

Unit 1

THE SKELETAL SYSTEM

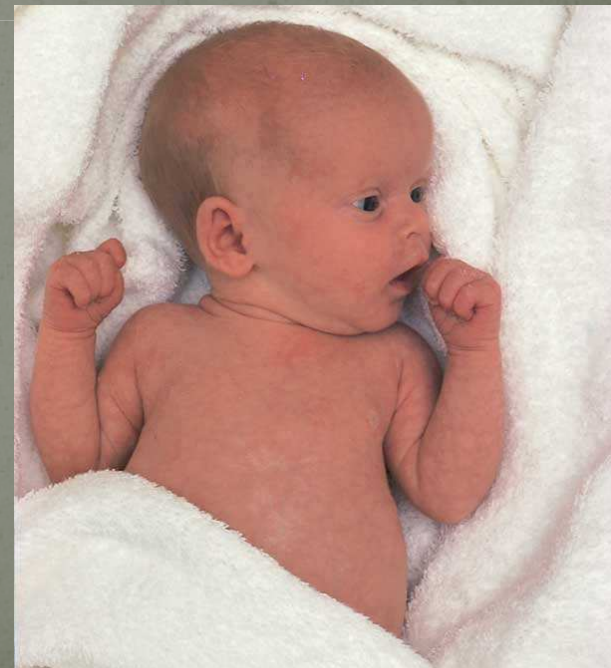
Joints

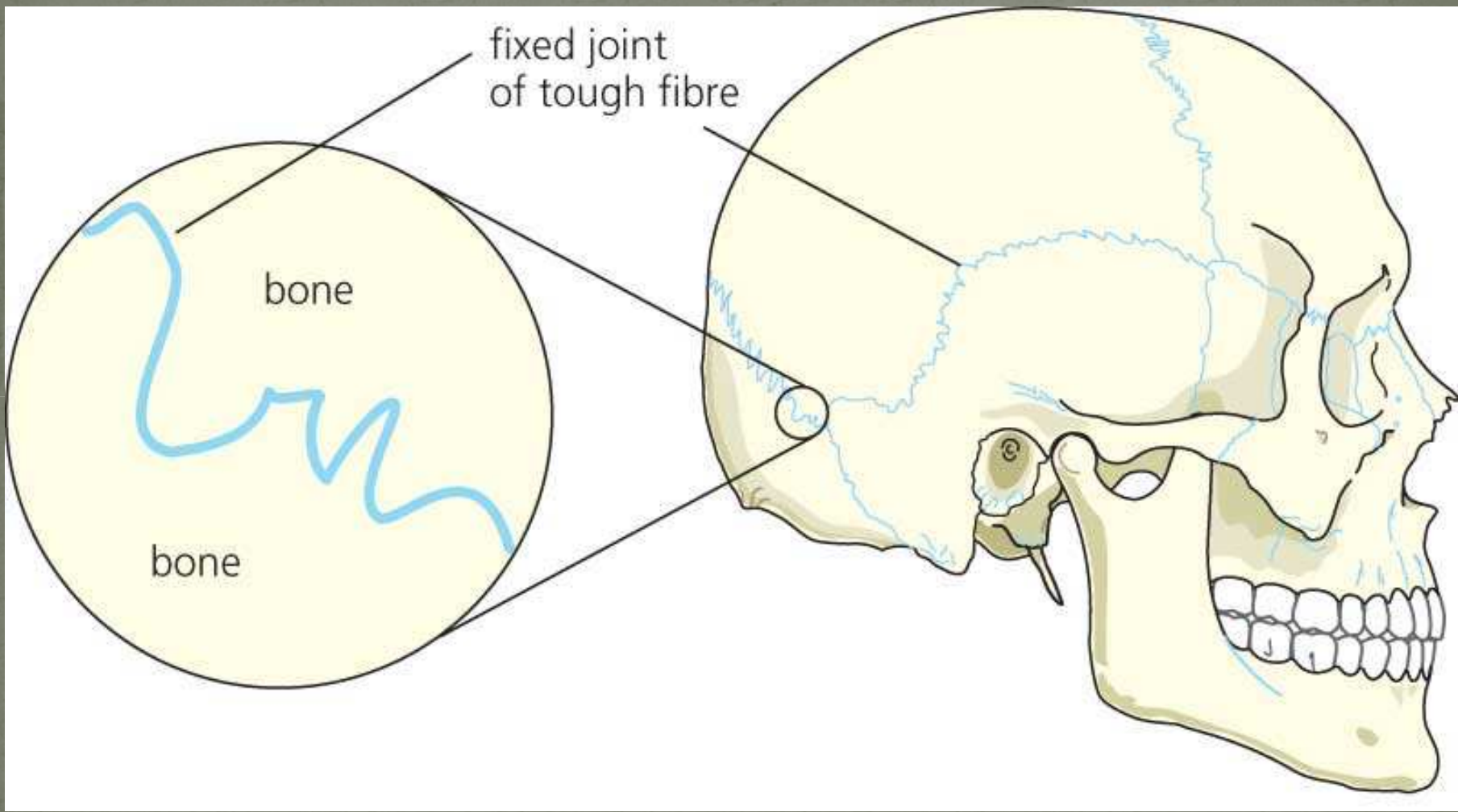
OBJECTIVES

- Be able to name the different types of joints e.g. ball and socket, hinge, gliding and pivot and specific ranges of movement e.g. flexion, extension, rotation, adduction and abduction.
- Understand the importance of the skeleton for movement and participation in practical activities

