT IT MEANS?

<http://www.personal.psu.edu/afr3/blogs/SIOW/2010/09/why-are-some-people-double-jointed.html>

Joints Review Questions – try and complete these WITHOUT your notes!

1. What are joints?

(2 marks)

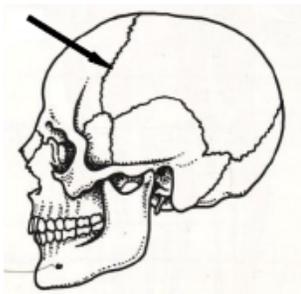
2. What are fixed joints? What is their other name?

(2 marks)

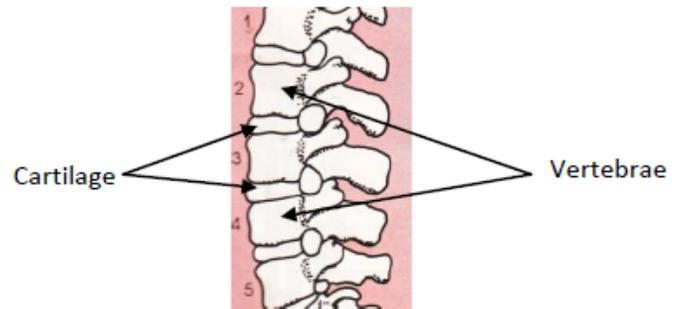
3. What are slightly moveable joints? What is their other name?

(2 marks)

4. Name the type of joints shown below.



a. _____



b. _____

5. What are freely moveable joints? What is their other name?

(2 marks)

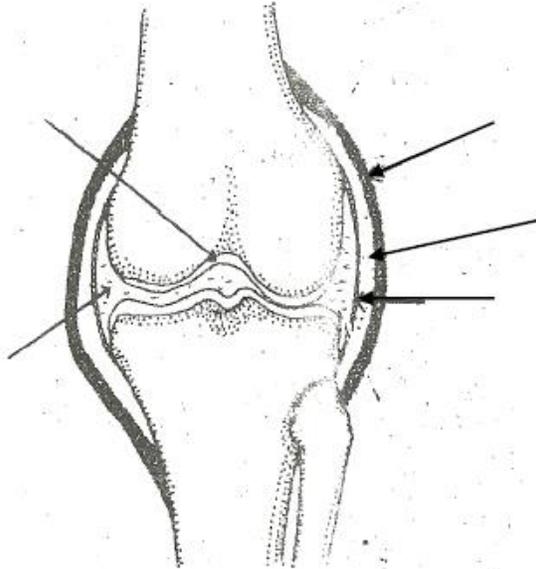
6. What type of joint is shown in the following diagram?

(1 mark)

Label the diagram.

KNEE JOINT

(6 marks)

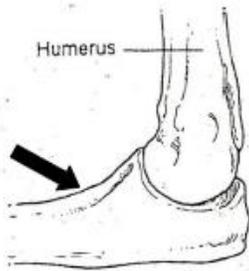


7. How many types of freely moveable joints are there?

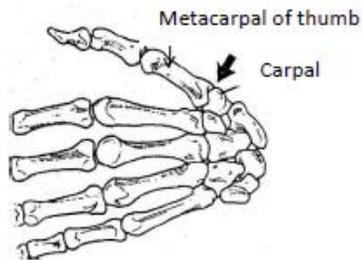
(1 mark)

8. Under each picture write the names of the **synovial** joints shown.

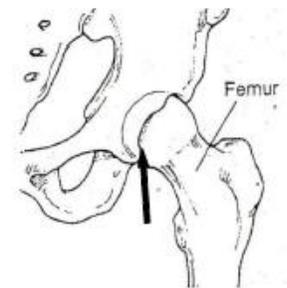
(8 marks)



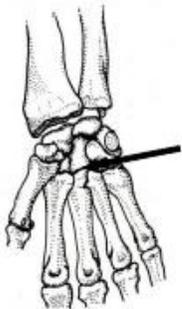
a. _____



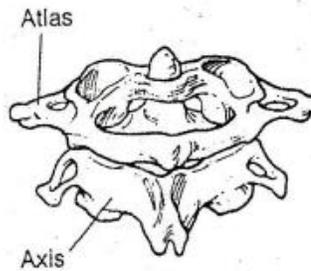
b. _____



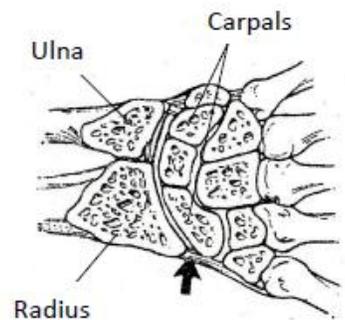
c. _____



d. _____



e. _____



f. _____

9. Identify one area in the body where the following joints can be found.

(6 marks)

- Ball and socket _____
- Hinge _____
- Pivot _____
- Condylloid _____
- Cartilaginous _____
- Fixed _____

10. Complete the following sentences

(4 marks)

- _____ link bones together and limits the range of movement of a joint.
- _____ protects bones and prevents them from wearing each other down.