

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 contract, 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)

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