

THE TERMS TO KNOW

- **Antagonism:**

When one muscle contracts the other relaxes and this phenomenon is known as antagonism (antagonistic action)

- **Appendicular Skeleton:**

The division of the skeleton that includes arms, hands... and pelvic girdle

- **Arthritis:**

Terms used for the inflammation in its

- **Axial skeleton:**

The division of the skeleton that includes the skull vertebral column, ribs and breastbone

- **Ball-and-socket joint:**

The joint that allows movement in all directions e.g. hip and shoulder joints

- **Biceps:**

A flexor muscle on the front of the upper arm bone

- **Bone:**

Hard connective tissue, moves supports and protects the various organs of the body

- **Cartilage:**

The connective tissue that makes part of the human skeleton

- **Chondrocyte:**

The cells present in cartilage

- **Compact bone:**

The hard outer layer of bones

- **Cranial bones:**

The bone of the cranium

- **Extensor:**

A muscle that extends a joint

- **Flexor:**

A muscle that bends a joint.

- **Fibrous cartilage:**

The cartilage that has large number of fibres in the matrix e.g. the cartilage in intervertebral disc

- **Gout:**

A type of arthritis characterized by the accumulation of uric acid crystals in the moveable joints

- **Hinge joint:**

A joint that permits movement of bones in one plane e.g. elbow and knee joints

- **Hyaline cartilage:**

The cartilage that has collagen fibres in its matrix found covering the ends of the long bones, in the nose, larynx, trachea and bronchial tubes

- **Insertion:**

The end of the muscle that is attached with a moveable bone

- **Joint:**

The location at which two or more bones make contact

- **Lacuna:**

The fluid filled space in bone and cartilage, where their cells are present

- **Ligament:**

Strong but flexible connective tissue that joins one bone to bone at the joints

- **Origin:**

The end of the muscle that is attached with an immovable bone

- **Osteoarthritis:**

Inflammation in joints due to degeneration in the cartilage present at the joints or due to decreased lubricant production at the joints

- **Osteocyte:**

The mature bone cells

- **Osteoporosis:**

A bone disease in adults, especially in old age, there is a decrease in the density of bones due to loss of calcium and phosphorus

- **Rheumatoid arthritis:**

Painful inflammation of the membranes at the joints

- **Skeleton:**

The framework of hard, articulated structures that provide physical support attachment for skeletal muscles, and protection for the bodies of animals

- **Spongy bone:**

The soft and porous interior of the bone, contains blood vessels and bone marrow

- **Sternum:**

The chest bone

- **Tendon:**

Tough connective tissue that attaches muscles to bones

- **Triceps:**

An extensor muscle on the back of the upper arm bone

ClassNotes

