



**MAPA CONCEPTUAL:
LIMBS AND JOINTS**

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LIMBS AND JOINTS

LIMBS

Definition

The upper or thoracic limbs and the lower or pelvic limbs, which in colloquial language constitute the arms and legs respectively.

classification

It is

Inferiors

Example

Hip: It is the point of union of the lower limb with the trunk.

Thigh: Its upper limit corresponds to the lower limit of the hip

Knee: Its upper limit corresponds to the lower limit of the thigh

Leg: Its upper limit corresponds to the lower limit of the knee

Ankle: Its proximal limit corresponds to the lower leg

Foot: It is the last segment of the lower limb and is divided into two regions: a lower or plantar region and an upper or dorsal region.

Superiors

Example

Arm: It is made up of flexor muscles on its anterior surface which will be innervated by the musculocutaneous nerve.

Elbow: Joins the arm to the forearm. The three main bones of the upper limb participate in the elbow joint: the humerus, the radius and the ulna.

Wrist: It has eight small bones (carpal bones) and two long bones in the forearm (radius and ulna)

JOINTS

Definition

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

Structural classification

Synovial

It doesn't join directly: The bones share a synovial cavity that is closed by a joint capsule that connects the bones

Fibrous

They are joined by dense fibrous connective tissue (cranial sutures, distal tibiofibular and cubonavicular joints)

Cartilaginous

They are joined by cartilage (costochondral joints); two types: primary - synchondrosis

Functional classification

Synarthrosis

Little or no mobility (mainly in fibrous joints)

Amphiarthrosis

Mild mobility (mainly in cartilaginous joints)

Diarthrosis

Free mobility (synovial joints)

Bibliografía

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