Immovable/ fixed joints

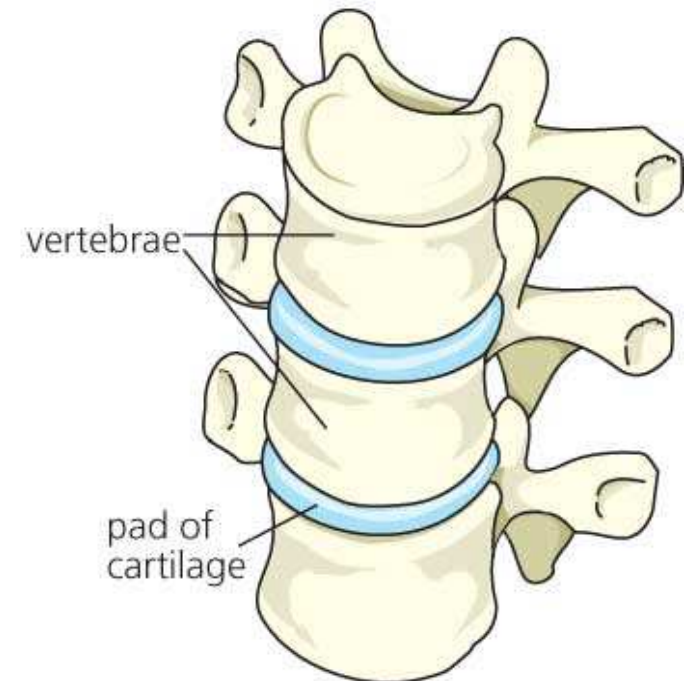
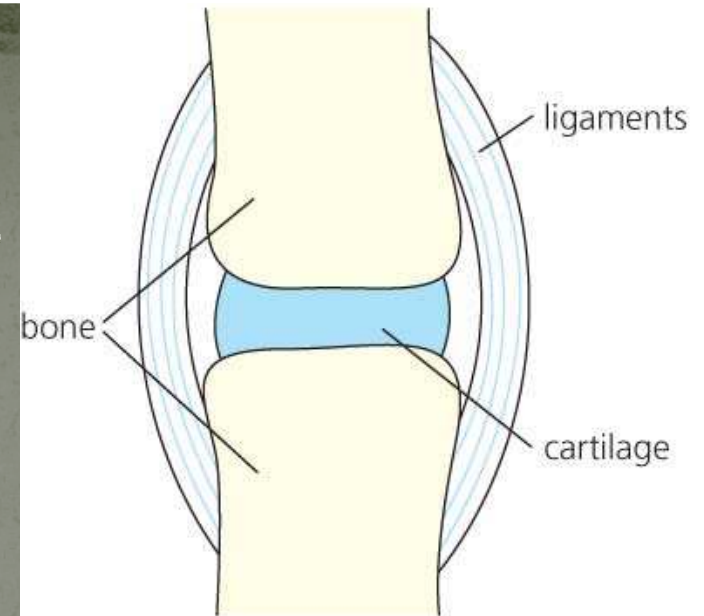
- These occur where movement would be a disadvantage e.g. the bones of the cranium, the joint between the pelvis and the vertebrae
- The joint are held together by tough fibrous tissue which develops during child hood



