Joints & Movement Worksheet

Read your notes and answer the following;

1. What are joints?
   (2 marks)
   ______________________________________________________________________
   ______________________________________________________________________

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

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

4. Name the type of joints shown below.
   ______________________________________________________________________
   ______________________________________________________________________

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

6. What type of joint is shown in the following diagram?
   (1 mark)
   ______________________________________________________________________
7. How many types of freely moveable joints are there? (1 mark)

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

a. ______________________

b. ______________________

c. ______________________

d. ______________________

e. ______________________

f. ______________________
9. Identify one area in the body where the following joints can be found. (6 marks)

- Ball and socket ________________________
- Hinge ____________________________
- Pivot ____________________________
- Condyloid __________________________
- Cartilaginous _________________________
- Fixed _______________________________

10. Complete the following sentences (4 marks)

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

11. Describe the following types of movement. (12 marks)

- Flexion ________________________________________________________________
  _______________________________________________________________________
- Extension ______________________________________________________________
  _______________________________________________________________________
- Abduction ______________________________________________________________
  _______________________________________________________________________
- Adduction ______________________________________________________________
  _______________________________________________________________________
- Circumduction __________________________________________________________
  _______________________________________________________________________
- Rotation ________________________________________________________________
  _______________________________________________________________________
  _______________________________________________________________________
  _______________________________________________________________________
12. Below each picture name the movement that is shown. (6 marks)

a. ____________________  
b. ____________________  
c. ____________________

d. ____________________  
e. ____________________  
f. ____________________

13. Identify the type of movements that are allowed by the following joints. (8 marks)

<table>
<thead>
<tr>
<th>Type of joint</th>
<th>Movement allowed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ball and socket</td>
<td></td>
</tr>
<tr>
<td>Pivot</td>
<td></td>
</tr>
<tr>
<td>Hinge</td>
<td></td>
</tr>
<tr>
<td>Condyloid</td>
<td></td>
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</tbody>
</table>