

Name: ANSWER KEY

Class: _____

Joints & Movement Worksheet

Read your notes and answer the following;

1. What are joints? 2 or more bones meet (2 marks)

hold bones together securely and at the same time make it possible for movement to occur btwn the bones

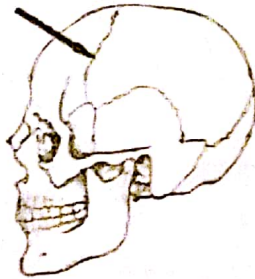
2. What are fixed joints? What is their other name? (2 marks)

Synarthroses = no movement ex. sutures
joint in which fibrous connective tissue grows btwn articulating bones holding them together

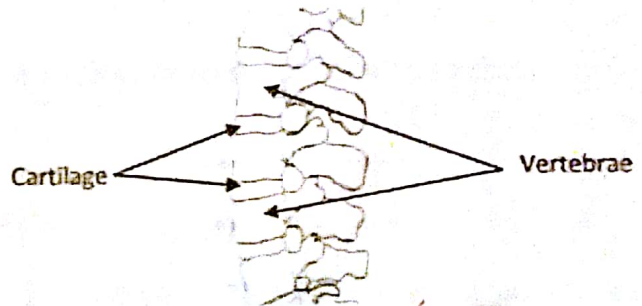
3. What are slightly moveable joints? What is their other name? (2 marks)

Amphiarthroses = joint in which cartilage connects the articulating bones ex joints btwn vertebrae; also called cartilaginous

4. Name the type of joints shown below.



a. Synarthroses / fixed



b. amphiarthroses / slightly moveable

5. What are freely moveable joints? What is their other name? synovial joints (2 marks)

Diarthroses = allow for considerable movement, all have a joint capsule, joint cavity & a layer of cartilage over the ends of 2 joining bones

6. What type of joint is shown in the following diagram? (1 mark)

diarthrotic / synovial

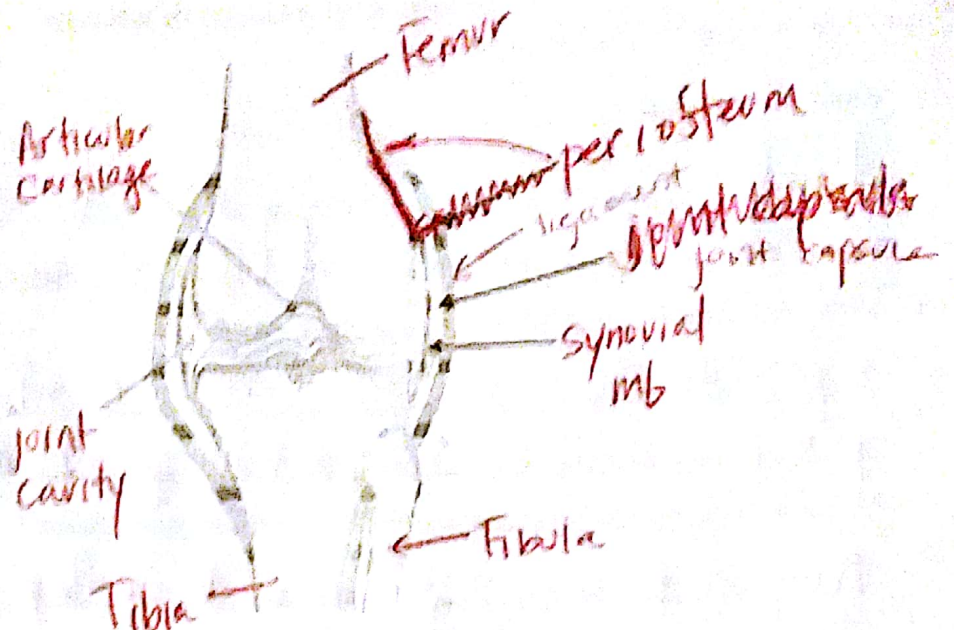
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(10 marks)

Label the diagram.



