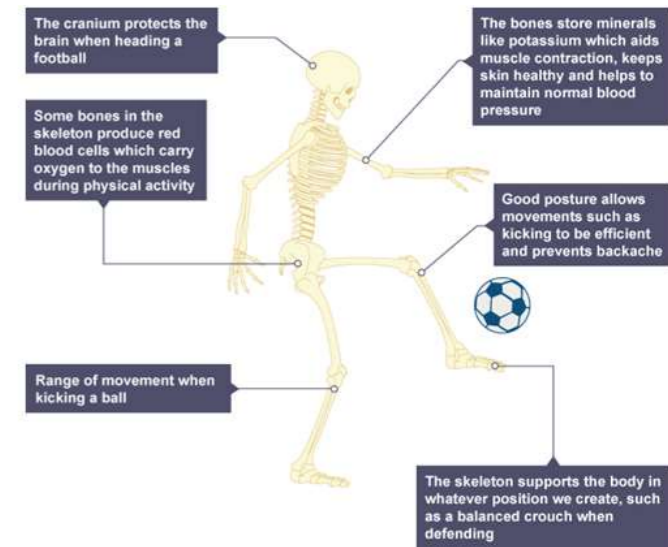


Name of Synovial Joint	Location and Function
Ball and Socket	Found in the shoulder and hip . This joint allows for the greatest range of movement.
Hinge	Found at the elbow and knee . The range of movement is limited to one plane.
Condyloid	Found at the wrist and ankle . Movement in two planes.
Pivot	Found in the neck . Part of the bone fits into another ring of bone.
Saddle	Found at the base of the thumb . This joint allows movement in two directions.
Gliding	Found in the wrist and vertebral column . Two bones have a small range of movement limited by connected ligaments.



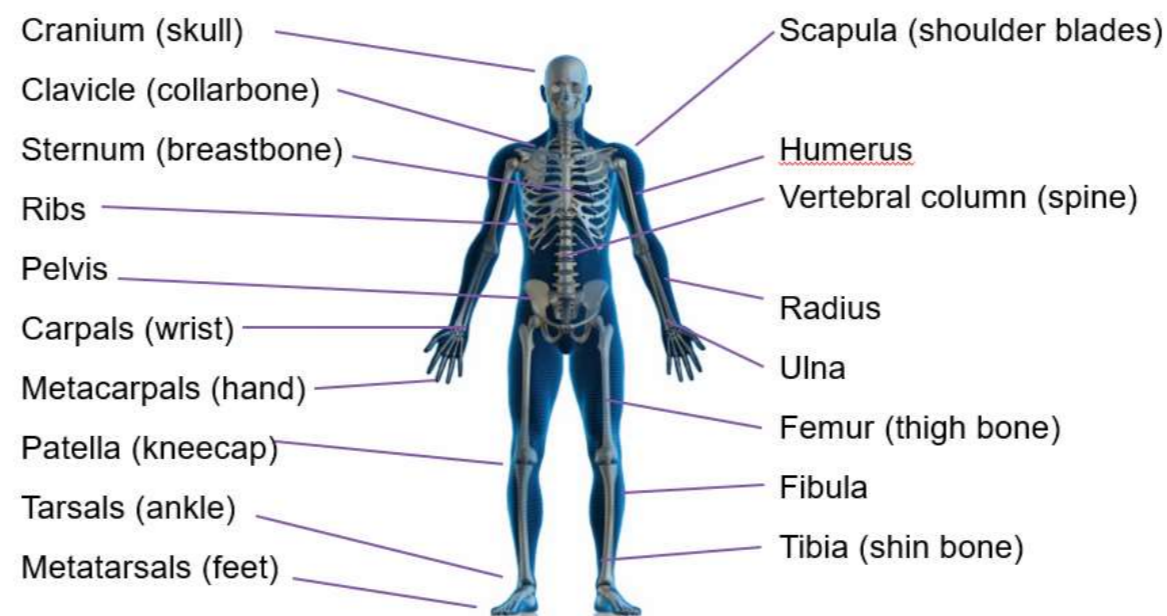
Functions

- Shape:** Gives shape to the body and makes you tall or short.
- Protection:** For example, the cranium protects the brain and the ribs protect vital organs in the chest.
- Allows Movement:** Muscles are attached to bones, which are jointed.
- Makes Blood:** Red blood cells (to carry oxygen) and white blood cells (to protect against infection) are produced in the bone marrow of some bones.
- Mineral storage:** Calcium keeps bones strong.
- Support:** Holds your vital organs in place when playing sport.

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THE SKELETAL SYSTEM

Type Of Bone	Example Of Bone	Function Of Bone
Long	Femur/Humerus	Movement – to generate speed or strength
Short	Carpals/Tarsals	Shock absorption – spreading body load.
Flat	Ribs/Cranium	Protection of vital organs, attachment of muscles to help movement
Irregular	Vertebrae	Provide shape, protection



TYPES OF MOVEMENT

Flexion	Bending a joint. This occurs when the angle of a joint decreases. For example, the elbow flexes when performing a biceps curl.
Extension	Straightening a joint. This occurs when the angle of a joint increases, for example, at the elbow when putting a shot.
Abduction	Movement away from the midline of the body. This occurs at the hip and shoulder joints during a jumping jack movement.
Adduction	Movement towards the midline of the body. This occurs at the hip and shoulder, returning the arms and legs back to their original position from a jumping jack movement.
Rotation	This is where the limb moves in a circular movement around a fixed joint towards or away from the midline of the body. This occurs in the hip in golf while performing a drive shot.
Plantar Flexion	Pointing the toes – this movement only occurs at the ankle, for example, pointing the toes in ballet
Dorsiflexion	The foot moves towards the shin as if you are pulling your toes up. This movement only occurs at the ankle.