Joint (articulation): Site where two or more bones meet
- Give skeleton mobility
- Hold skeleton together

Classification of Joints (functional):
1) Synarthroses = Immovable joints
2) Amphiarthroses = Slightly movable joints
3) Diarthroses = Freely movable joints

Classification of Joints (structural):
1) Fibrous (mostly synarthroses)
   a) Suture (e.g., skull bones)
      - Bones interlocked
   b) Syndesmosis (e.g., tibia / fibula)
      - Cord / sheet connects bones
   c) Gomphosis (e.g., teeth)
      - Peg-in-socket connection

2) Cartilaginous (synarthroses / amphiarthroses)
   a) Synchondrosis (e.g., epiphyseal plate)
      - Cartilage plate connects bones
   b) Symphysis (e.g., pubic symphysis)
      - Broad cartilage pad connects bones
Joint (articulation): Site where two or more bones meet
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Classification of Joints (functional):
1) Synarthroses = Immovable joints
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Classification of Joints (structural):
1) Fibrous (mostly synarthroses)
2) Cartilaginous (synarthroses/amphiarthroses)
3) Synovial (diarthroses)
   - Most common joint in body
   - Offer freedom of movement

Factors influencing joint stability:
1) Nature of articular surfaces
2) # of ligaments
3) Muscle tone

Types of Synovial Joints:
- Gliding Joint: e.g., carpal bones
- Hinge Joint: e.g., elbow
- Pivot Joint: e.g., radioulnar joint
- Ellipsoidal Joint: e.g., knuckle
- Saddle Joint: e.g., thumb
- Ball-and-Socket Joint: e.g., shoulder
Common Joint Injuries:
1) Sprain: Ligaments stretched / torn
2) Dislocation: Bones forced out of alignment
3) Cartilage Damage: Tearing of cartilage (e.g., meniscus)

Inflammatory / Degenerative Joint Conditions:
1) Bursitis: Irritation of fluid-filled pockets
2) Tendonitis: Inflammation of tendon sheaths (overuse)
3) Arthritis: Articular cartilage destruction (pain, swelling, stiffness)