|  |  |  |  |
| --- | --- | --- | --- |
| **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
 |  |  |