

A&P Key Terms

09 Joints

Key Terms

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4. Chapter: A&P Key Terms 09 Joints Key Terms

1. A&P Key Terms 09 Joints Key Terms Questions

<u>abduction</u>	movement in the coronal plane that moves a limb laterally away from the body; spreading of the fingers
<u>acetabular labrum</u>	lip of fibrocartilage that surrounds outer margin of the acetabulum on the hip bone
<u>adduction</u>	movement in the coronal plane that moves a limb medially toward or across the midline of the body; bringing fingers together
<u>amphiarthrosis</u>	slightly mobile joint
<u>annular ligament</u>	intrinsic ligament of the elbow articular capsule that surrounds and supports the head of the radius at the proximal radioulnar joint
<u>anterior cruciate ligament</u>	intracapsular ligament of the knee; extends from anterior, superior surface of the tibia to the inner aspect of the lateral condyle of the femur; resists hyperextension of knee
<u>anterior talofibular ligament</u>	intrinsic ligament located on the lateral side of the ankle joint, between talus bone and lateral malleolus of fibula; supports talus at the talocrural joint and resists excess inversion of the foot
<u>articular capsule</u>	connective tissue structure that encloses the joint cavity of a synovial joint
<u>articular cartilage</u>	thin layer of hyaline cartilage that covers the articulating surfaces of bones at a synovial joint
<u>articular disc</u>	meniscus; a fibrocartilage structure found between the bones of some synovial joints; provides padding or smooths movements between the bones; strongly unites the bones together
<u>articulation</u>	joint of the body
<u>atlanto-occipital joint</u>	articulation between the occipital condyles of the skull and the superior articular processes of the atlas (C1 vertebra)
<u>atlantoaxial joint</u>	series of three articulations between the atlas (C1) vertebra and the axis (C2) vertebra, consisting of the joints between the inferior articular processes of C1 and the superior articular processes of C2, and the articulation between the dens of C2 and the anterior arch of C1
<u>ball-and-socket joint</u>	synovial joint formed between the spherical end of one bone (the ball) that fits into the depression of a second bone (the socket); found at the hip and shoulder joints; functionally classified as a multiaxial joint

	multiaxial joint
<u>biaxial joint</u>	type of diarthrosis; a joint that allows for movements within two planes (two axes)
<u>bursa</u>	connective tissue sac containing lubricating fluid that prevents friction between adjacent structures, such as skin and bone, tendons and bone, or between muscles
<u>calcaneofibular ligament</u>	intrinsic ligament located on the lateral side of the ankle joint, between the calcaneus bone and lateral malleolus of the fibula; supports the talus bone at the ankle joint and resists excess inversion of the foot
<u>cartilaginous joint</u>	joint at which the bones are united by hyaline cartilage (synchondrosis) or fibrocartilage (symphysis)
<u>circumduction</u>	circular motion of the arm, thigh, hand, thumb, or finger that is produced by the sequential combination of flexion, abduction, extension, and adduction
<u>condyloid joint</u>	synovial joint in which the shallow depression at the end of one bone receives a rounded end from a second bone or a rounded structure formed by two bones; found at the metacarpophalangeal joints of the fingers or the radiocarpal joint of the wrist; functionally classified as a biaxial joint
<u>coracohumeral ligament</u>	intrinsic ligament of the shoulder joint; runs from the coracoid process of the scapula to the anterior humerus
<u>deltoid ligament</u>	broad intrinsic ligament located on the medial side of the ankle joint; supports the talus at the talocrural joint and resists excess eversion of the foot
<u>depression</u>	downward (inferior) motion of the scapula or mandible
<u>diarthrosis</u>	freely mobile joint
<u>dorsiflexion</u>	movement at the ankle that brings the top of the foot toward the anterior leg
<u>elbow joint</u>	humeroulnar joint
<u>elevation</u>	upward (superior) motion of the scapula or mandible
<u>eversion</u>	foot movement involving the intertarsal joints of the foot in which the bottom of the foot is turned laterally, away from the midline

