Rheumatoid: deterioration of cartilage by autonomic disease
Osteoarthritis: deterioration of an overworked joint
Sprains: overstretched ligament or tendon

Degrees of movements

Freely movable: shoulder joint
Slightly movable: vertebrae
Immovable: sutures (skull)

Movement of biceps and triceps brachii

Biceps contact, triceps relax

Structures of bone (yellow marrow, red marrow)

Red marrow: tissue producing red blood cells (spongy bone)
Yellow marrow: stores fat (shaft of bone)