7. How many types of freely moveable joints are there?

(1 mark)

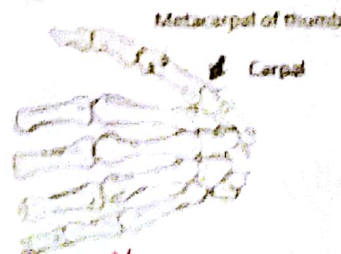
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8. Under each picture write the names of the synovial joints shown.

(8 marks)



a. Hinge



b. Saddle



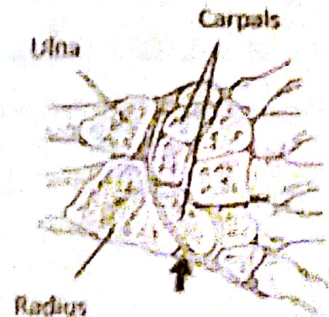
c. ball & socket



d. gliding



e. Pivot



f. Condyloid

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9. Identify one area in the body where the following joints can be found.

(6 marks)

- Ball and socket Shoulder + hip
- Hinge elbow + knee
- Pivot axis & atlas (Neck), upper forearm (where radius & ulna meet)
- Condyloid radius + carpal (WRIST)
- ~~Cartilaginous~~ vertebrae, btwn ribs & sternum
- Fixed Sutures in skull

10. Complete the following sentences.

(4 marks)

- Ligaments link bones together and limits the range of movement of a joint.
- ~~Cartilage~~ Cartilage protects bones and prevents them from wearing each other down.

11. Describe the following types of movement.

(12 marks)

- Flexion bending a joint, reduces the angle of a joint
- Extension straightening joint, increases the angle of a joint
- Abduction increases the angle of a joint to move a part away from the midline
- Adduction decreases the angle of a joint to move a part toward the midline
- Circumduction moves the distal end of a bone in a circle, keeping the proximal end relatively stable
- Rotation spins one bone relative to another

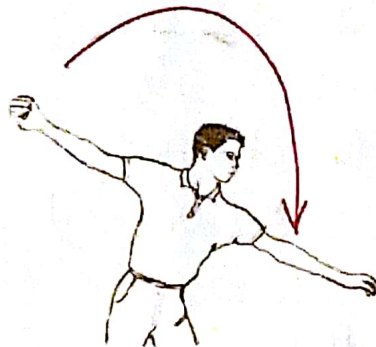
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12. Below each picture name the movement that is shown.

(6 marks)