<u>extension</u>	movement in the sagittal plane that increases the angle of a joint (straightens the joint); motion involving posterior bending of the vertebral column or returning to the upright position from a flexed position
<u>extrinsic ligament</u>	ligament located outside of the articular capsule of a synovial joint
<u>femoropatellar joint</u>	portion of the knee joint consisting of the articulation between the distal femur and the patella
<u>fibrous joint</u>	joint where the articulating areas of the adjacent bones are connected by fibrous connective tissue
<u>fibular collateral ligament</u>	extrinsic ligament of the knee joint that spans from the lateral epicondyle of the femur to the head of the fibula; resists hyperextension and rotation of the extended knee
<u>flexion</u>	movement in the sagittal plane that decreases the angle of a joint (bends the joint); motion involving anterior bending of the vertebral column
<u>fontanelles</u>	expanded areas of fibrous connective tissue that separate the braincase bones of the skull prior to birth and during the first year after birth
<u>glenohumeral joint</u>	shoulder joint; articulation between the glenoid cavity of the scapula and head of the humerus; multiaxial ball-and-socket joint that allows for flexion/extension, abduction/adduction, circumduction, and medial/ lateral rotation of the humerus
<u>glenohumeral ligament</u>	one of the three intrinsic ligaments of the shoulder joint that strengthen the anterior articular capsule
<u>glenoid labrum</u>	lip of fibrocartilage located around the outside margin of the glenoid cavity of the scapula
<u>gomphosis</u>	type of fibrous joint in which the root of a tooth is anchored into its bony jaw socket by strong periodontal ligaments
<u>hinge joint</u>	synovial joint at which the convex surface of one bone articulates with the concave surface of a second bone; includes the elbow, knee, ankle, and interphalangeal joints; functionally classified as a uniaxial joint
<u>humeroradial joint</u>	articulation between the capitulum of the humerus and head of the radius
<u>humeroulnar joint</u>	articulation between the trochlea of humerus and the trochlear notch of the ulna; uniaxial hinge joint

	trochlear notch of the ulna; uniaxial hinge joint that allows for flexion/extension of the forearm
hyperextension	excessive extension of joint, beyond the normal range of movement
hyperflexion	excessive flexion of joint, beyond the normal range of movement
iliofemoral ligament	intrinsic ligament spanning from the ilium of the hip bone to the femur, on the superior-anterior aspect of the hip joint
inferior rotation	movement of the scapula during upper limb adduction in which the glenoid cavity of the scapula moves in a downward direction as the medial end of the scapular spine moves in an upward direction
interosseous membrane	wide sheet of fibrous connective tissue that fills the gap between two parallel bones, forming a syndesmosis; found between the radius and ulna of the forearm and between the tibia and fibula of the leg
intracapsular ligament	ligament that is located within the articular capsule of a synovial joint
intrinsic ligament	ligament that is fused to or incorporated into the wall of the articular capsule of a synovial joint
inversion	foot movement involving the intertarsal joints of the foot in which the bottom of the foot is turned toward the midline
ischiofemoral ligament	intrinsic ligament spanning from the ischium of the hip bone to the femur, on the posterior aspect of the hip joint
joint cavity	space enclosed by the articular capsule of a synovial joint that is filled with synovial fluid and contains the articulating surfaces of the adjacent bones
joint interzone	site within a growing embryonic limb bud that will become a synovial joint
joint	site at which two or more bones or bone and cartilage come together (articulate)
lateral (external) rotation	movement of the arm at the shoulder joint or the thigh at the hip joint that moves the anterior surface of the limb away from the midline of the body
lateral excursion	side-to-side movement of the mandible away from the midline, toward either the right or left side

<u>lateral flexion</u>	bending of the neck or body toward the right or left side
<u>lateral meniscus</u>	C-shaped fibrocartilage articular disc located at the knee, between the lateral condyle of the femur and the lateral condyle of the tibia
<u>lateral tibiofemoral joint</u>	portion of the knee consisting of the articulation between the lateral condyle of the tibia and the lateral condyle of the femur; allows for flexion/extension at the knee
<u>ligament of the head of the femur</u>	intracapsular ligament that runs from the acetabulum of the hip bone to the head of the femur
<u>ligament</u>	strong band of dense connective tissue spanning between bones
<u>medial (internal) rotation</u>	movement of the arm at the shoulder joint or the thigh at the hip joint that brings the anterior surface of the limb toward the midline of the body
<u>medial excursion</u>	side-to-side movement that returns the mandible to the midline
<u>medial meniscus</u>	C-shaped fibrocartilage articular disc located at the knee, between the medial condyle of the femur and medial condyle of the tibia
<u>medial tibiofemoral joint</u>	portion of the knee consisting of the articulation between the medial condyle of the tibia and the medial condyle of the femur; allows for flexion/extension at the knee
<u>meniscus</u>	articular disc
<u>multiaxial joint</u>	type of diarthrosis; a joint that allows for movements within three planes (three axes)
<u>opposition</u>	thumb movement that brings the tip of the thumb in contact with the tip of a finger
<u>patellar ligament</u>	ligament spanning from the patella to the anterior tibia; serves as the final attachment for the quadriceps femoris muscle
<u>periodontal ligament</u>	band of dense connective tissue that anchors the root of a tooth into the bony jaw socket
<u>pivot joint</u>	synovial joint at which the rounded portion of a bone rotates within a ring formed by a ligament and an articulating bone; functionally classified as uniaxial joint

