Classification of joints is by **functional group** (the amount of movement possible), and **structural group** (how the bones are held together).

<table>
<thead>
<tr>
<th>Functional Group</th>
<th>Structural Group</th>
<th>Suture</th>
<th>Amphiarthrosis</th>
<th>Diarthrosis</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fibrous</strong> (bones connected by short, fibrous filaments)</td>
<td>Suture cranium</td>
<td>Syndesmosis</td>
<td>Diarthrosis (free mobility)</td>
<td></td>
</tr>
<tr>
<td><strong>Gomphosis</strong></td>
<td>joint btwn teeth &amp; maxilla/mandible</td>
<td>- carpal/tarsal bones, - btwn radius &amp; ulna</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Symphisis</strong></td>
<td>- intervertebral disc - pubic symphisis</td>
<td>-</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fibrocartilage</strong></td>
<td>- compressible, acts as a shock absorber</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

A few notes about fibrous joints:
- Some **sutures** ossify completely, such as in the frontal bones, and become synostosis.
- **Gomphosis** joints have a peg-in-socket structure…one bone surrounds the other. The fibrous connection is the periodontal ligaments.
- Most fibrous joints are **immovable**
- Sutures have **very short CT fibers**
- In syndesmosis the bones are connected by a **ligament**

A few notes about cartilaginous joints:
- **Epiphyseal plates** are temporary and become synostoses
- **Symphyses** are designed for strength with flexibility
- **Fibrocartilage** is compressible, acts as a shock absorber

**Synovial Joints**
Common features of synovial joints:
- Articular cartilage (one on each bone)
  - Hyaline cartilage reduces friction
- Joint cavity (space between bones – “potential space”)
  - Contains small amount of synovial fluid
- Articular capsule (2 layers)
  - Outer layer is tough fibrous DICT that continues with the periosteum
  - Inner layer is synovial membrane
  - Some parts are thicker than others. The thicker parts are intrinsic ligaments
- Synovial fluid
  - Clear, viscous filtrate of blood produced by synovial membrane
  - Found in joint space and within articular cartilage. This is how hyaline cartilage gets nutrients.
  - Functions of synovial fluid
    - Lubrication of joint
    - Nourishes cartilage
    - Provides cushioning
    - Contains phagocytes to keep joint free of debris

Accessory features of synovial joints (the optional “extras”)
- Extracapsular ligaments
  - Fibrous bands separated from articular capsule
  - Span the distance between two bones
- Intracapsular ligaments
  - Ligaments between bone surfaces
- Fat pads
  - Provide cushioning between fibrous capsule and synovial membrane or bone.
- Minisci (articular discs)
  - Wedges of fibrocartilage
  - Improve stability
  - Bowl-shaped
- Bursae & tendon sheaths
  - Fibrous sacs lined by synovial membrane
  - Contains synovial fluid
  - Sits between tendon/muscle and bone (bursae), or surrounds tendon (tendon sheath)
  - Smooth movement of tendon over bone
  - Reduces friction

**Stability of the synovial joint** is influenced by:
- Shape of the joint and the articular surface
- Presence of ligaments
- Muscle tone. The more muscle pulls on it, the more it holds the joint together

**Movements of the Synovial Joint** – 3 MAIN TYPES
1. Gliding movements (aka “translation”).
   a. The point of contact moves across the surface
   b. Bones slide past one another
2. Angular movements
   a. Point of contact remains constant
   b. Angle at which bones meet changes
   c. Circumduction describes a CONE IN SPACE
   d. These are flexion, extension, dorsiflexion, plantar flexion, abduction, adduction and circumduction.
   e. Ex: elbow, bending forward

3. Rotation
   a. Point of contact & angle remain constant
   b. One bone pivots around axis
   c. Ex: atlas & axis, hip and shoulder joint

<table>
<thead>
<tr>
<th>Axes of Movement</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Nonaxial</td>
<td>surfaces slide past one another</td>
</tr>
<tr>
<td>Uniaxial</td>
<td>one axis of movement</td>
</tr>
<tr>
<td>Biaxial</td>
<td>movement in two planes, only one at a time</td>
</tr>
<tr>
<td>Multiaxial</td>
<td>movement in all three planes, can be combined</td>
</tr>
</tbody>
</table>

**Movement in the sagittal plane (front to back)**
FLEXION is described as decreasing the angle at the joint (bending elbow). It is essentially an anterior movement, though one exception is that the knee bends posteriorly, and the ankle has singular movements.

EXTENSION is described as increasing the angle at the joint. It is the opposite of extension…a return to anatomical position.

HYPEREXTENSION is described as increasing the angle beyond anatomical position.

**Movement in the frontal plane (side to side)**
ABDUCTION is moving away from the midline

ADDUCTION is moving toward the midline

**Ankle movements**
DORSIFLEXION brings the toes toward the head

PLANTAR FLEXION is pointing the toes

INVERSION is turning the sole of the foot medially

EVERSION is turning the sole of the foot laterally
**Rotations**
MEDIAL (INTERNAL) ROTATION is rotating the anterior limb surface toward the midline (femur bones in Uttanasana) – hip or shoulder

LATERAL (EXTERNAL) ROTATION is rotating the anterior limb surface away from the midline (Warrior 2) – hip or shoulder

LEFT OR RIGHT ROTATION is rotating the head or trunk around the midline.

**Spinal column movements**
Lateral movement of the spinal column is bending neck or torso side to side. The spine can also do extension, flexion, rotation and hyperextension

**Forearm movements**
SUPINATION is turning the antebrachium so the hand is facing up. Arm is in anatomical position. You can hold a bowl of soup!

PRONATION is turning the palm down, or posteriorly from anatomical position.

**Mandible/clavicle movements**
PROTRACTION is moving the jaw or shoulders forward. This is moving anteriorly in the transverse plane.

RETRACTION is moving the jar or shoulders back. This is moving posteriorly in the transverse plane.

**Mandible/shoulder movements**
ELEVATION is raising the jaw or shoulder

DEPRESSION is lowering the jaw or shoulder

**Synovial Joint Shapes! There are 6**
1. Plane Joint
   a. Movement = gliding
   b. Axis = non axial
   c. Ex = carpal bones
2. Hinge Joint
   a. Movement = angular
   b. Axis = Uniaxial
   c. Ex = elbow, interphalangeal joint
3. Pivot Joint
   a. Movement = rotation
b. Axis = Uniaxial  
c. Ex = Atlas & Axis, radioulnar joint

4. Candyloid joint (aka ellipsoid)  
a. Movement = angular  
b. Axis = Biaxial  
c. Ex = metacarpal phalanges (knuckles)

5. Saddle joint  
a. Movement = angular  
b. Axis = biaxial  
c. Ex = thumb joint (trapeziometacarpal joint…only one!)

6. Ball and socket  
a. Movement = angular  
b. Axis = multiaxial  
c. Ex = shoulder and hip (only ones)

Disorders of Joints

A SPRAIN occurs when a ligament is torn or stretched. Dense regular CT takes a while to heal and is difficult to repair.

CARTILAGE DAMAGE occurs in an overstressed joint. Cartilage is avascular, so it does not repair well.

DISLOCATION (aka luxation) occurs when the bone is forced out of location. Subluxation is a partial dislocation.

Inflammatory and degenerative disorders incude BURSITIS, which is caused by a blow or excessive friction; TENDONITIS, which is caused by excess use of the tendon; and ARTHRITIS, which is the breakdown of articular cartilage. There are over 100 different types of arthritis.