

# Joint

classified based on

kind of tissue surrounding the joints

the mobility (ability of movement)

Fibrous joints

(amphi/syn)arthrosis

cartilagenous joints

synovial joints

synarthrosis

amphiarthrosis

diarthrosis

- suture
- Gomphosis
- synsutures
- synarthrosis
- synarthrosis
- amphiarthroses

synchondroses  
(growth)

symphyses

uniaxial

- Hinge
- Pivot
- Plane/Gliding

Biaxial

- condyloid = ellipsoid
- saddle

Multiaxial

- ball & socket

# Type

# Movements

# Examples

Ball & socket



Flexion, extension  
adduction, abduction  
medial Rotation, Lateral Rotation

- shoulder joint + hip joint

Circumduction

saddle



Flexion, extension  
adduction, abduction

- Carpometacarpal joint of thumb (CMC1)

some Circumduction

condyloid  
ellipsoid



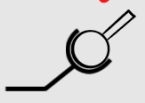
Flexion, extension  
adduction, abduction

some Circumduction (limited)



- wrist joint
- Metacarpophalangeal (MCP)

Hinge



Flexion, extension

- elbow + knee
- proximal & distal interphalangeal joints (IP)

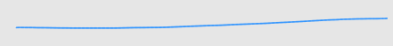
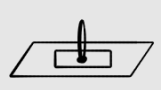
Pivot



supination, Pronation

- Proximal & distal Radioulnar joint
- atlanto-axial joint

Plane



- acromioclavicular joint
- distal carpal joints
- CMC 2,3,4,5