

**Joints in the body pdf**

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Media Platforms Design Team And... plank #2! Align yourself into that forearm position as before, feet close together (A). Using your upper body and your toes, glide yourself forward several inches (B), then back the same amount (C). Keep those hips perfectly level the whole time. One to-and-fro is a rep. Watch Next: Joint function is an important aspect of a musculoskeletal physical examination. Joint function can be impaired by chronic or acute injuries and by diseases, such as arthritis. What is joint function? Peopleimages.com / DigitalVision / Getty Images A joint is defined as the juncture where bones and muscles come together, facilitating movement and stability. Contraction of muscles crossing the joint can stabilize it or cause it to move. Normal joint function is defined as a joint's ability to move throughout its range of motion and bear weight. Your healthcare provider or physical therapist can examine the structure and function of the bones, muscles, ligaments, tendons, nerves, and blood supply of a joint. The physical examination of your joint involves an assessment of how far it can flex, extend, and rotate. Your ability to bear weight on your joint and resist pressure opposing the action of the joint are other aspects of joint function. When you go to the practitioner with a complaint about a bone, muscle, or joint, your healthcare provider will perform a musculoskeletal examination that includes assessing your joint function. Joint function can be affected by injury or inflammation, and your practitioner will compare each joint's appearance to the opposite corresponding joint—looking for signs like redness, swelling, or bruising. Your healthcare provider will ask you to actively move your joint through its usual range of motion—flexing, extending, and rotating. Your practitioner will also passively move your joint. Restrictions in your strength or range of motion during passive or active movement signal joint problems. Pain is a sign of joint injury or disease. Another sign—crepitus (crackling)—suggests degeneration of the joint. The range of motion tests for the shoulder include: Abduction: The ability to lift your arm away from your bodyFlexion: The ability to extend your arm over your headAdduction: Moving your arm to your sidesInternal rotation and external rotation: Twisting your arm forward and back from your shoulder Other tests include Neer's Test and Hawkin's test for impingement and the Empty Can and Gerber's Liftoff tests for rotator cuff injuries. Your healthcare provider will observe you as you stand in place to see whether your legs are bowed or knock-kneed (varus vs. valgus deformity), which are signs of impaired knee joints. Your practitioner will also examine your knee joint by watching you walk to see if you have a limp. Your ability to get out of a chair and climb stairs also rely on your knee joint function. Your healthcare provider will ask you to lie down and will passively bend your knee. Normally, you should be able to passively and actively extend your knee to zero degrees (straighten your leg) and flex it to 140 degrees. Other tests for knee joint function include the McMurray's Test and Appley Grind Test for medial meniscus injury, stress tests for the lateral collateral ligament and medial collateral ligament, Lachman's test for the anterior cruciate ligament, Posterior Drawer Test, and chondromalacia tests. Verywell Health uses only high-quality sources, including peer-reviewed studies, to support the facts within our articles. Read our editorial process to learn more about how we fact-check and keep our content accurate, reliable, and trustworthy. Merck Manual, Consumer Version, 2015. Musculo-Skeletal Examination, University of California, San Diego, October 2015. In human anatomy, a joint is the physical point of connection between two bones. For example, the knee joint is the point of connection between the femur (thigh bone) and the tibia (shin bone). Peter Dazeley / Getty Images Joints contain a variety of fibrous connective tissue. Ligaments connect the bones to each other. Tendons connect muscle to bone. Cartilage covers the ends of bones and provides cushioning. Fixed joints have no joint cavity, but the bones are connected by fibrous tissue (mostly collagen). These include the bones of the skull, which are connected flexibly in the infant but later fuse together in suture joints and eventually ossify (turn to bone). Fibrous tissue also connects the bone of your teeth to their sockets in your jaw. In cartilaginous joints, the bones are held together by cartilage, with no joint cavity. The ends of the long bones have a cartilaginous joint in childhood, which later closes. The pubic symphysis, where the pubic bones meet, is a slightly-mobile cartilaginous joint. The most common joints are freely movable joints in the body called synovial joints. Synovial joints are surrounded by fibrous tissue or sac called the joint capsule. The lining of this capsule secretes synovial fluid, which lubricates the tissues and spaces within this capsule. There are several types of synovial joints that allow different forms of motion. This type of joint allows for a wide range of rotation and movement, including rotation. Your shoulder and hip are examples of synovial joints. The jaw and fingers both have condyloid joints. These joints don't allow rotation, but are versatile; think of the way a joystick moves on a video game console. You have this kind of joint, which allows bones to glide around and past each other in your spine, ankles, and wrists. Just like the name suggests, these joints work like hinges. Think of your knee and the part of your elbow that bends (the ulna). These are hinge joints. Your neck and elbow both have pivot joints, which allow bones to pivot or twist around other bones. The best example of a saddle joint and what it does is found in the base of the thumb. Saddle joints allow side to side and back and forth motion, but don't fully rotate. A majority of the human body's joints allow for movement. A few, like joints in the skull, do not. Joints that do allow for motion, such as the knee or ankle, have a predetermined range of motion, which is basically how far is each direction that joint can move or bend comfortably. The range of motion of a joint is usually measured in degrees. Typically, the extension of a joint is limited to 180 degrees or less. In other words, that joint can be opened until it is straight. Think of your arm or leg as an example: they can be bent until they're just about straight, but can't be pushed beyond 180 degrees without pain or damage. Extension is an action in which the bones forming the joint are moved farther apart, or straightened from a bent position. This increases the angle between the bones of a limb at a joint. Flexion occurs when the bones that form a joint are pulled closer together. During flexion, the angle between the bones of a limb at a joint is decreased. Muscles contract and bones are moved into a bent position at the joint. Arthritis is an inflammatory condition of a synovial joint. One type is osteoarthritis, in which the cartilage is damaged over time and thins until pressure between the bones causes pain. Rheumatoid arthritis is an autoimmune condition in which the immune system attacks the tissues of the joints, causing damage. Gout occurs when uric acid crystals build up in a synovial joint (usually the big toe), causing pain. The synovial membrane may also become inflamed with overuse, resulting in synovitis. Thanks for visiting. 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