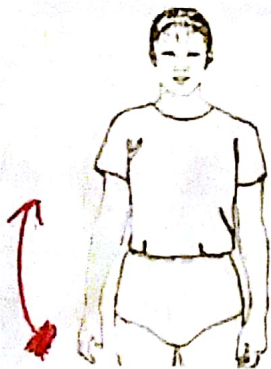
a. Flexion



b. Circumduction



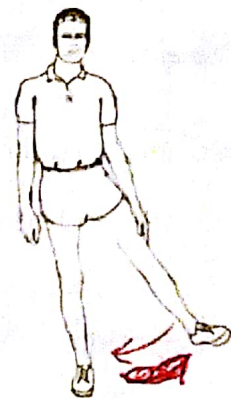
c. Extension
~~Adduction~~



d. ~~Extension~~
Abduction



e. Rotation



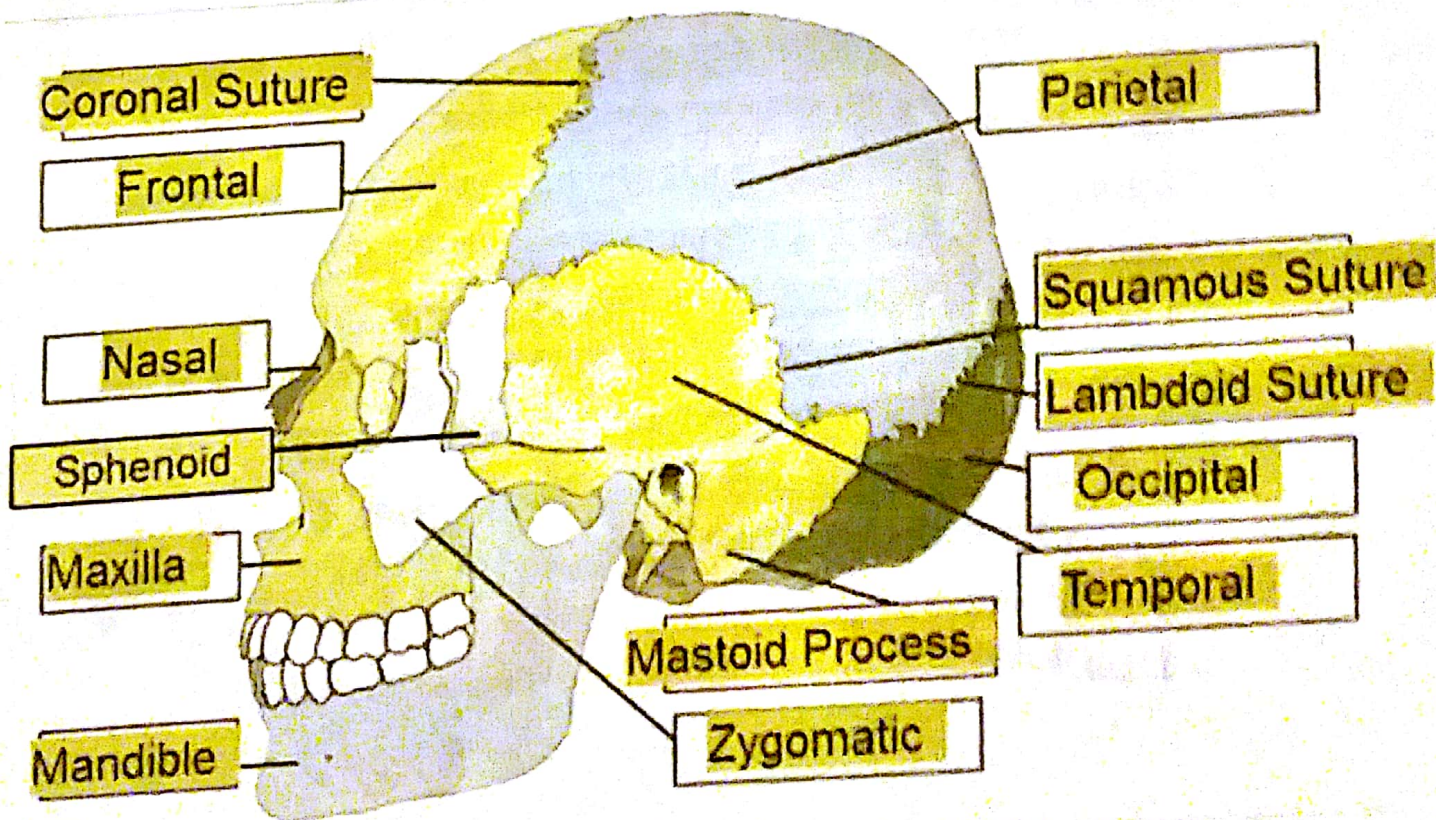
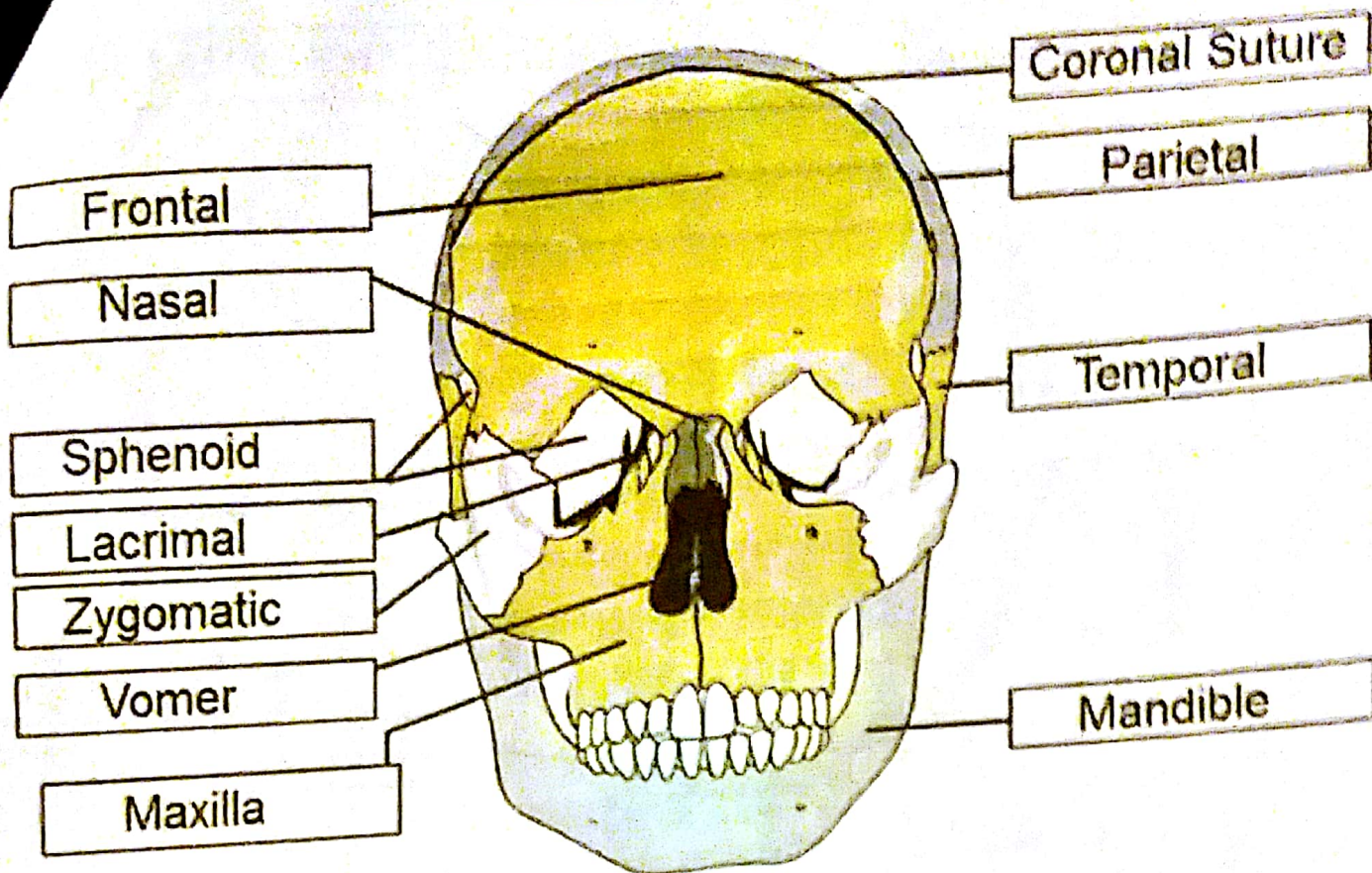
f. ~~Abduction~~
Adduction