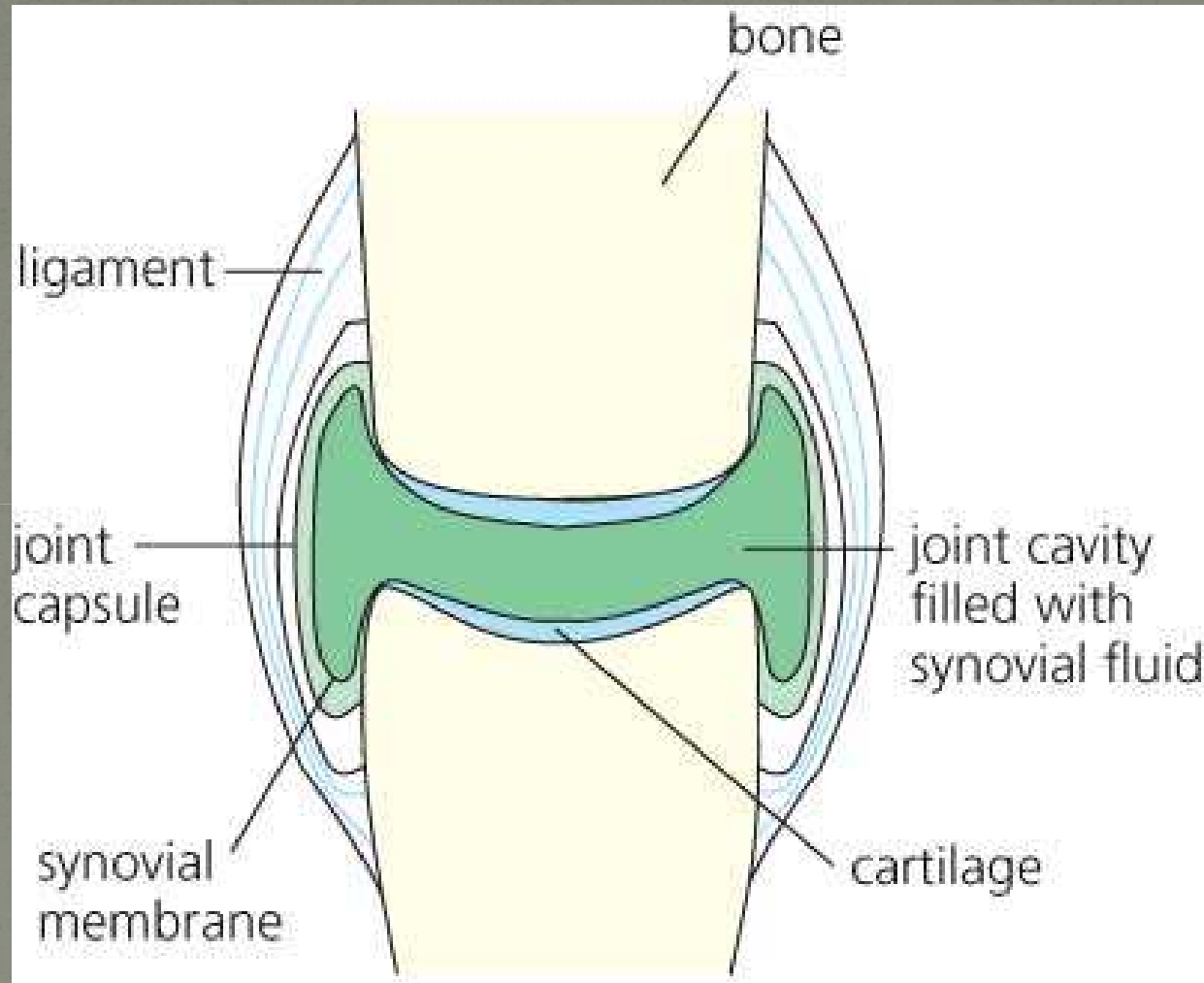


Slightly Moveable Joints

- Allow a small amount of movement e.g. vertebral column
- Individual vertebrae are separated by cartilage and held together by tough fibrous bands



