

HUMAN ANATOMY AND PHYSIOLOGY-1(BP101T)

UNIT: 2 JOINTS

CLASS: 10

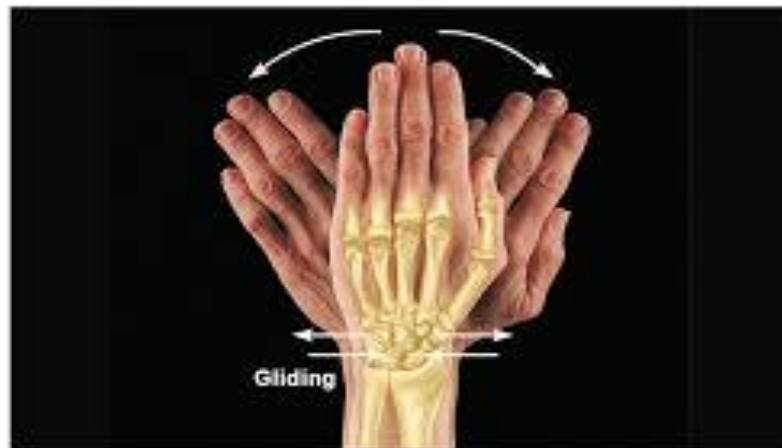
TOPIC – MOVEMENT AND ARTICULATION OF JOINTS

- Three basic types of movements are possible:

1. Gliding – One bone across the surface of another
2. Angular movement – Movements change the angle between bones.
3. Rotation – Movement around a bone's long axis

GLIDING MOVEMENT:

- Flat surfaces of two bones glide across each other..
- Gliding occurs between Carpals Articular processes of vertebrae Tarsals



(a) Gliding movements at the wrist

Figure 8.5a

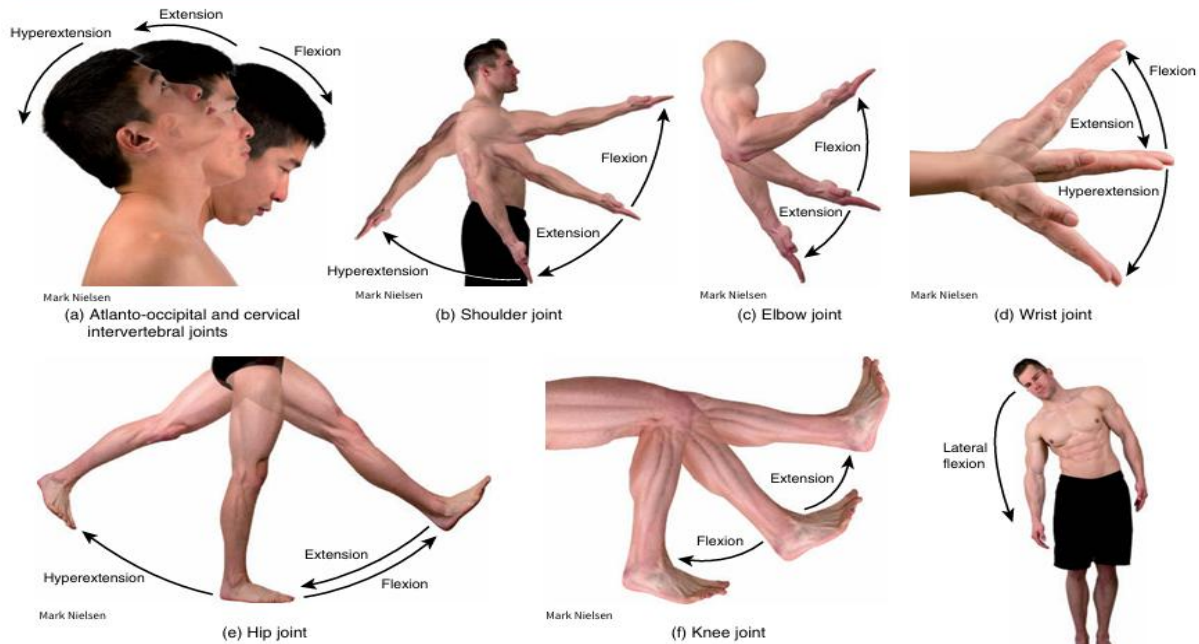
ANGULAR

Flexion, Extension.

