

## JOINTS COGNITIVE MAP

Name	Structure	Amount of movement	Types and examples
<b><i>Bony Joints</i></b>	<i>Fusion of 2 bones</i>	<i>Synostoses: No movement</i>	<i>Mandible, Frontal bones, Adult epiphysis and diaphysis, Adult 1<sup>st</sup> rib</i>
<b><i>Fibrous Joints</i></b>	<i>Formed by collagen fibers</i>	<i>Synarthroses: Little to no movement</i>	<p><b><i>Sutures:</i></b> <i>the joints between cranial bones.</i></p> <p><b><i>Gomphoses:</i></b> <i>the joint between a tooth and the mandible or maxilla.</i></p> <p><b><i>Syndesmoses:</i></b> <i>The fibers hold two bones next to each other like the ulna and radius or the tibia and fibula. Its fibers are a little longer, which allows for slight movement.</i></p>
<b><i>Cartilaginous Joints</i></b>	<i>Formed by cartilage</i>	<i>Amphiarthroses: Allows for some movement.</i>	<p><b><i>Synchondroses:</i></b> <i>bound by hyaline cartilage. Examples are the joints between the diaphysis and epiphysis or the 1<sup>st</sup> rib and sternum of children.</i></p> <p><b><i>Symphyses:</i></b> <i>a thick layer of fibrocartilage that binds two bones. The pubic symphysis and intervertebral discs are examples.</i></p>
<b><i>Synovial Joints</i></b>	<i>Bones separated by a cavity filled with fluid.</i>	<i>Diarthroses: Freely movable</i>	<i>Ball-and-socket, Condylar, Saddle, Plane, Hinge, Pivot</i>

