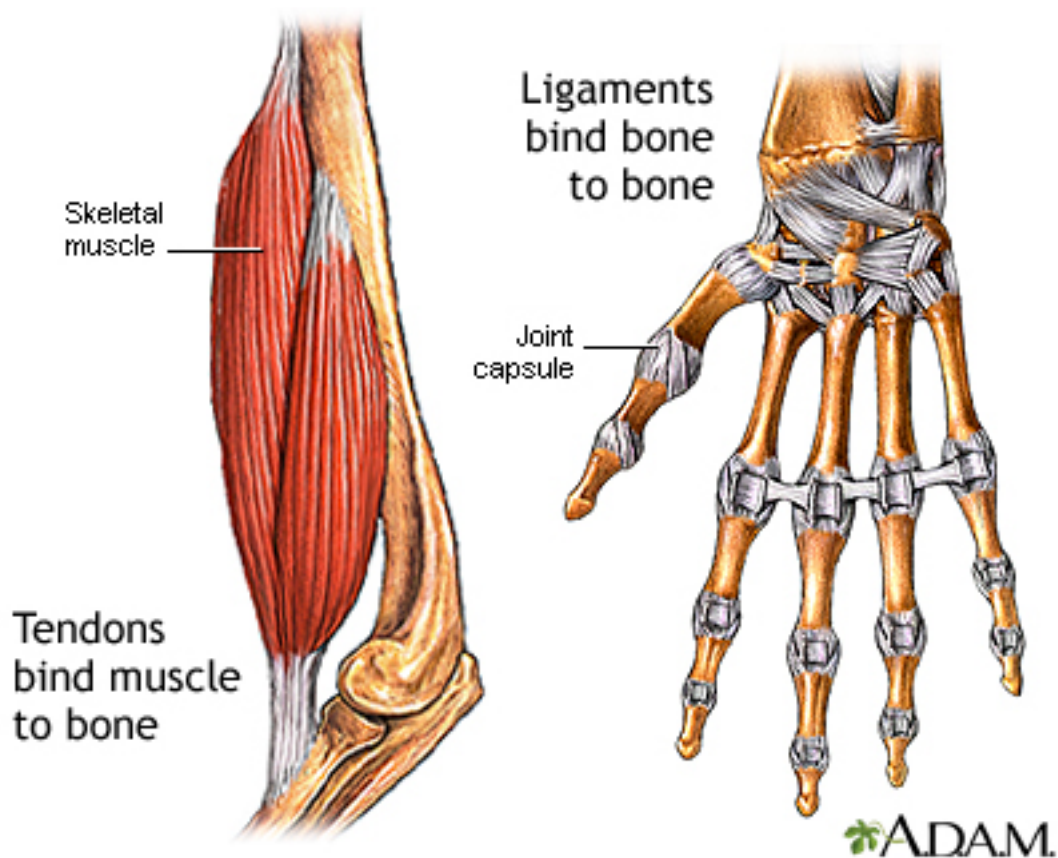


Tendons and Ligaments



Both:

- Both are made of fibrous connective tissue
- Are very strong when pulled lengthwise
- Have no blood supply (slow to heal)

Tendons:

- Connect muscle to bone
- Allow for movement

Ligaments:

- Connect bones to bones
- Hold things together