

Connective Tissue		
Dense CT Proper	Meaning	Function
Ligaments	Passive bands connecting bones to one another	Guide and restrict articular movement, stabilize joints
Tendons	Connect muscle to bones and cartilage	Contain afferent (sensory) receptors, Golgi tendon organs (GTOs), that sense tension and initiate reflexes inhibiting excessive tension during muscle contraction
Aponeuroses	cover surface of muscle and assist in attaching superficial muscles to another muscle	protects muscles

Supporting CT: Cartilage		
Types of Cartilage	Meaning	Function
Elastic cartilage	Extremely resilient and flexible (outer ear)	Provides moveable shape and support to structures
Fibrocartilage	Extremely durable and tough (ex. pubic symphysis, intervertebral disks)	Resists compression, absorbs shock, and prevents bone-to-bone contact
Hyaline cartilage	Weakest and most common type of cartilage (ex. connections between ribs and sternum, knee, elbow, etc.)	Covers articulating ends of bone that terminate at synovial joints to contact stresses (also provides smoother movement and protection)

Functions of the Bones
Provide support
Store minerals
blood cell formation
provide protection
adapt movement

Types of bones		
Types	Description	Example
Long bone	long, thin, super strong	humerus, femur, tibia, fibula, metacarpals, metatarsal, phalanges
Flat bone	protective bone, thin curve plates	sternum, scapula, pelvic, cranial
short bone	cube shape, equal in size	tarsals, carpals (wrist, ankle)
irregular	spongy bone	vertebrae, skull
sesamoid bones	small and round	patella
sutural bones	fused bone in the skull	sutured cranium

