



MAPA CONCEPTUAL

DE LEÓN GARCIA DANIELA
ELIZABETH

L.S.C. Arreola Jiménez Eduardo
Enrique

UNIVERSIDAD DEL SURESTE

Lic. En Enfermería

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LIMBS AND JOINTS

LIMBS

Limbs are the parts of the body that protrude from the trunk but are attached to it, such as arms and legs. Thanks to them we can move from one place to another, maintain balance and grab things.

LOWER

The lower extremity (lower limb) can be divided into the following parts or regions: Hip, Airtight, Knee, Leg, Ankle
Foot

UPPER

The upper extremities of the human body are the arms, 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. The lower extremities are made up of four parts that are easily distinguished: Hand, Forearm, Arm, Shoulder girdle

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.

FIBROUS

Immobile or fibrous joints do not 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

CARTILAGINOUS

Semi-mobile or cartilaginous joints move very little. They are joined by cartilage, as in the spine.

SYNOVIAL

Movable or synovial joints move in many directions. Major joints in the body, such as the hips, shoulders, elbows, knees, wrists, and ankles, are mobile.

DIARTHROSIS

They are characterized by the diversity and amplitude of movements they allow the bones to do. They have articular or lining cartilage on both parts of the joint

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