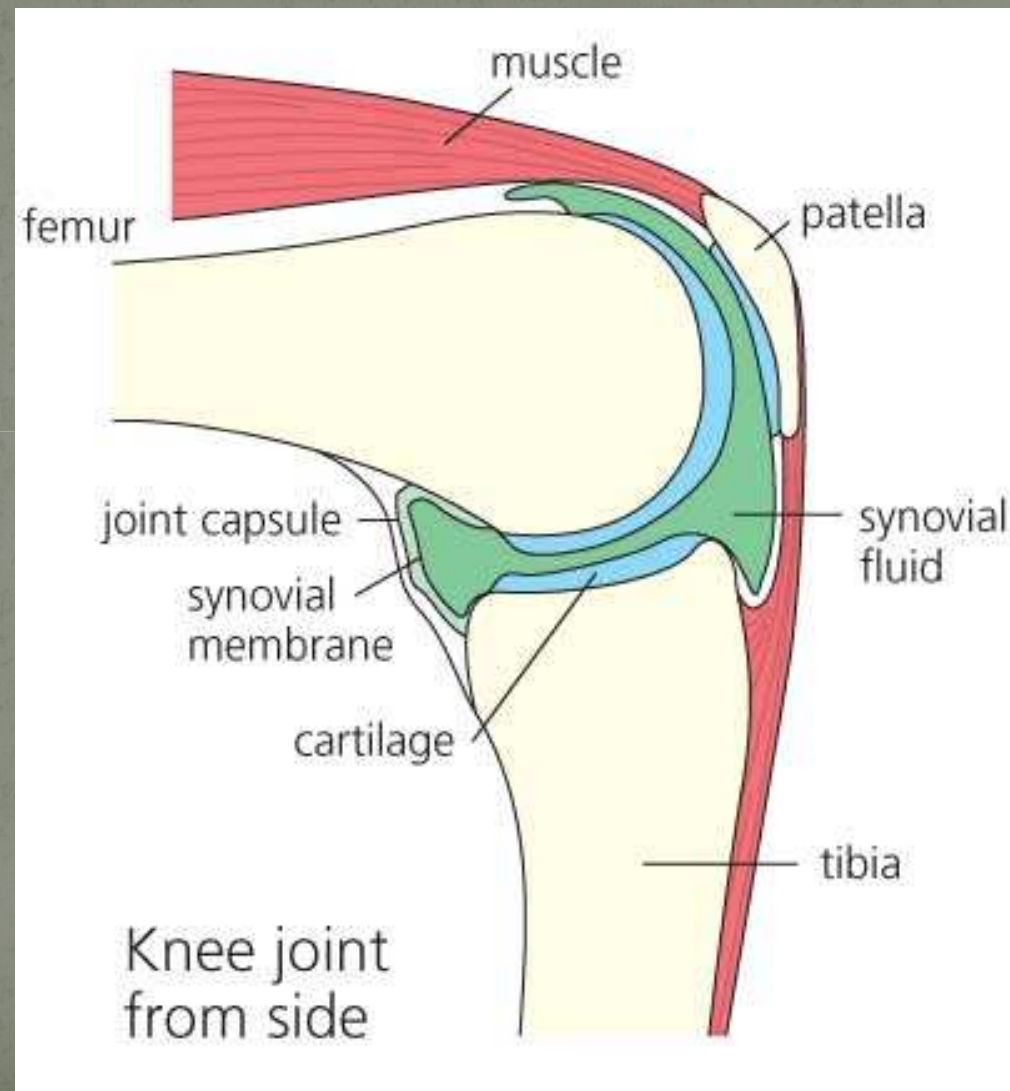
Freely Moveable / Synovial Joint



Freely Moveable / Synovial Joint

- Write a short description of what each of the following sections of a synovial joint are made of, and the role they play in the movement / protection of the joint
 - Joint Capsule
 - Synovial Membrane
 - Synovial fluid
 - Joint cavity
 - Cartilage
 - Ligaments

The Knee Joint



Types of movement – Flexion and Extension

Extension – Straightening one part of the body to its normal position



