Chapter 9:

**Tendons**

Tendons are not part of the joint itself, but tendons passing across or around a joint may limit the joint’s range of motion and provide mechanical support for it.

**Bursae**

Bursae) a small, thin, fluid filled pockets in connective tissue. They contain synovial fluid and are lined by a synovial membrane. They form where tendons and ligaments rub against other tissues.

**Factors That Stabilize Synovial Joints**

A joint cannot be both highly mobile and strong. The greater the range, the weaker it becomes.

A synarthrosis is the strongest type of joint, but permits no movement.

Movement beyond its normal range of motion will damage any mobile diarthrosis.

**Factors responsible for limiting the range of motion, stabilizing the joint, and reducing the chance of injury are:**

- The collagen fibers of the joint capsule and many accessory extracapsular, or intracapsular ligaments
- Shapes of articulating surfaces in joints, may prevent movement
- Other bones, skeletal muscles, or fat pads around the joint
- Tension in tendons attached to the articulating bones

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**The structure and function of synovial joints enable various skeletal movements**

**Classification of Synovial Joints by Shape**

- **Gliding**- Flattened or slightly curved faces Limited motion (nonaxial)
- **Hinge**- Angular motion in a single plane (monaxial) (elbow, knee joints)
- **Pivot**- Rotation only (monaxial)
- **Condylar**- Oval articular face within a depression. Motion in two planes (biaxial)
- **Saddle**- Two concave, straddled (biaxial)
- **Ball-and-socket**- Round articular face in a depression (triaxial)