Articular disc (meniscus) can provide three different benefits:

1. Spreads out compression forces.
   - Without meniscus
   - With meniscus

2. Helps stabilize joint.
   - Without meniscus: Gaps mostly filled, provides a more secure grip between bones
   - With meniscus: Irregular gaps between bones

3. Allows additional movements, bones
   - Temporomandibular (jaw) joint connects the mandible to the temporal bone of the skull
   - Without a meniscus, the jaw would open like this:
   - With a meniscus, the jaw essentially has a choice of joint surfaces to use:
   - Temporal bone
     - Can swing like a hinge
     - Mandible
     - Or the mandible with the meniscus can slide along the temporal bone horizontally

When we open the jaw wide, we use both these movements at once:

"Phew, I was getting hungry! This allows the mandible to drop straight down (= depression) for a better bite."