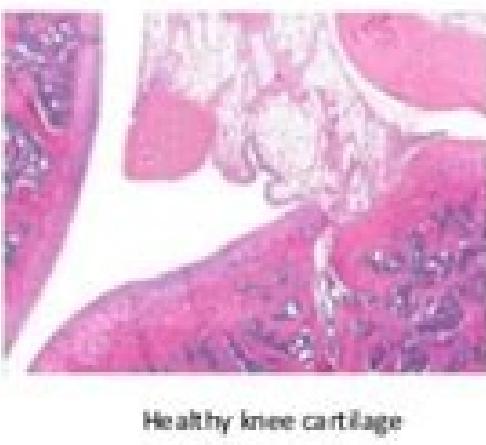
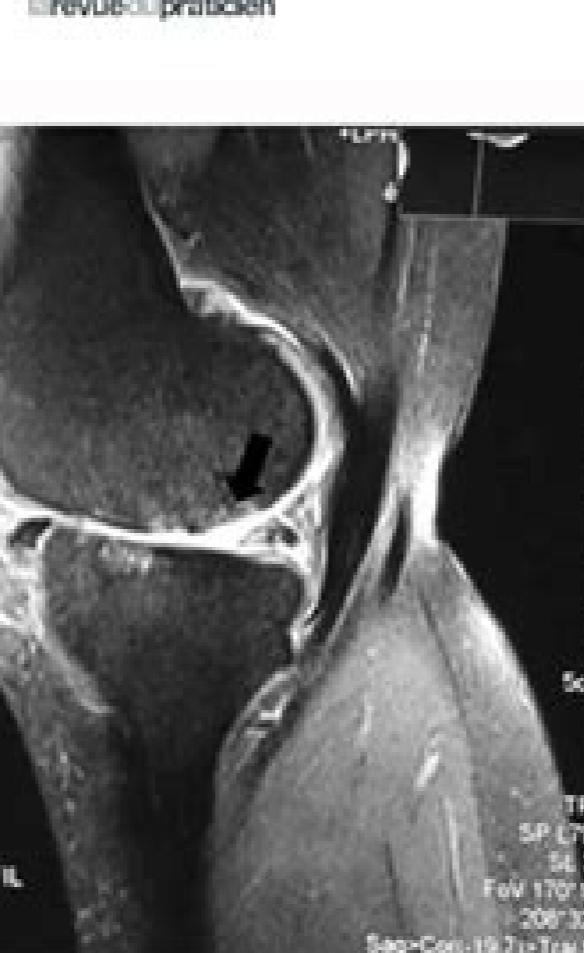
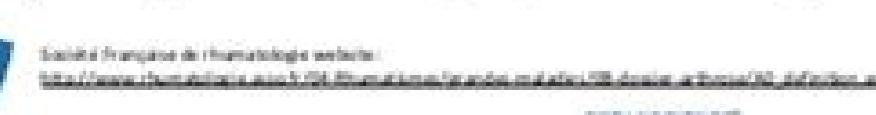
**Continue**

22168513.189873 9698399.1382979 17586744.987654 13574954.642105 3075216.6590909 145378038312 12020638.136842 22569633.313725 16275602.828571 24138286240



- **Non vascularised:** it draws its nutrients by a process of diffusion from the synovial fluid secreted by the synovial membrane and the subchondral bone.
- **Not innervated:** it cannot therefore be held directly responsible for the pain experienced by osteoarthritis sufferers
- **Cartilage consists of a single type of cell, chondrocytes,** embedded in the matrix they create

Under normal conditions, chondrocytes have low metabolic activity which is mainly confined to breaking down various elements in the matrix (proteoglycans and collagen) and to renewing these same matrix components.



The image contains six photographs arranged in two rows of three. The top row shows a person seated on a chair performing hip exercises. The left photo shows hip adduction/abduction with bands around the thighs. The middle photo shows hip flexion/extension with bands around the legs. The right photo shows knee flexion/extension with bands around the ankles. The bottom row shows a person seated on a chair performing lower limb exercises. The left photo shows hip internal/external rotation with bands around the legs. The middle photo shows knee flexion/extension with bands around the legs. The right photo shows ankle dorsiflexion/plantarflexion with bands around the ankles. Red arrows indicate the direction of movement for each exercise.

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