<u>plane joint</u>	synovial joint formed between the flattened articulating surfaces of adjacent bones; functionally classified as a multiaxial joint
<u>plantar flexion</u>	foot movement at the ankle in which the heel is lifted off of the ground
<u>posterior cruciate ligament</u>	intracapsular ligament of the knee; extends from the posterior, superior surface of the tibia to the inner aspect of the medial condyle of the femur; prevents anterior displacement of the femur when the knee is flexed and weight bearing
<u>posterior talofibular ligament</u>	intrinsic ligament located on the lateral side of the ankle joint, between the talus bone and lateral malleolus of the fibula; supports the talus at the talocrural joint and resists excess inversion of the foot
<u>pronated position</u>	forearm position in which the palm faces backward
<u>pronation</u>	forearm motion that moves the palm of the hand from the palm forward to the palm backward position
<u>protraction</u>	anterior motion of the scapula or mandible
<u>proximal radioulnar joint</u>	articulation between head of radius and radial notch of ulna; uniaxial pivot joint that allows for rotation of radius during pronation/supination of forearm
<u>pubofemoral ligament</u>	intrinsic ligament spanning from the pubis of the hip bone to the femur, on the anterior-inferior aspect of the hip joint
<u>radial collateral ligament</u>	intrinsic ligament on the lateral side of the elbow joint; runs from the lateral epicondyle of humerus to merge with the annular ligament
<u>reposition</u>	movement of the thumb from opposition back to the anatomical position (next to index finger)
<u>retraction</u>	posterior motion of the scapula or mandible
<u>rotation</u>	movement of a bone around a central axis (atlantoaxial joint) or around its long axis (proximal radioulnar joint; shoulder or hip joint); twisting of the vertebral column resulting from the summation of small motions between adjacent vertebrae
<u>rotator cuff</u>	strong connective tissue structure formed by the fusion of four rotator cuff muscle tendons to the articular capsule of the shoulder joint; surrounds and supports superior, anterior, lateral, and posterior sides of the humeral head

saddle joint	synovial joint in which the articulating ends of both bones are convex and concave in shape, such as at the first carpometacarpal joint at the base of the thumb; functionally classified as a biaxial joint
subacromial bursa	bursa that protects the supraspinatus muscle tendon and superior end of the humerus from rubbing against the acromion of the scapula
subcutaneous bursa	bursa that prevents friction between skin and an underlying bone
submuscular bursa	bursa that prevents friction between bone and a muscle or between adjacent muscles
subscapular bursa	bursa that prevents rubbing of the subscapularis muscle tendon against the scapula
subtalar joint	articulation between the talus and calcaneus bones of the foot; allows motions that contribute to inversion/eversion of the foot
subtendinous bursa	bursa that prevents friction between bone and a muscle tendon
superior rotation	movement of the scapula during upper limb abduction in which the glenoid cavity of the scapula moves in an upward direction as the medial end of the scapular spine moves in a downward direction
supinated position	forearm position in which the palm faces anteriorly (anatomical position)
supination	forearm motion that moves the palm of the hand from the palm backward to the palm forward position
suture	fibrous joint that connects the bones of the skull (except the mandible); an immobile joint (synarthrosis)
symphysis	type of cartilaginous joint where the bones are joined by fibrocartilage
synarthrosis	immobile or nearly immobile joint
synchondrosis	type of cartilaginous joint where the bones are joined by hyaline cartilage
syndesmosis	type of fibrous joint in which two separated, parallel bones are connected by an interosseous membrane
synostosis	site at which adjacent bones or bony components have fused together

<u>synovial fluid</u>	thick, lubricating fluid that fills the interior of a synovial joint
<u>synovial joint</u>	joint at which the articulating surfaces of the bones are located within a joint cavity formed by an articular capsule
<u>synovial membrane</u>	thin layer that lines the inner surface of the joint cavity at a synovial joint; produces the synovial fluid
<u>talocrural joint</u>	ankle joint; articulation between the talus bone of the foot and medial malleolus of the tibia, distal tibia, and lateral malleolus of the fibula; a uniaxial hinge joint that allows only for dorsiflexion and plantar flexion of the foot
<u>temporomandibular joint (TMJ)</u>	articulation between the condyle of the mandible and the mandibular fossa and articular tubercle of the temporal bone of the skull; allows for depression/elevation (opening/closing of mouth), protraction/retraction, and side-to-side motions of the mandible
<u>tendon sheath</u>	connective tissue that surrounds a tendon at places where the tendon crosses a joint; contains a lubricating fluid to prevent friction and allow smooth movements of the tendon
<u>tendon</u>	dense connective tissue structure that anchors a muscle to bone
<u>tibial collateral ligament</u>	extrinsic ligament of knee joint that spans from the medial epicondyle of the femur to the medial tibia; resists hyperextension and rotation of extended knee
<u>ulnar collateral ligament</u>	intrinsic ligament on the medial side of the elbow joint; spans from the medial epicondyle of the humerus to the medial ulna
<u>uniaxial joint</u>	type of diarthrosis; joint that allows for motion within only one plane (one axis)
<u>zygapophysial joints</u>	facet joints; plane joints between the superior and inferior articular processes of adjacent vertebrae that provide for only limited motions between the vertebrae