

INTRODUCTION:

A joint, or articulation, is the region of contact between two or more bones. Joints vary widely in structure but have some common features. Joints may be arranged or classified into three principle types dependent on the amount of movement which occurs at the site:

- a. Immovable (synarthrosis)
- b. Slightly movable (amphiarthrosis)
- c. Freely movable (diarthrosis)

PROCEDURES:

Unless stated otherwise, the student should always assure that the anatomical position is the starting position for performing the movements indicated. For each movement indicated provide the following information on the chart provided:

- a. Name of movement
  - b. Type of Synovial Joint\*
  - c. Name of Joint\*
- \*where applicable

1. Move your lower jaw forward so that you lower teeth are in front of your upper teeth.
2. Beginning with your tongue sticking out, withdraw it into your mouth.
3. While sitting on a chair, turn your feet inward so that the soles face each other.
4. Holding the arms straightened at the side of the body, move each up into a horizontal position.
5. With the arms in the ending position in #4, bend each arm at the elbow so that the hand touches your shoulder.
6. Rotate your forearm so that your palm faces backward (posteriorly)
7. Straighten your fingers and hold them together side by side. Now, spread your fingers apart while they remain straightened.
8. Turn your head from side to side as if you are saying "no"
9. Move your thigh forward, raising the entire lower leg off the floor. As you do this, bend the lower leg backward. (Do both thigh and lower leg in chart, a/b)
10. Open your mouth wide
11. Raise your shoulders in a shrugging motion.

12. Straighten you upper extremity, then swing it so that the entire upper extremity describes a cone in the air, as if you were pitching a softball.
  13. While sitting, raise on lower extremity to the horizontal position. Then, bend your foot at the ankle so that your toes point to some object. (Latter movement only)
  14. Lay back of hand on table.
  15. Return body from a bent over position.
  16. Raise one lower extremity to a horizontal position.
  17. Touch your chin to your chest.
  18. Turn your upper body from side to side.
  19. Turn you feel inward as to walk on their side.
  20. Look at your thumb at close range until your eyes are "crossed".
- In the space provide below, provide a sketch of a typical synovial joint. Include labels and a description of what each part does.

<b>Number</b>	<b>Name of Movement</b>	<b>Type of Synovial Joint</b>	<b>Name of Joint</b>
1			
2			
3			
4			
5			
6			
7			
8			
9A			
9B			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			