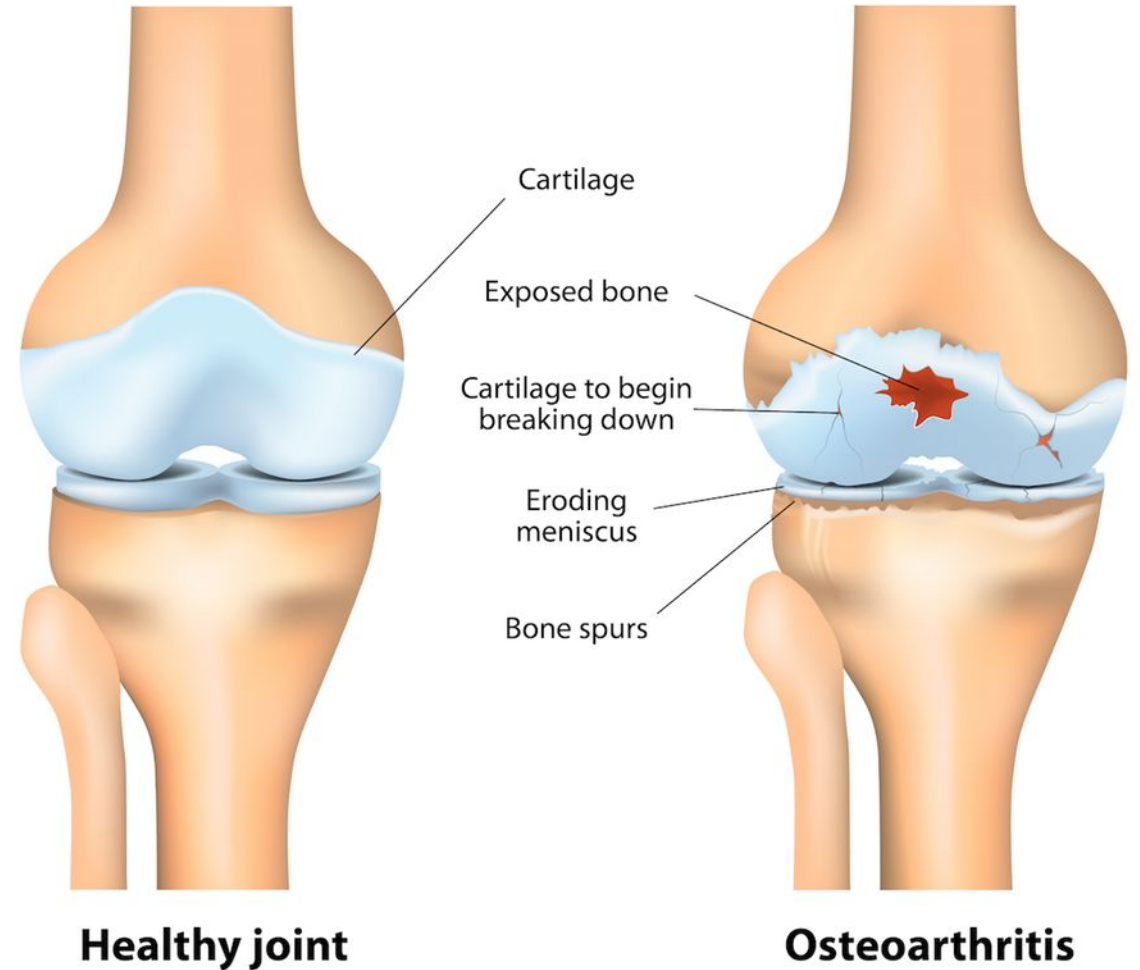


Movable joints

You will:

