

- ❖ A condition in which bone becomes riddled with holes is called **osteoporosis**.
- ❖ The condition known as osteopenia **causes a gradual reduction in bone mass**.
- ❖ Why does osteoporosis affect more women than men? **Women have a decrease in sex hormones after menopause whereas men continue to produce male sex hormones throughout adulthood.**
- ❖ Aging has what effect on the skeletal system? **loss of calcium and collagen fibers from matrix**
- ❖ If a tumor secretes high levels of osteoclast-activating factor, which of the following would you expect to occur as a result of this condition? **All of the answers are correct.**
- ❖ Mary is 50 years old and has entered menopause. During a checkup, a bone scan reveals the beginnings of osteoporosis. Her physician suggests hormone therapy. What hormone might she prescribe for her patient? **estrogen**
- ❖ Mary is 50 years old and has entered menopause. During a checkup, a bone scan reveals the beginnings of osteoporosis. Her physician suggests nutritional therapy. What might she recommend for her patient? **All of the answers are correct.**

Chapter 9

Contrast the major categories of joints and the structure and function. Structure of synovial joint and synovial joint accessory structures and functions. How the synovial joints of the skeletal system permit movement of bones. Articulations of the vertebrae and the vertebral column. Effects of aging on articulations and most common age related problems with articulations.

- ❖ Joints can be classified structurally as **All of the answers are correct.**
- ❖ The synarthrosis that binds the teeth to the bony sockets is a **gomphosis**.
- ❖ An immovable joint is a(n) **synarthrosis**.
- ❖ A synovial joint is an example of a(n) **diarthrosis**.
- ❖ A slightly movable joint is a(n) **amphiarthrosis**.
- ❖ A suture is an example of a(n) **synarthrosis**.
- ❖ An epiphyseal line is an example of a **synostosis**.
- ❖ Joints in which the bones are closely fitted are **synovial joints**.
- ❖ Dense connective tissue is to a suture as a periodontal ligament is to a(n) **gomphosis**.
- ❖ A freely movable joint is a(n) **diarthrosis**.
- ❖ A joint where bones fuse together with bone tissue is called a **synostosis**.
- ❖ Which of these is one of the four major types of synarthrotic joints? **All of the answers are correct.**
- ❖ Which of the following occurs when the articular cartilage is damaged? **All of the answers are correct.**
- ❖ Which of the following is **not** a feature of synovial fluid? **increases osmotic pressure within joint**
- ❖ Bursae are found in all of the following areas, **except** around blood vessels.
- ❖ Which of these is **not** a property of articular cartilage? **covered by perichondrium**
- ❖ The surface of articular cartilage is **both slick and smooth**.
- ❖ Which of these is **not** considered to be an accessory synovial structure? **synovial membrane**
- ❖ Degenerative changes in a joint can be the result of all of the following, **except** **bursitis**.
- ❖ Mike falls off his skateboard and **sprains** his ankle. Which of the following most likely occurs with this type of accident? **A ligament is stretched and collagen fibers in the ligament are damaged**
- ❖ Ankle extension is also called **plantar flexion**.
- ❖ The joint between the -carpals is a/an _____ joint. **gliding**
- ❖ A movement away from the midline of the body is termed **abduction**.
- ❖ To pinch with a thumb and finger involves a movement called **opposition**.
- ❖ A common injury to the ankle occurs by excessive turning of the sole inward, termed **inversion**.
- ❖ Which of the following movements is a good example of flexion? **moving the hand toward the shoulder**
- ❖ A twisting motion of the foot that turns the sole of the foot outward is known as **eversion**.
- ❖ Curling into the "fetal position" _____ the intervertebral joints. **flexes**
- ❖ An extension past the anatomical position is known as **hyperextension**.
- ❖ All of the following are structural classifications of synovial joints, **except** **rolling**.
- ❖ Which foot movement enables the ballerina to stand on her toes? **plantar flexion**
- ❖ Which of the following movements is a good example of supination? **turning the hand palm upward**
- ❖ Which of the following movements is a good example of hyperextension? **extreme bending of the head backwards**
- ❖ Which of the following movements is a good example of abduction? **spreading the fingers**
- ❖ Which of the following movements is a good example of depression? **opening the mouth**
- ❖ Nodding your head "yes" is an example of **flexion and extension**.
- ❖ A herniated intervertebral disc is caused by **protrusion of the nucleus pulposus**.