

# 26 – Brilliant Bones

Our bones perform two jobs. They keep us upright and give our bodies structure. They also protect our delicate *internal organs* from injury.

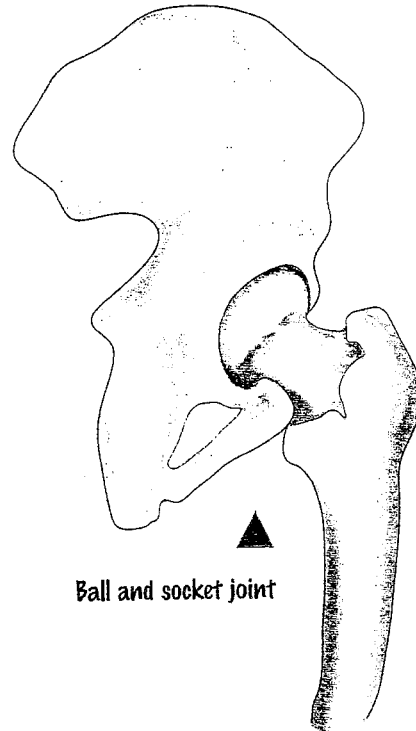
## ⚙ Joints

Our skeletons are made up of many different bones that fit together. To stop all our bones from falling apart, they are linked together by very strong elastic strips called ligaments.

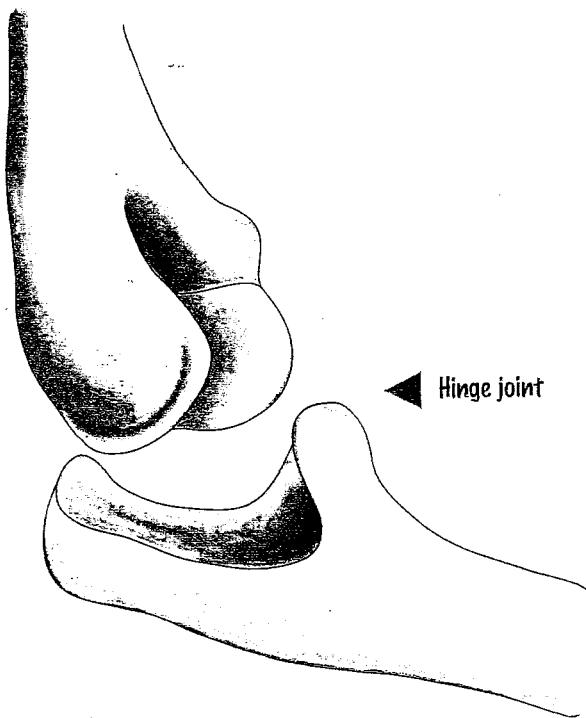
The place where a bone meets another bone is called a joint. The joints in our bodies allow us to move in certain directions. Different parts of our bodies have different kinds of joints.

The ball and socket joint allows movement in lots of directions and is sometimes called the swivel joint.

The hinge joint can only bend backwards and forwards, just like the hinge on a door.



Ball and socket joint



Hinge joint