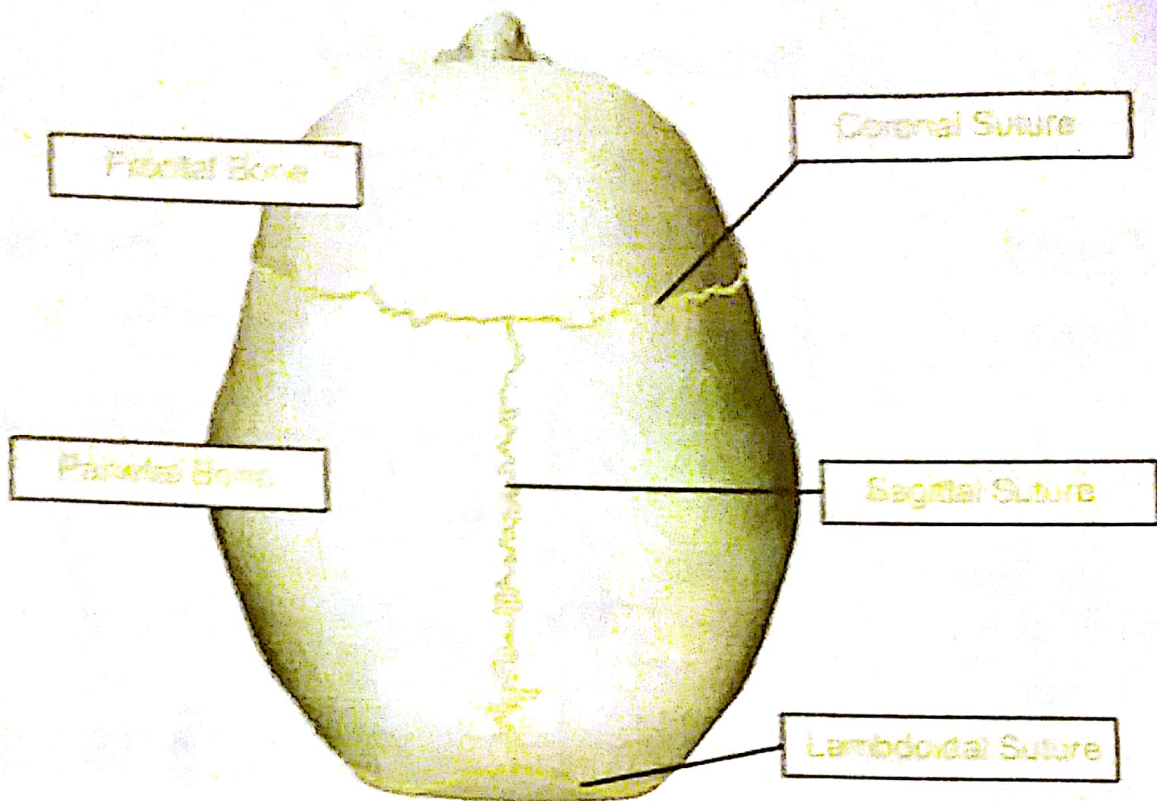
13. Identify the type of movements that are allowed by the following joints.

