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

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

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

- The collagen fibers of the joint capsule and many agess of extracapsular, or intracapsular ligaments
- Shapes of articulating surfaces mention, may prevent movement
- Other bones, skeletal nuscles, or fat pads around b joint
- Tension in tendor attached to the attitute ting 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)