4.1 Essential Questions

1. Joints play a major role in the human body. They allow our bones to move, allowing our body to move. Without joints, humans would be completely stationary.
2. Joints are classified by both structure and function because their names directly relate to what they are supposed to do. Also their structure allows for joints to move properly and seamlessly.
3. There are six different types of synovial joints: Ball and socket, ellipsoidal, hinge, gliding, and saddle movements.
4. Cartilage, tendons, and ligaments help joints to function and bones to move. Tendons join muscle to bone, ligaments join bone to bone, and cartilage helps the joints to move smoothly my creating an almost protective layer around the joint.
5. There are many terms that describe the path of movement at a joint. These include depression, elevation, flexion, extension, rotation, circumduction, abduction, adduction, plantar flexion, and dorsiflexion.
6. Range of motion is how far a moveable object can travel while still attached to a point. Like an arm moving in a circle.
7. You can measure range of motion by using a measuring tool called a goniometer.
8. Bones, muscles and joints work together to allow the body to move because each one plays a part in movement. Without bones we wouldn’t be able to support our body. Without joints we wouldn’t be able to move our bones, and without muscles we wouldn’t be able to move our bones or our joints.