**Joints Quiz**

1. If your body were a tall building, your skeleton would be:
   a. The beams and joists that hold it up
   b. The plumbing and electrical systems
   c. The foundation that anchors it to the ground
   d. The apartments and offices inside it

2. Which term best describes the joints at the top of your skull?
   a. Motionless
   b. Flexible
   c. Rubbergy
   d. Elastic

3. Which type of joint gives you the largest range of motion?
   a. Pivot joint
   b. Ball-and-socket joint
   c. Hinge joint
   d. Gliding joint

4. The joints in your knees and elbows are most similar to:
   a. [Clock image]
   b. [Clock image]
   c. [Clock image]
   d. [Clock image]

5. Which pair of joints has the most in common?
   a. Your ankle joints and your shoulder joints
   b. The joints in your spine and your hip joints
   c. Your elbow joints and your knee joints
   d. Your wrist joints and your shoulder joints

6. What might happen if you snapped or tore one of your ligaments?
   a. Your joints would not be able to move
   b. Your bones would be in danger of breaking
   c. Your joints might slide out of place easily
   d. You would become double-jointed

7. The joint that allows you to chew food is most similar to a:
   a. Ball-and-socket joint
   b. Hinge joint
   c. Pivot joint
   d. Immovable joint

8. A disease called osteoarthritis occurs when the cartilage between joints wears away. What can you infer about osteoarthritis?
   a. It prevents joints from moving smoothly
   b. It causes joints to dislocate easily
   c. It causes bones to become more brittle
   d. It reduces joints' range of motion

9. If you have a "slipped disc," you have a:
   a. Head injury
   b. Shoulder injury
   c. Knee injury
   d. Back injury

10. The main purpose of synovial fluid is:
    a. Keeping bones moist
    b. Lubrication
    c. Strengthening tendons and cartilage
    d. Protecting the spinal cord