Lecture notes for Wednesday October 16, 2002

OSTEOPOROSIS

• Porous bones
• Depletion of bone mass/density
• Women 40’s-50’s
• Men 60’s
• Causes fractures: hip, wrist, vertebrae

Prevention

• Calcium intake: 1000-1200 mg
• Weight-bearing exercise
• Stop smoking
• Reduce alcohol intake

Bone Fractures

• Alignment & immobilization
• Hematoma
• Callus formation
• Remodeling

Joints = Articulations

• A point of contact between two bones or between bone & cartilage
• Arthr = joint

Structural Classification

• Fibrous joints
• Cartilaginous joints
• Synovial joints

**Functional Classification**
• Synarthrosis = immovable
• Amphiarthrosis = slightly moveable
• Diarthrosis = freely moveable

**Synovial Joint**
• Space between two articulating bones
• Space is lined with synovial membrane that secretes synovial fluid

**RICE therapy**
• Rest
• Ice
• Compression
• Elevation

**Synovial Membrane**
• Areolar connective tissue w/elastic fibers
• Secretes synovial fluid
• Reduces friction
• Supply nutrients & remove wastes

**Joint Disorders**
• Injury
• Rheumatism
• Arthritis
  - Osteoarthritis
  - Rheumatoid arthritis
• You are NOT responsible for the different types of synovial joints & the movement at synovial joints