

## Joints

*The joints of the body are what allow movement in the body. Joints are made up of bones, muscles, ligaments, bursae, and tendons. **Tendons** attach muscle to bone. **Bursae** are small fluid sacs that lie under or around tendons to reduce friction and protect from injury. **Ligaments** connect bone to bone. They help strengthen and stabilize joints. Ligaments have a poor blood supply and often do not heal properly when damaged. The ends of the bones that make up joints are covered in cartilage. **Cartilage** is a smooth, tough, protective tissue that reduces friction as joints move.*

Joints are classified in three categories based on the amount of movement they allow. They are: immovable (synarthroses), semi-movable (amphiarthrosis), and freely moveable (diarthrosis). Some of the key joints of the body include spinal joints, atlantooccipital, atlantoaxial, temporomandibular (TMJ), acromioclavicular, glenohumeral, costosternal, costochondral, sacroiliac, hip, knee, and ankle. **Review the descriptions of each joint on pages 106-110.** Joints also allow varying directions of movement. **Review Figure 6.K on page 107 for different types of joints and their movements.**