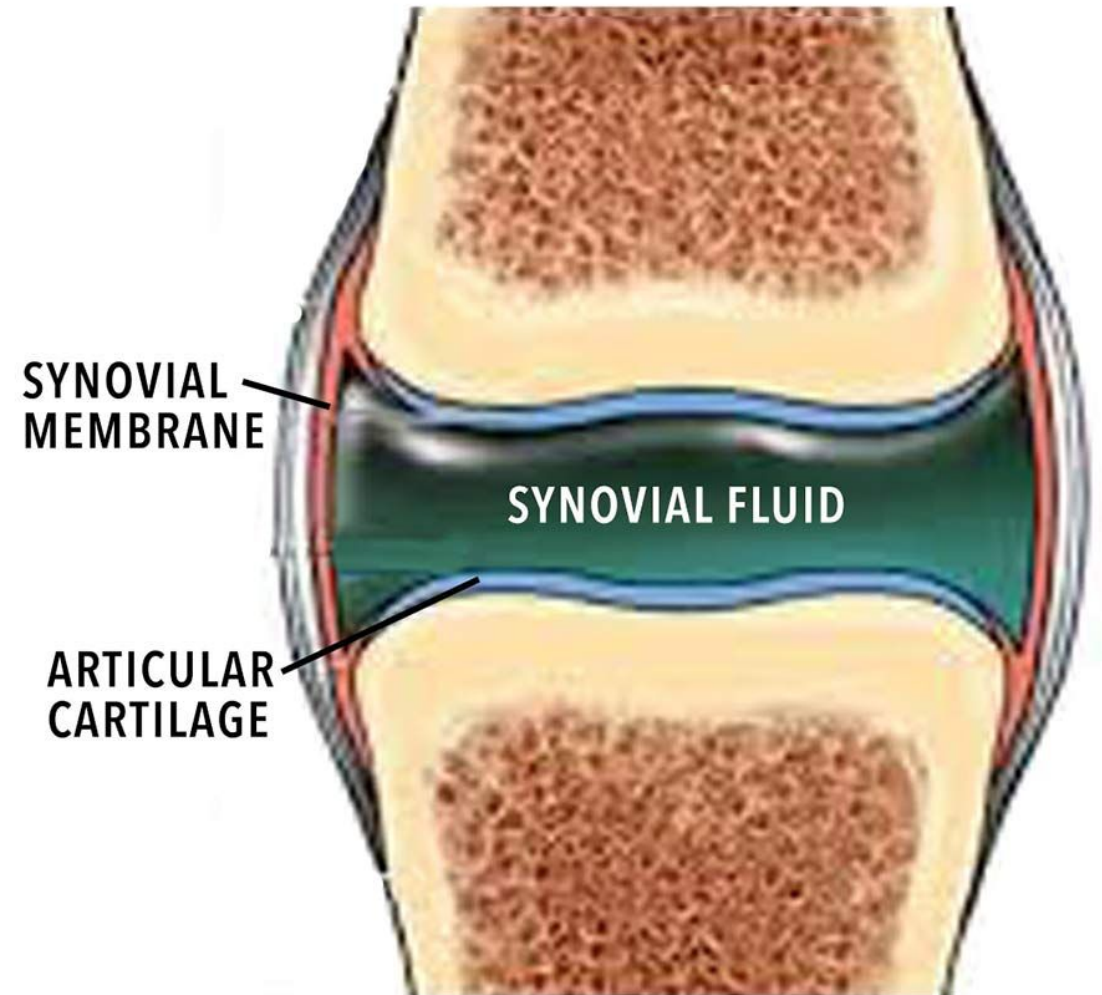
- learn structure of movable joints.

- **Movable joint** - allow free movement of limbs and head.
- **Cartilage** covers the each bone tip in movable joint. It saves joint from friction.



Functions of joint

- saves joint from friction
- contains fluid called **synovial fluid**. It also decreases friction.
- not to lose synovial fluid, movable joint is covered and protected by **joint capsule**