Flexion - Means bending it. Moving one bone towards another

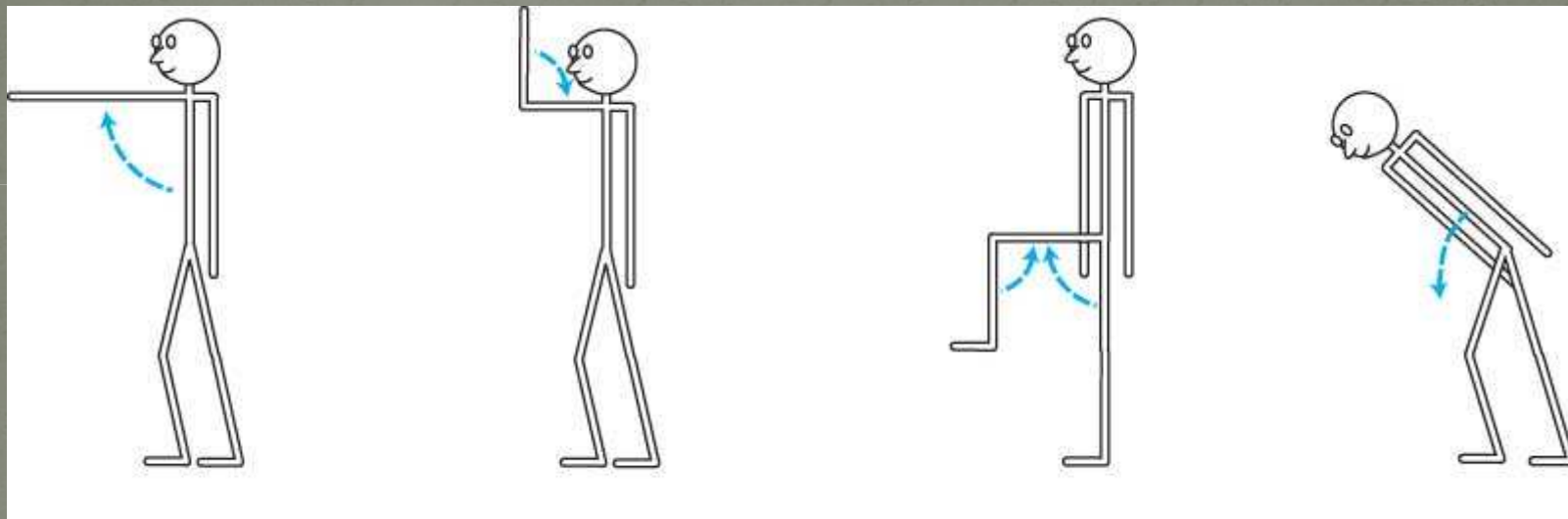


Flexion and Extension

- When you run you repeatedly flex and extend your hip, knee and ankle, elbow and shoulder joints



Examples of flexion and Extension



Hyperextension



Abduction and Adduction

Abduction – A movement away from the centre line of the body



Adduction – A movement towards the centre line of the body



Abduction



Rotation and circumduction

