

Connective tissue type and characteristics	Functions	Locations
Areolar (loose) connective tissue. Loose array of random fibers with a wide variety of cell types.	Nourishes and cushions epithelia; provides arena for immune defense against infection; binds organs together; allows passage for nerves and blood vessels through other tissues	Under all epithelia; outer coverings of blood vessels, nerves, esophagus, and other organs; fascia between muscles; pleural and peritoneal sacs
Adipose tissue (fat). Large fat-filled adipocytes and scanty extracellular matrix.	Stores energy; conserves body heat; cushions and protects many organs; fills space; shapes body	Beneath skin; around kidneys, heart, and eyes; breast; abdominal membranes (mesenteries)
Dense irregular connective tissue. Densely spaced, randomly arranged fibers and fibroblasts.	Toughness; protects organs from injury; provides protective capsules around many organs	Dermis of skin; capsules around liver, spleen, and other organs; fibrous sheath around bones
Dense regular connective tissue. Densely spaced, parallel collagen fibers and fibroblasts.	Binds bones together and attaches muscle to bone; transfers force from muscle to bone	Tendons and ligaments
Cartilage (gristle). Widely spaced cells in small lacunae; rubbery matrix.	Enables joint movements; resists compression at joints; holds airway open; shapes outer ear; moves vocal cords; foramenum of fetal skeleton; growth zone of children's bones	External ear, larynx, rings around trachea, joint surfaces and growth zones of bones, between ribs and sternum, intervertebral discs
Bone (osseous tissue). Widely spaced cells in lacunae; much of matrix in concentric lamellae layers; hard mineralized matrix.	Physically supports body, provides movement, encloses and protects soft organs, stores and releases calcium and phosphorus	Skeleton
Blood. Erythrocytes, leukocytes, and platelets in	Transports nutrients, gases, wastes, hormones,	Circulates in cardiovascular system