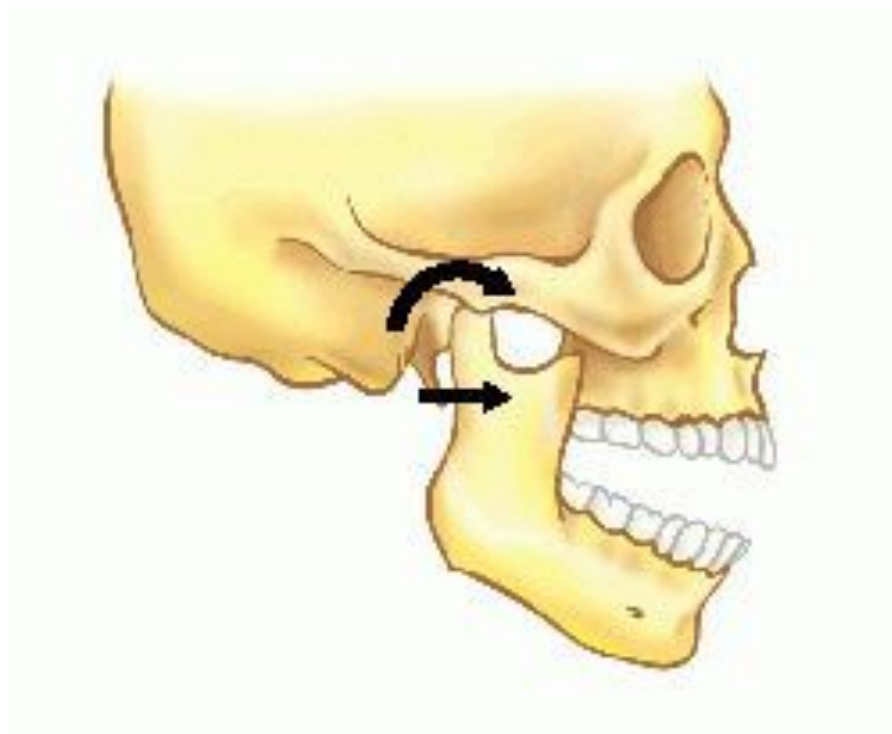
Types of movable joints

- **Ball and socket joint** is a joint which can move in any direction.
- Shoulder is an example. You can move it in any direction.



