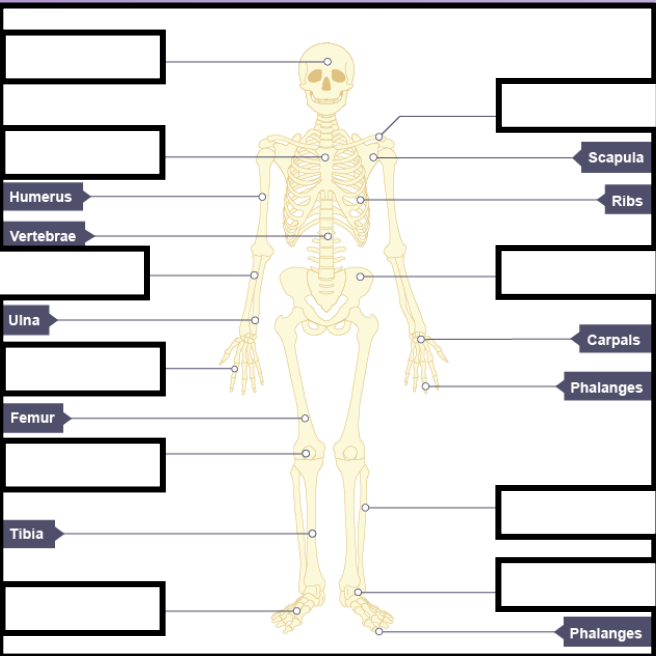


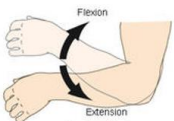
# The Skeletal System



## Functions of the Skeleton

### Types of Movement

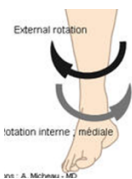
**Flexion:** bending a joint (the angle of a joint gets smaller)



**Extension:** straightening a joint (the angle of a joint gets bigger)

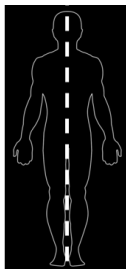


**Rotation:**

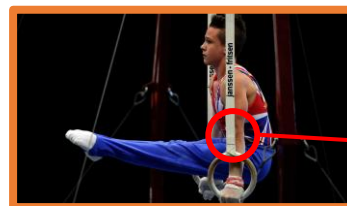


**Abduction:**

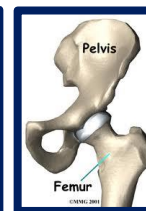
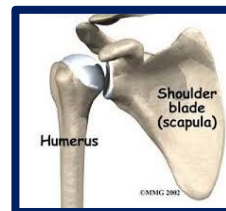
**Adduction:**



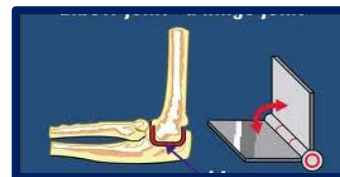
## Sporting examples...



## Types of Joint & movements around the joint



This is a **ball-and-socket** joint and the types of movement available here are



This is a **hinge** joint and the types of movement available here are

## Structures within Joints

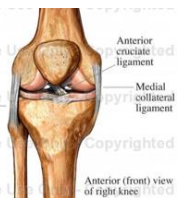
### Cartilage:



### Ligaments & Tendons:

• Ligaments:

• Tendons:



# The Skeletal System

## Effects of exercise on bones

Weight bearing exercises can.....

This type of exercise can also help to prevent/delay *Osteoporosis*.

**Osteoporosis** is....



Other ways to strengthen bones are:

## Effects of exercise on joints

There are....

bones in the body

## Injuries to bones

**Closed Fractures:**

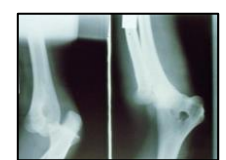
**Compound Fractures:** Broken bone protrudes through the skin

**Simple Fractures:**

**Stress Fractures:**

## Injuries to bones

### Dislocation



### Golfers & Tennis elbow



### Shin Splints



### Cartilage tear of the knee

