

**Summary of tendons and ligaments**



Muscles are attached to bones by XXXXXXXXXXX. These are made of XXXXXXXXXXX tissue that does not XXXXXXXXXXX or XXXXXXXXXXX. The end of a muscle attached to a no-moveable XXXXXXXXXXX is called the XXXXXXXXXXX. The end attached to the XXXXXXXXXXX bone is called the XXXXXXXXXXX (this is usually near a XXXXXXXXXXX).

**Ligaments link bone to bone & tendons tie muscle to bone!**