Without a joint cavity - Fibrous joints*

	Type	Definition (example)
Synarthrosis (immovable)		Two bone grow together, with only a thin layer of fibrous periosteum between (_____ of the skull)
		Temporary joint with cartilage that is later converted to bone (between diaphysis & epiphysis of long bones)
		Cone shaped peg fits frimly into a socket (root of the teeth into the mandible & maxilla)
Amphiarthrosis (slightly moveable)		Slight motion permitted by meager elasticity of ligaments between two bones (coracoclavicular joint, mid radioulnar joint, mid tibiofibular joint, inferior tibiofubular joint)
		Bones are separated by a fibrocartilaginous disc, whose fibers join the bones. Motion is only allowed by deformation of the disc (between bodies of vertebrae, symphysis pubis)

With a Joint Cavity - Synovial joints

	Type (technical name)	Definition (examples)
Diarthrosis (moveable)		**Uni-axial**. Allows gliding or twisting (intercarpal/intertarsal joints, vertebrae zygapophyseal joint)
		Uni-axial. a concave surface glides around a convex surface allowing flexion and extension (elbow joint - humeroulnar joint)
		Uni-axial. Rotation around a vertical or long axis is allowed (atlantoaxial joint, proximal radioulnar joint)
		Bi-axial. Condyle or oviod articular surface with an elliptical cavity to permit flexion, extension, adduction, abduction and circumduction, but no axial rotation (wrist, 2nd to 5th metacarpophalangeal joints)
		Bi-axial. Both joints have saddle-shaped surfaces (reciprocally concave-convex) fitted into each other. Allows flexion, extension, abduction, adduction, circumduction (carpometacarpal joint of thumb)
		Poly-axial. Spheroid ball and sockets allows flexion, extension, abduction, adduction, true circumduction, and rotation on long axis (shoulder and hip joints)

What are the 3 functions of synovial fluid?

1. _____

2. _____

3. _____

_____
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