



RESENDIZ ESTRADA ALESSANDRA

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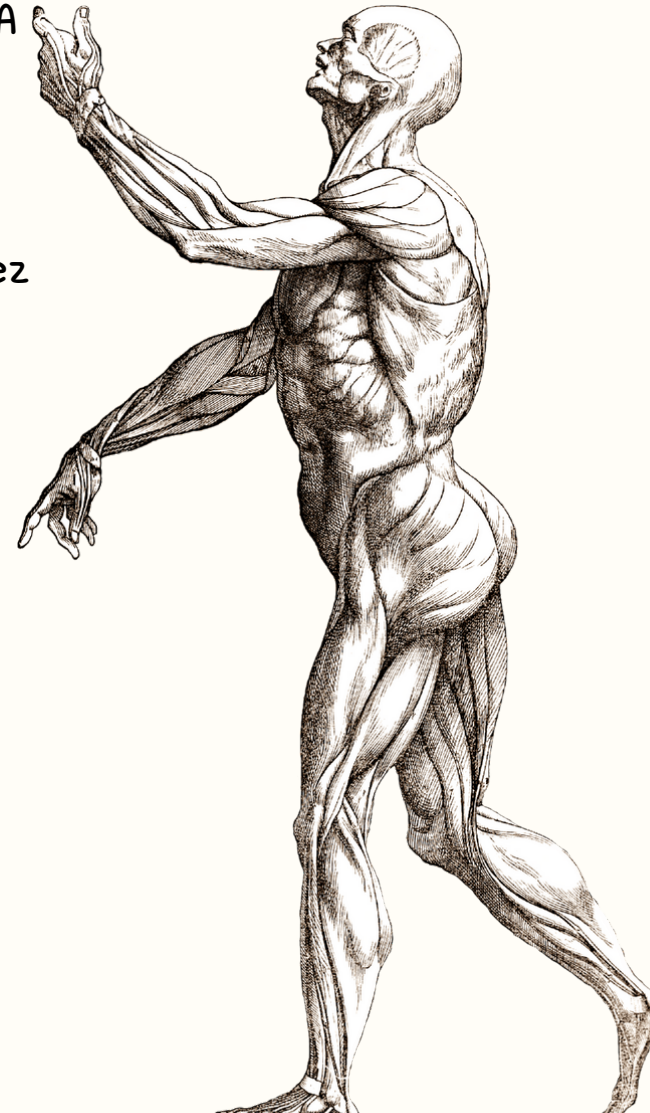
UNIVERSIDAD DEL SURESTE

Licenciatura en Enfermería

Inglés

Tapachula, Chiapas

05 de Abril del 2024



# LIMBS AND JOINTS

## LIMBS

external and articulated organs that perform different locomotor functions

### IT'S DIVIDED IN:

#### SUPERIORS

The upper extremities of the human body which are connected to the upper part of the trunk and, specifically, perform the function of giving us mobility to pick up, hold and handle objects and perform different activities.

#### FUNCTION

They play the role of giving us mobility to pick up, hold and handle objects and carry out different activities.

They are made up of four parts that are easily distinguished:

- Hand
- Forearm
- Arm
- Shoulder girdle

The upper extremities are attached to the trunk and are composed of two clavicles and two shoulder blades.

#### LOWER

The lower extremities of the human body are those that are fixed to the trunk at the level of the pelvis through the hip joint.

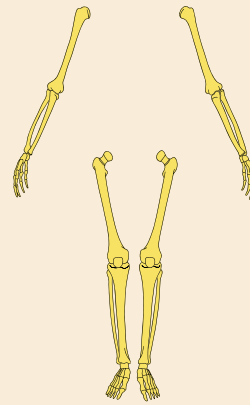
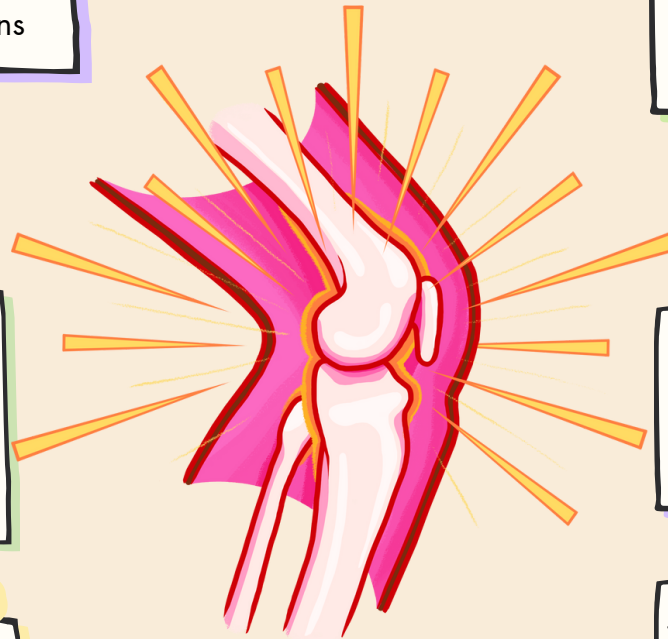
#### FUNCTION

They support the weight of the entire body and allow us to walk, run and jump

The lower extremities are made up of the following parts:

- Thigh
- Leg
- Foot
- Pelvic girdle

The main bones of the lower extremity of the human body are the femur, tibia, fibula, tarsal and metatarsal bones of the foot, and the phalanges of the toes.



## JOINTS

They are complex structures made up of bone, muscles, synovial membrane, cartilage and ligaments, which are designed to support weight and move the body through space.

### THEY ARE CLASSIFIED INTO:

#### IMMOBILE OR FIBROUS JOINTS

They don't move. The cranial vault, for example, is made up of bone plates; although they move slightly during birth to fuse later when the skull stops growing, they then remain motionless

#### SEMI-MOBILE OR CARTILAGINOUS JOINTS

They move very little. They are joined by cartilage, as in the spine. Each of the vertebrae in the spine moves relative to the vertebra above and below, and together these movements give flexibility to the spine.

#### MOBILE OR SYNOVIAL JOINTS

They move in many directions. The main joints of the body, such as the hips, shoulders, elbows, knees, wrists and ankles, are mobile. They are filled with synovial fluid, which acts as a lubricant to help the joints move easily.

# BIBLIOGRAPHY

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