

➞ A synovial joint is a place where _____ or more bones meet

➞ Joints are important for _____ and rotation

Joint Actions

Flexion

Extension

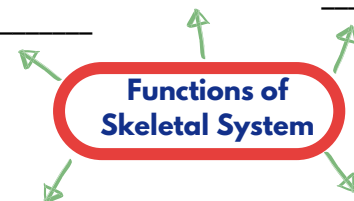
Adduction

Circumduction

Abduction

Plantarflexion

Dorsiflexion



PE COMPONENT 1 - SKELETAL SYSTEM



Condyloid Joints

Wrist Joint



_____ ➞ Longer than they are wide ➞ e.g. Humerus

_____ ➞ Roughly same size in length, width & thickness ➞ e.g. Talus

_____ ➞ Protect vital organs ➞ e.g. Sternum

_____ ➞ Have odd shapes and perform a range of functions ➞ e.g. Vertebrae

Pivot Joints

Wrist Joint

Neck Joint



Elbow Joint



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Hinge Joints



Ball & Socket Joints

