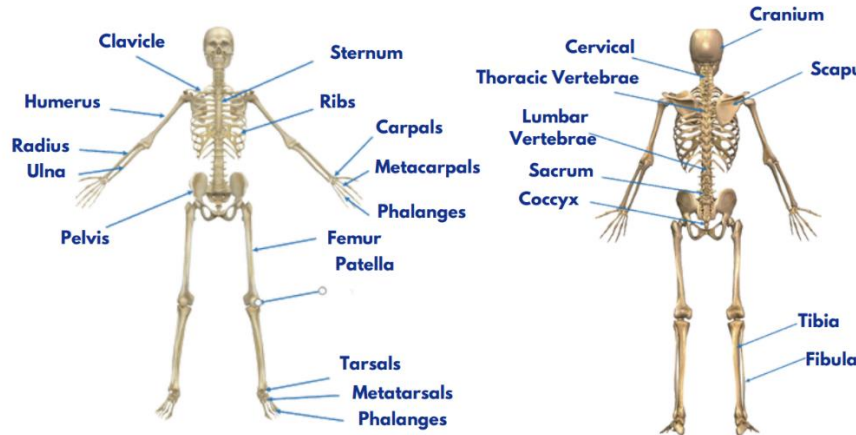


Skeletal System

- The functions of the skeleton
- Classification of bones
- Structure of skeleton & vertebral column
- Classification of joints
- Movement possibilities at joints
- The role of ligaments and tendons



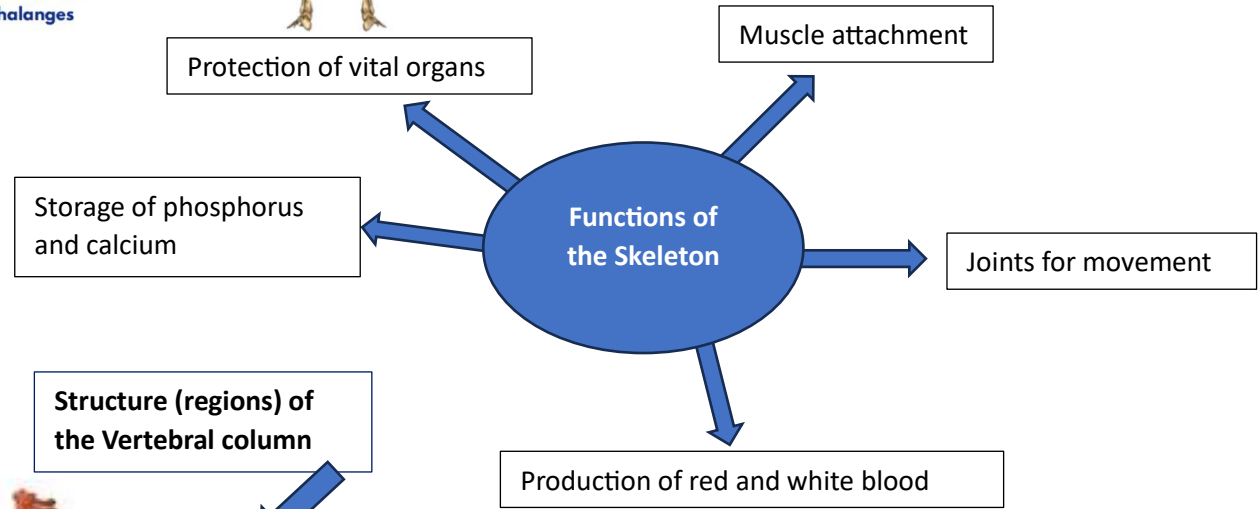
➔ A synovial joint is a place where **two or more** bones meet

➔ Joints are important for **movement and rotation**

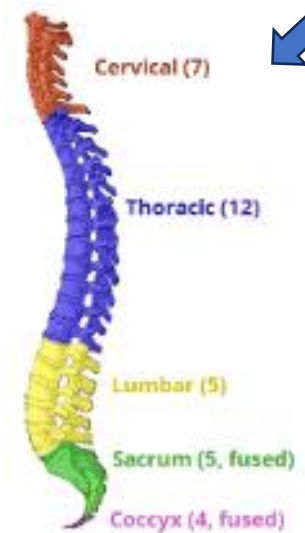
Ligaments: Join bone to bone
Tendons: Join muscle to bone



Joint (<i>where two or more bones meet</i>)	Location in body	Movements possible	Range of movement
Hinge	Elbow, knee, ankle	Flexion Extension Plantar flexion (<i>ankle only</i>) Dorsi-flexion (<i>ankle only</i>)	Flexion to extension
Ball and Socket	Hip, shoulder	Flexion, extension, rotation, circumduction, abduction, adduction	Flexion to extension Abduction to adduction
Pivot	Atlas, axis	Rotation	Rotation
Condyloid	Wrist	Flexion Extension	Flexion to extension



Structure (regions) of the Vertebral column



Classification of bone	Function	Location in the body	Sporting example
Long	Movement / lever	Femur	The femur when kicking a football
Short	Support	Carpals	Holding a handstand
Flat	Protection	Cranium	Cranium protecting the brain when heading the ball
Irregular	Protection, support, muscle attachment	Vertebral column	Vertebral column provides areas of attachment for the muscles in the back