(8 marks)

Type of joint	Movement allowed
Ball and socket	Circumduction, adduction, abduction , flexion, extension
Pivot	Rotation
Hinge	flexion, extension
Condyloid	Flexion & extension, Abduction, Adduction

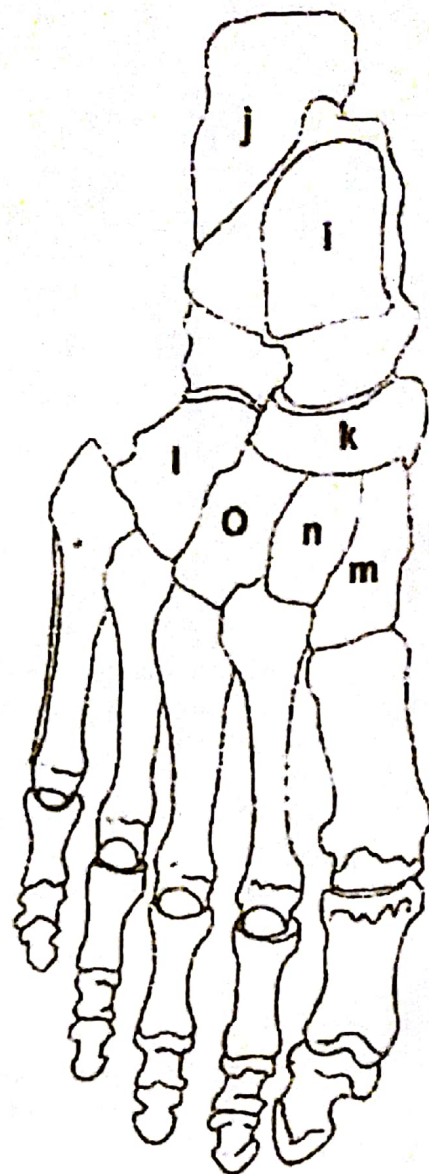
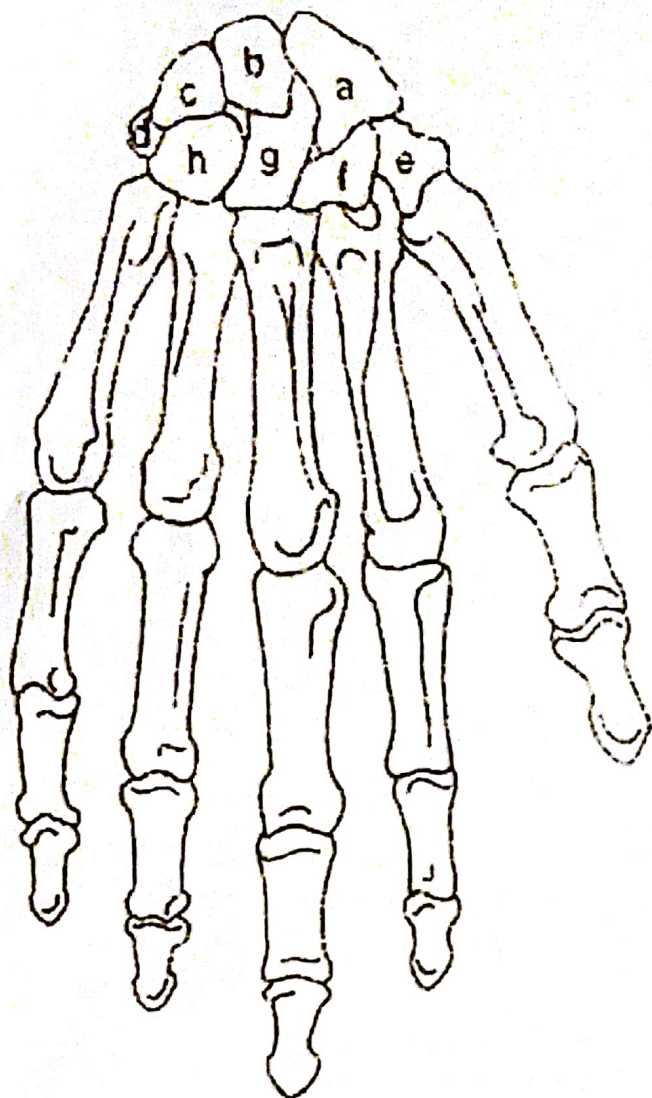
Skull Labeling - Answer Key





- 1. Coronal Suture 2. Frontal 3. Parietal 4. Nasal 5. Squamosal Suture 6. Ethmoid 7. Lacrimal
- 8. Sphenoid 9. Lambdoidal Suture 10. Occipital 11. Temporal 12. Zygomatic 13. Maxilla 14. Mandible

Label the Carpals and the Tarsals Answers



- a. scaphoid
- b. lunate
- c. triquetrum
- d. pisiform
- e. trapezium
- f. trapezoid
- g. capitate
- h. hamate

- i. talus
- j. calcaneus
- k. navicular
- l. cuboid
- m. medial cuneiform
- n. intermediate cuneiform
- o. lateral cuneiform