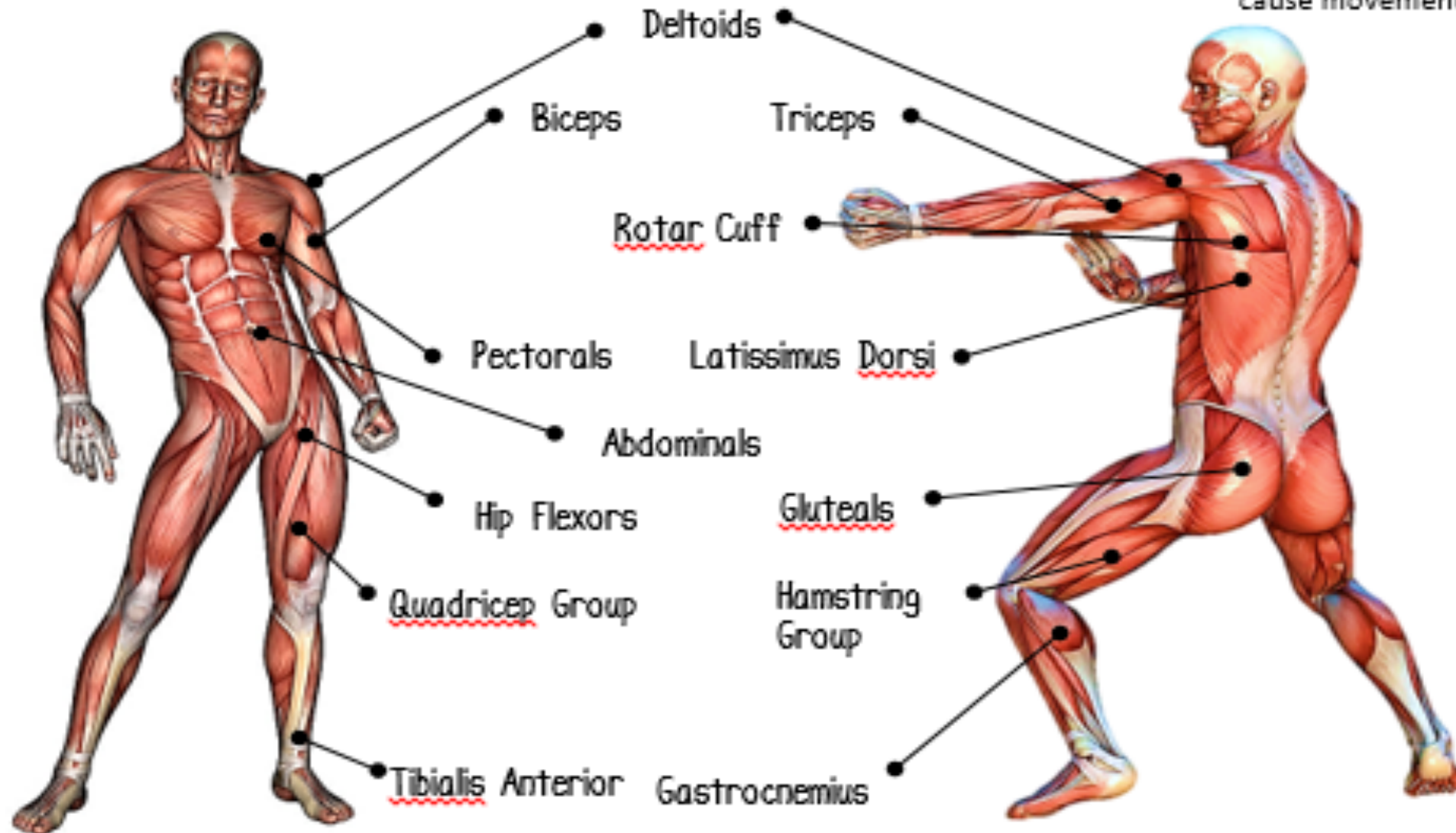


Paper 1: Musculoskeletal system

Major Muscles of the Human Body

The skeletal system can't work on its own; it works with these major muscles to cause movement.



Paper 1: Musculoskeletal system

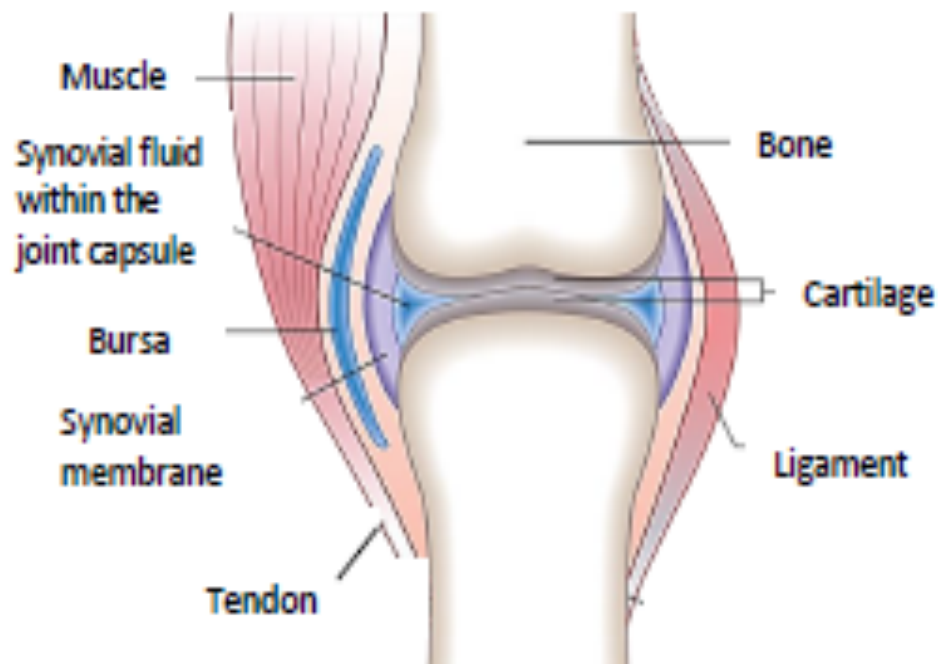
Joints

Joints are formed where two bones meet. Some joints are fixed and allow no movement, while others are freely moveable, such as a synovial joint.

Structure of a synovial joint



How joint structures help prevent injury



Structure	Prevents injury by...
Synovial membrane	secreting synovial fluid for lubrication
Synovial fluid	lubricating the joint and reducing friction
Joint capsule	sealing joint space to keep in synovial fluid
Bursae	providing a cushion between bones and tendons, and reducing friction
Cartilage	reducing friction and rubbing between two bone ends
Ligament	stabilising the joint and absorbing shock

Synovial joints come in different types: hinge joints (found at the elbow, knee and ankle) and ball-and-socket joints (found at the hip and shoulder). They allow different movements to be performed.