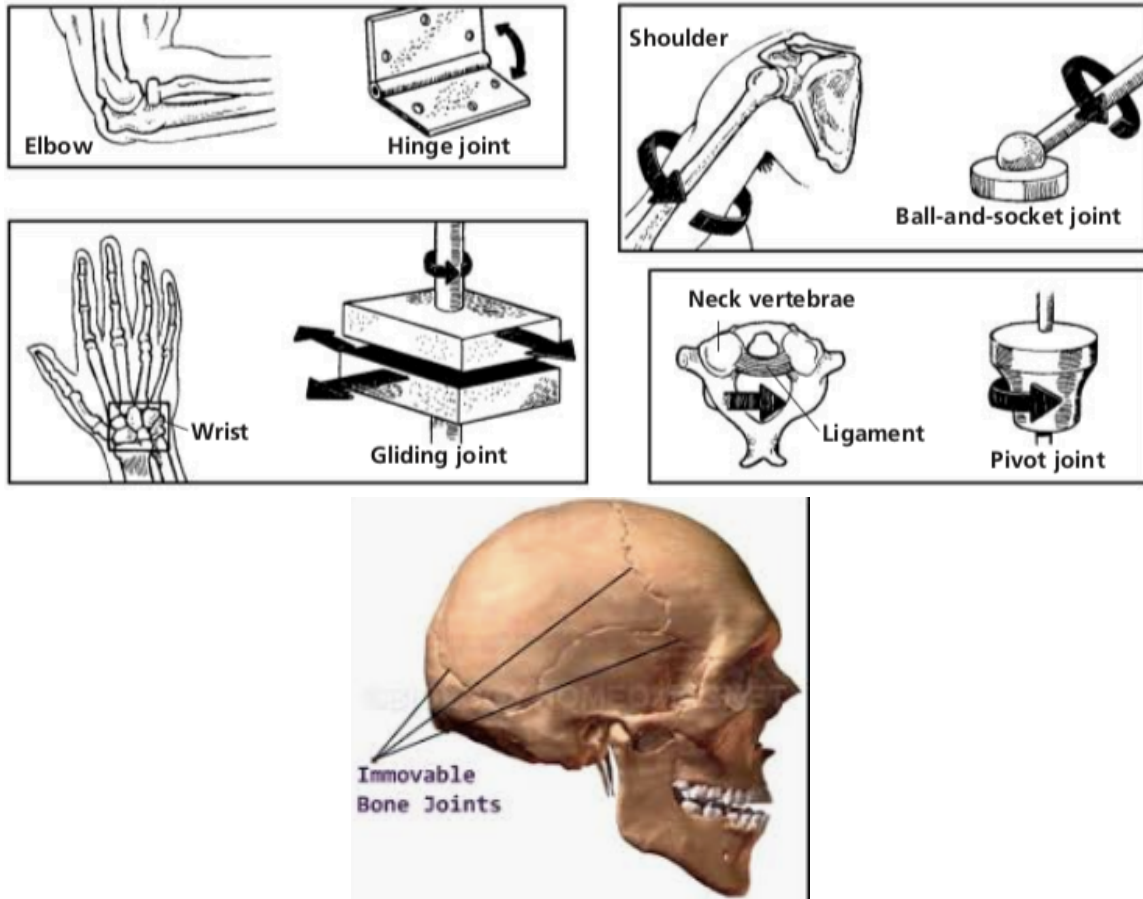


Types of Joints



Joints: Where Bones Meet

Joints are often held together by ligaments. A ligament is a tough band of connective tissue that attaches one bone to another. Joints with large ranges of motion, such as the knee, typically have more ligaments surrounding them. In movable joints, the ends of bones are covered by cartilage. This layer of cartilage allows for smooth movement between the bones. Tendons, which are thick bands of connective tissue, attach muscles to bones. Forcible twisting of a joint, called a sprain, can result in injury to the ligaments or tendons. A sprain most often occurs at joints with large ranges of motion such as the wrist, ankle, and knee

- 1.Explain how a pivot joint works.
- 2.What is the difference between ligaments and tendons?
- 3.What do all of the joints have in common?
- 4.Describe the action of a gliding joint.
- 5.Where are immovable joints found?
- 6.Identify three hinge joints other than the elbow.
- 7.Describe the action of a ball-and-socket joint.