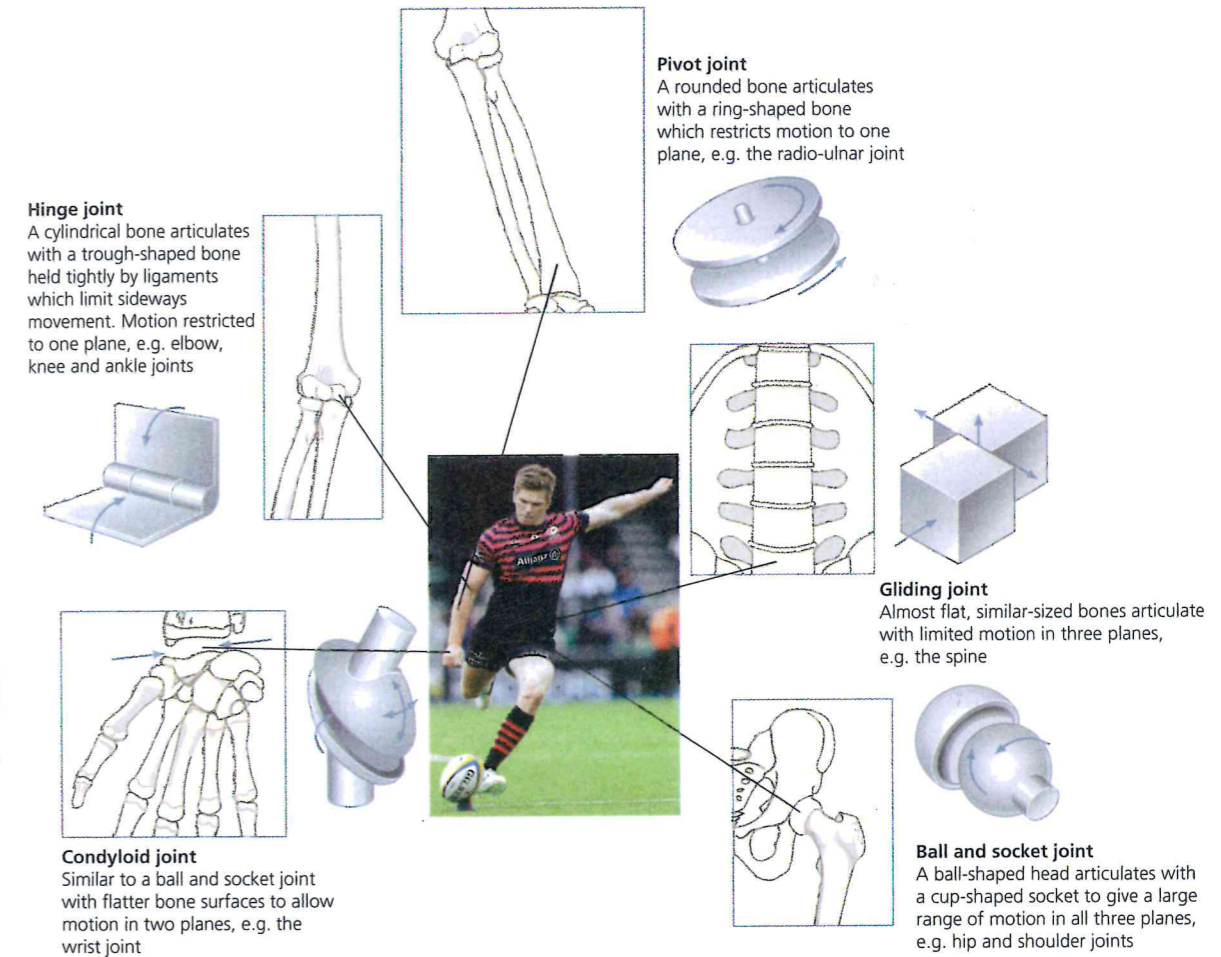
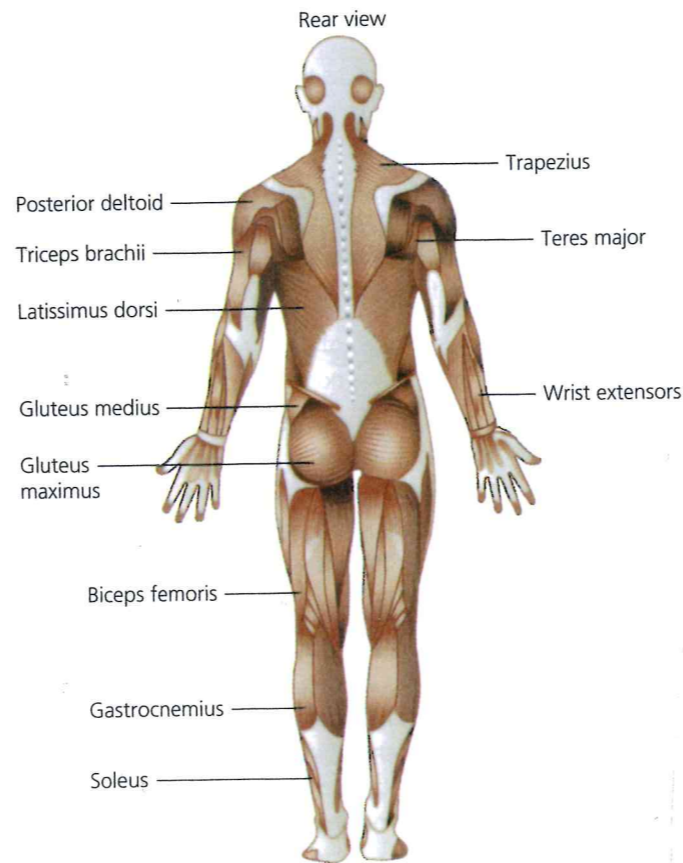
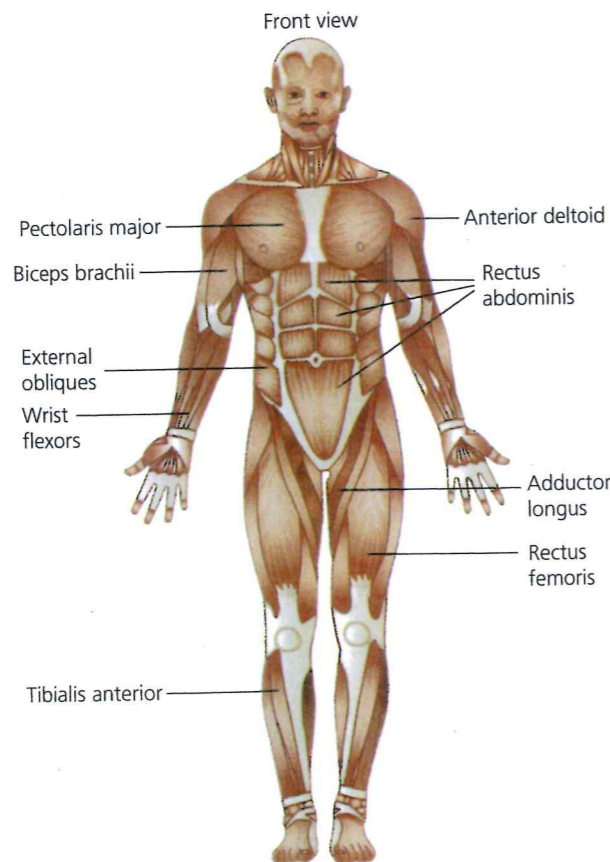
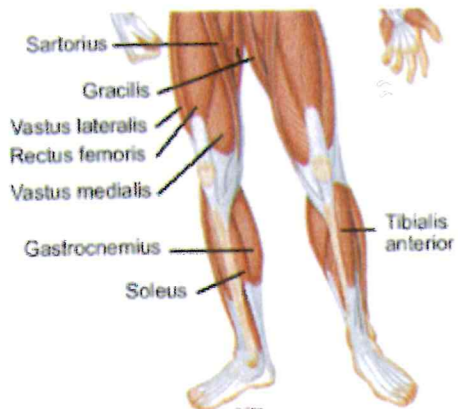
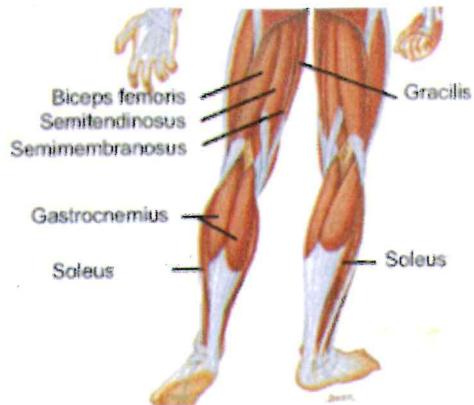
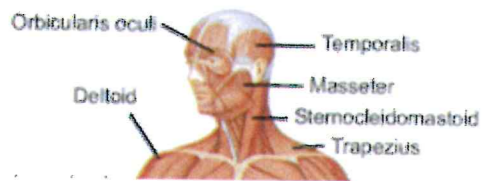
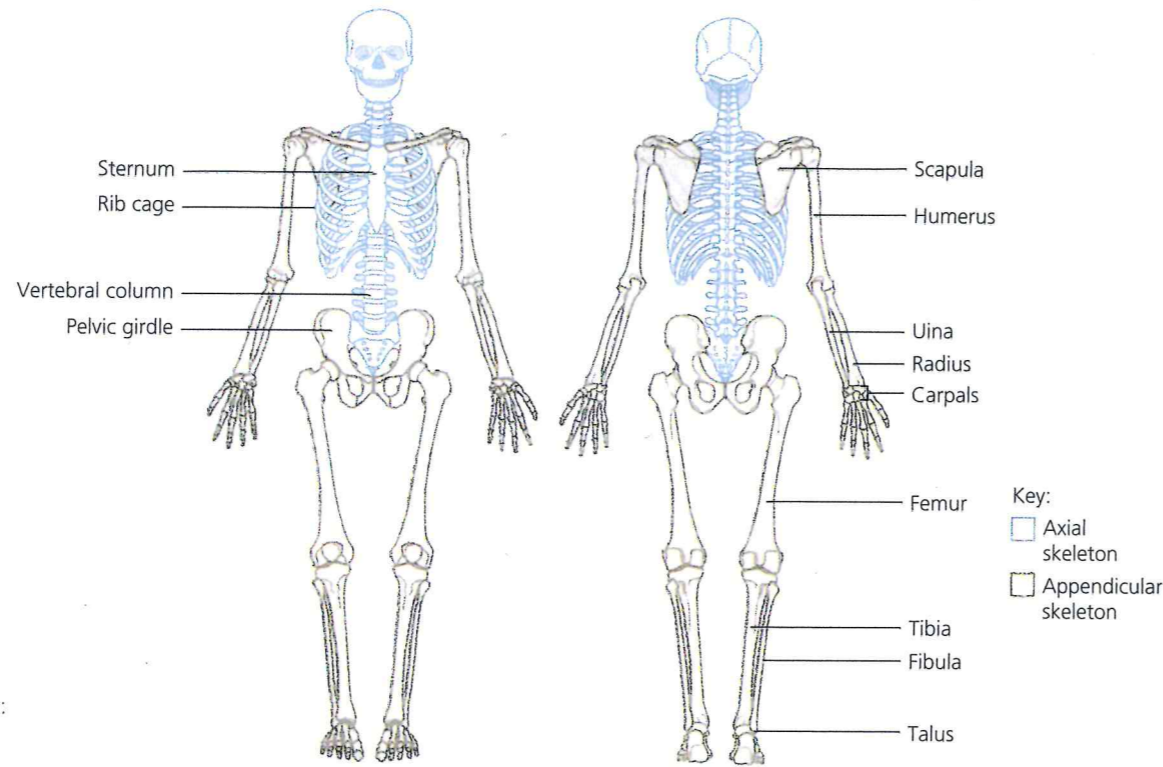


# Joints, muscles, bones and movement

**Task 1: Learn the names of muscles, bones and joints**

**Task 2: Understand how the joints move**



▲ Figure 1.1.3 Types of synovial joint

Common features of a synovial joint	Structure	Function
<b>Ligament</b>	A tough band of slightly elastic connective tissue	Connects bone to bone and stabilises joints during movement
Synovial fluid	Lubricating liquid contained within the joint cavity	Reduces friction and nourishes articular cartilage
<b>Articular cartilage</b>	Smooth tissue which covers the surface of articulating bones	Absorbs shock and allows friction-free movement
Joint capsule	A fibrous sac with an inner synovial membrane	Encloses and strengthens the joint secreting synovial fluid
Bursa	A closed, fluid-filled sac found where tendons rub over bones	Reduces friction between tendons and bones