

Anatomy and Physiology I

Learning Guide: Articulations

Overview – With the study of Articulations, we note an intersection between bones, muscles, and connective tissues; giving rise to contact points between bones and other structures. In this module, we cover the various classifications of articulations, but with a particular focus on Synovial joints. We will also go over joint movements.

Learning Objectives

- Identify the various classifications of joints structurally, functionally, and by location.
- Identify the components of a synovial joint.
- Define and identify synovial joint movements.
- Identify three major synovial joints.
- Identify the components of three major synovial joints.

Getting Started – You may find some of the terminology associated with various joints in this unit unusual. In preparation, here are a few points to guide you in your approach:

1. **Terminology** - It would be prudent to practice using the terminology while viewing images of the joints.
2. **Joint Movements** - Regarding joint movements, view the videos and watch me do the movements. But it is then suggested that you practice the movements yourself. Practice the joint movements at home!
3. **Major Articulations** - For the major articulations, use the image bank and the videos to practice identifying joint parts by name and function.

Exam – Here are a couple of points regarding the exam.

- You will have several images on your exam. So, make your approach visual.
- Regarding the joint movements, watch them closely and do them yourself.
- Know the vocabulary well.

Regarding **joint movements**, the presentation will vary depending on the exam modality.

- **If your exam is in class (or face-to-face)**, I will do the actions, and you will identify them.

- **If your exam is on Blackboard** - there will be another appropriate way to assess understanding and identification of joint movements. I must emphasize: watch and do the movements yourself.

Laboratory – Watch and repeat the joint movements.

Final Points – The study of the articulations is best approached visually. Use the image bank and other resources to reinforce the discussions on the outline. It is also important to be specific regarding the terminology presented.