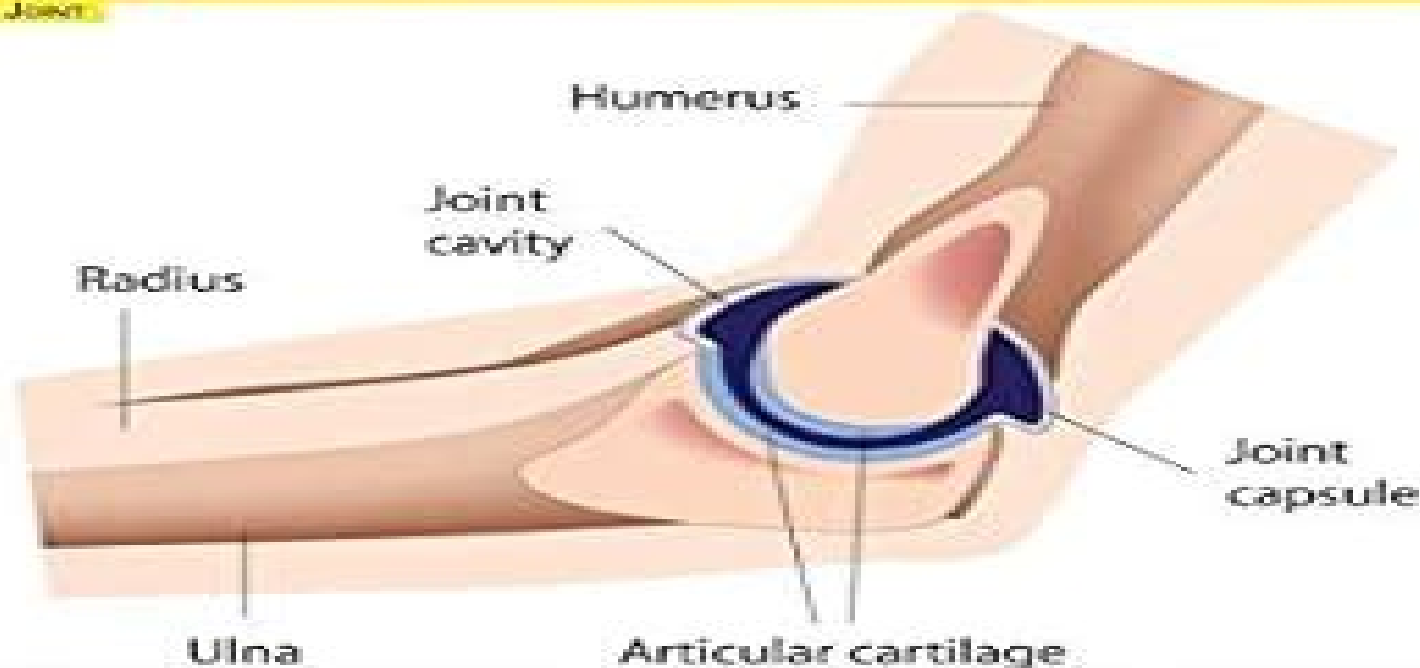


JOINTS & LIGAMENTS (ADVANCED)

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THE ELBOW JOINT



A need for strength makes the bones rigid, but if the skeleton consisted of only one solid bone, movement would be impossible. Nature has solved this problem by dividing the skeleton into many bones and creating joints where the bones intersect. Joints, also known as articulations, are strong connections that join the bones, teeth, and cartilage of the body to one another. Each joint is specialized in its shape and structural components to control the range of motion between the parts that it connects.

Joints may be classified functionally based upon how much movement they allow.

- A joint that permits no movement is known as a synarthrosis. The sutures of the skull and the gomphoses that connect the teeth to the skull are examples of synarthroses.
- An amphiarthrosis allows a slight amount of movement at the joint. Examples of amphiarthroses include the intervertebral disks of the spine and the pubic symphysis of the hips.
- The third functional class of joints is the freely movable diarthrosis joints. Diarthroses have the highest range of motion of any joint and include the elbow, knee, shoulder, and wrist.

Joints may also be classified structurally based upon what kind of material is present in the joint.

- Fibrous joints are made of tough collagen fibers and include the sutures of the skull and the syndesmosis joint that holds the ulna and radius of the forearm together.
- Cartilaginous joints are made of a band of cartilage that binds bones together. Some examples of cartilaginous joints include joints between the ribs and costal cartilage, and the intervertebral disks of the spine.
- The most common type of joint, the synovial joint, features a fluid-filled space between smooth cartilage pads at the end of articulating bones. Surrounding the joint is a capsule of tough dense irregular connective tissue lined with synovial membrane.

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