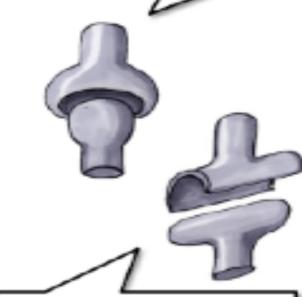
Paper 1: Movement at a joint

Movement at Different Joints

Different joints allow for different movements. The table below outlines the movements possible at different joints and the bones and muscles located at each joint.

Joint	Joint type	Bones of the joint	Movement possible	Main muscles contracting to cause movement	Ball-and-socket joint:
Knee	Hinge	Femur, tibia, fibula and patella	Flexion	Hamstrings	O Has the largest rai motion O Movement can oc planes
			Extension	Quadriceps	
Elbow			Hexion	Biceps	
	Hinge	Humerus, radius and ulna	Extension	Triceps	
Ankle	Hinge	Tibia, fibula and talus	Plantar flexion	Soleus	Hinge joint: O Has a limited rang O Movement can on one plane
			Dorsiflexion	Tibialis anterior	
Shoulder	Ball-and-socket	Clavicle, scapula and humerus	Abduction	Deltoid	
			Adduction	Latissimus dorsi, Pectorals	
			Rotation	Rotator cuff	
			Flexion	Pectorals, Deltoid	
			Extension	Latissimus Dorsi, Daltoid	
Hip	Ball-and-socket	Pelvis and femur	Abduction	Gluteals	
			Adduction	Hip flexor	
			Rotation	Gluteals	
			Flexion	Hip flexor	
			Extension	Gluteals	

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