
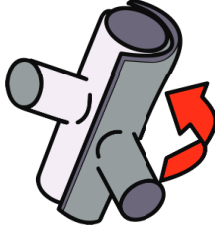

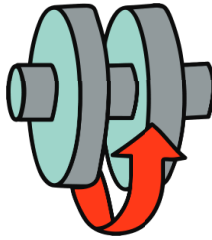
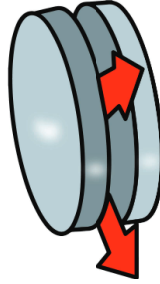
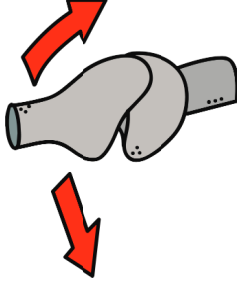


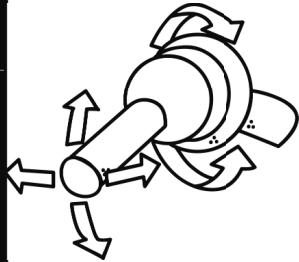
TYPES of JOINTS

Bones need to be strong to support our body. However, if we just had one large bone then movement would not be possible. This is where joints come in. A joint is a point where two or more bones meet. Joints can be moveable, immoveable, or partially moveable. There are different types of moveable joints. Each type of joint allows for a different type of movement.

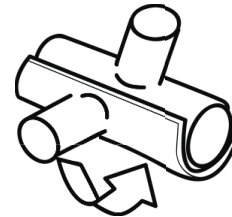
BALL & SOCKET JOINT  <p>Ball & socket joints allow for movement in all directions. The head of one bone sits in the cup of another bone. The shoulder and hip joints are the only ball & socket joints in the body.</p>	HINGE JOINT  <p>Hinge joints moves like a door, only opening and closing in one direction. Hinge joints can be found in the ankle, elbow, knee, fingers, and toes.</p>	CONDYLOID JOINT  <p>The condyloid joint allows for movement, but no rotation. The finger joints and the jaw are examples of condyloid joints.</p>
PIVOT JOINT  <p>Pivot joints allow for rotation of one bone around another. A pivot joint is found at the top of the spine and between the ulna and radius bones to rotate your forearm.</p>	GLIDING JOINT  <p>Gliding joints are formed between bones that meet at a flat surface. They allow bones to glide past one another in any direction. These can be found in the wrist, palm, tarsal bones of the ankle, and on the foot.</p>	SADDLE JOINT  <p>Saddle joints look like a saddle at the end where bones fit together. They allow movements at angles, like the thumb joint.</p>

TYPES of JOINTS

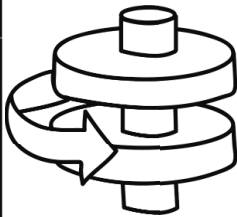
BALL & SOCKET JOINT



HINGE JOINT



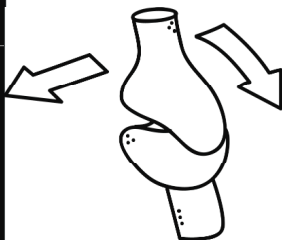
PIVOT JOINT



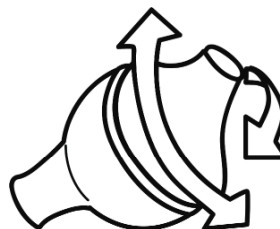
GLIDING JOINT



SADDLE JOINT



CONDYLOID JOINT



A Healthy SKELETAL SYSTEM

Cut-and-paste

Name _____

Directions: Cut and paste the sentences below into the correct box.

HEALTHY CHOICE	UNHEALTHY CHOICE

Eat dairy foods like milk, cheese, and yogurt.

Don't participate in exercise.

Wear protective gear when playing football.

Smoke and drink excessive amounts of alcohol.

Eat a diet high in sugar and processed foods.

Get at least 30 minutes of exercise every day.

Eat lots of different vegetables.

Ride your bike without a helmet.

Lift weights or do other strength training.