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| **Joint** | **Example**  **(all examples in the body)** | **Articulation**  **(name the bones)** | **Movement Term(s)**  **(e.g. abduction)** |
| **Sliding** | 1. hand | Where the carpal bones in the wrist come together |  |
| 2. ankle | Where the Tarsal bones in the ankle come together |  |
| **Pivot** | 1. radio-ulnar (proximal) |  |  |
| 2. radio-ulnar (distal) |  |  |
| **Saddle** | 1. thumb |  |  |
| **Hinge** | 1. elbow |  |  |
| 1. knee |  |  |
| **Condyloid** | 1. wrist |  |  |
| 1. hands (fingers – at the knuckle) |  |  |
| **Ball & Socket** | 1. shoulder |  |  |
| 1. hip |  |  |