

❖ Types of Joints

- **Fibrous Joints**: do not move; jagged edges
- **Cartilaginous Joints**: slightly move; holds bones together
- **Synovial Joints**: movable; synovial (fluid sac) membrane
- **Ball and Socket Joint**: synovial joint that allows a lot of movement
- **Hinge Joint**: synovial joint that allows movement in one direction

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- **Ligaments**: connective tissue bands that join the articulating ends of bones (bone to bone)
- **Tendons**: attach muscles to bone
- **Bursa**: fibrous sac between certain tendons and the bones beneath them
- Synovial/Fluid membrane

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