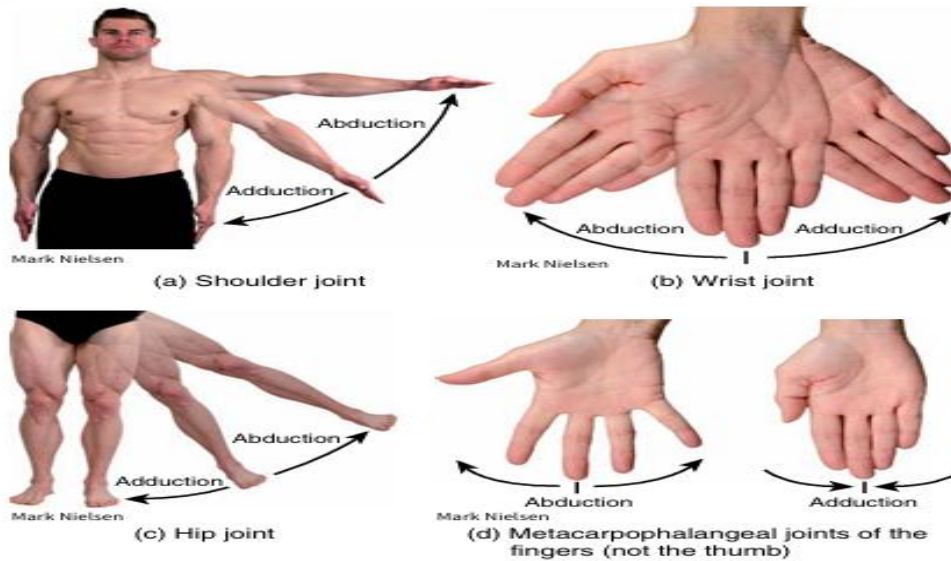
Dorsiflexion

& Plantar flexion Abduction, adduction

In angular movements, there is an increase or decrease in the angle between articulating bones.



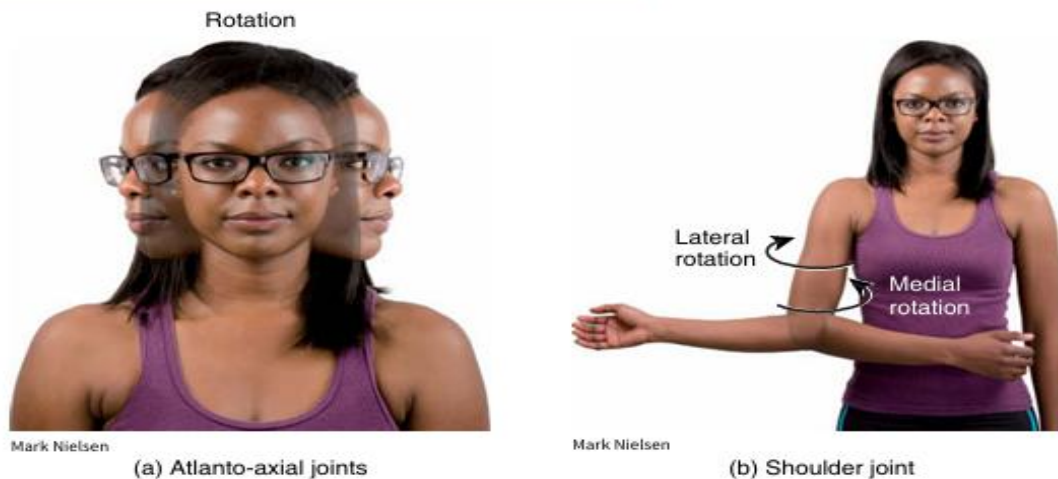
Abduction and adduction usually occur along the frontal plane.



Rotation:

- Turning of a bone around its own long axis.
- Examples: Between C- 1& C- 2 vertebrae Hip & shoulder joints

In rotation, a bone revolves around its own longitudinal axis.



Circumduction:

- Movement of a body region in a circular manner, in which one end of the body region being moved stays relatively stationary while the other end describes a circle.
- It involves the sequential combination of flexion, adduction, extension, and abduction at a joint.