

Provide examples of connective tissue.

Examples of connective tissue include bone, cartilage, adipose (fat) tissue, blood, tendons, ligaments, and the dermis layer of skin.

Function:

Connective tissue provides structural support, protects organs, stores fat, and helps move nutrients between tissues.

Components:

It's made up of cells, fibers (like collagen and elastin), and a gel-like ground substance.

Types:

Loose connective tissue (like under the skin), dense connective tissue (like tendons), and specialized connective tissue (like bone)

Ushiki T. Collagen fibers, reticular fibers and elastic fibers. A comprehensive understanding from a morphological viewpoint. Arch Histol Cytol. 2002 Jun;65(2):109-26. [[PubMed](#)]

Weatherholt AM, Fuchs RK, Warden SJ. Specialized connective tissue: bone, the structural framework of the upper extremity. J Hand Ther. 2012 Apr-Jun;25(2):123-31; quiz 132. [[PMC free article](#)] [[PubMed](#)]