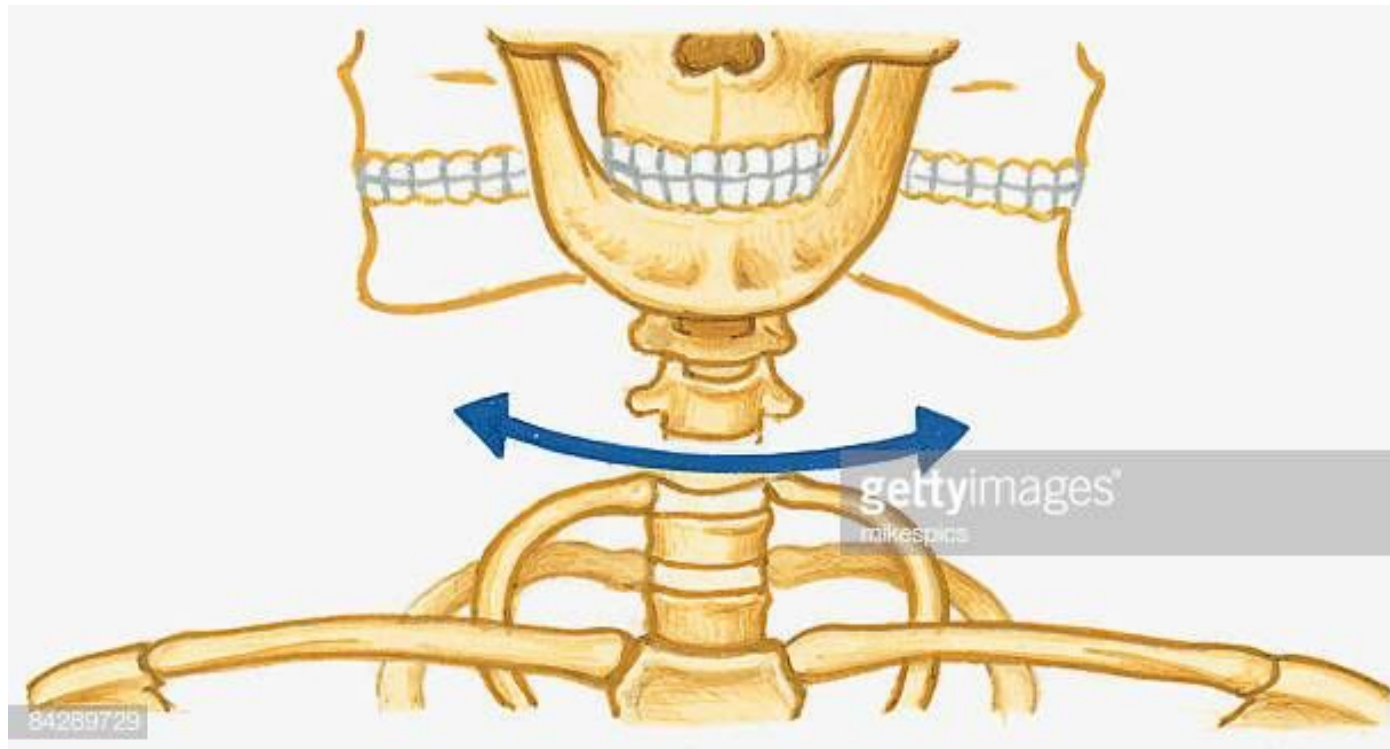
Types of movable joints

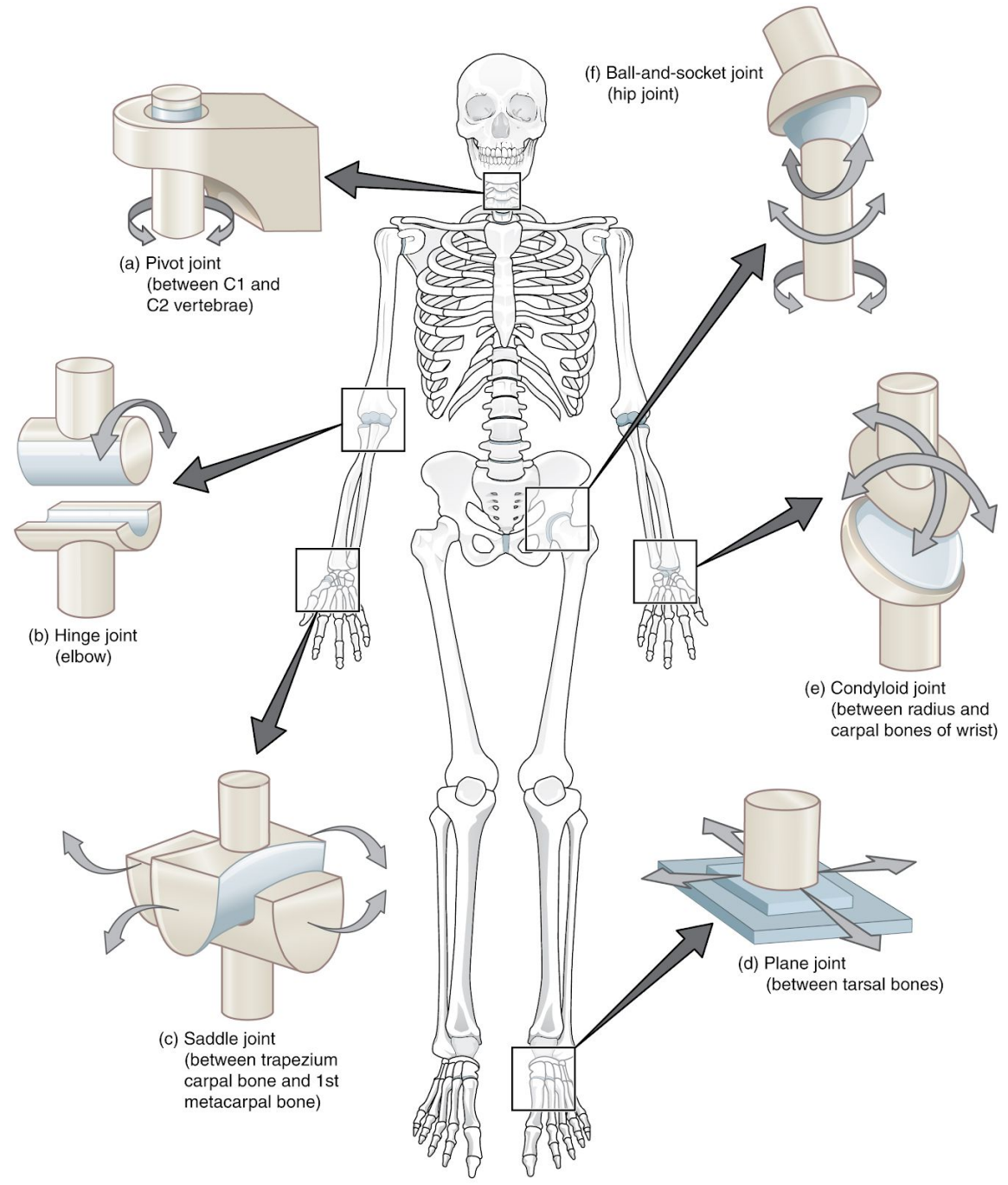
- **Hinge joint** is a joint which can move only in one direction. For example your jaw.
- You can move it only up and down, but can not move it right or left.



Types of movable joints

- **Pivot joint** allows rotation. For example you can move your head from side to side. You can rotate it to different direction.





Literacy

- 1. Elbow has two joints. Name those joints and give their functions (bending and rotating).
- 2. Explain how it would affect om movement if we had hinge joint instead of pivot joint in the neck?
- 3. What problems may occur if joint capsule is damaged and synovial fluid runs out?