

Colour and label the Joints on the next page

■ Ball and socket – e.g. hip and shoulder joints



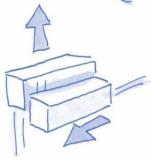
■ Hinge: for extension/flexion – e.g. knee and elbow



■ Pivot: for rotation – e.g. radius and atlas



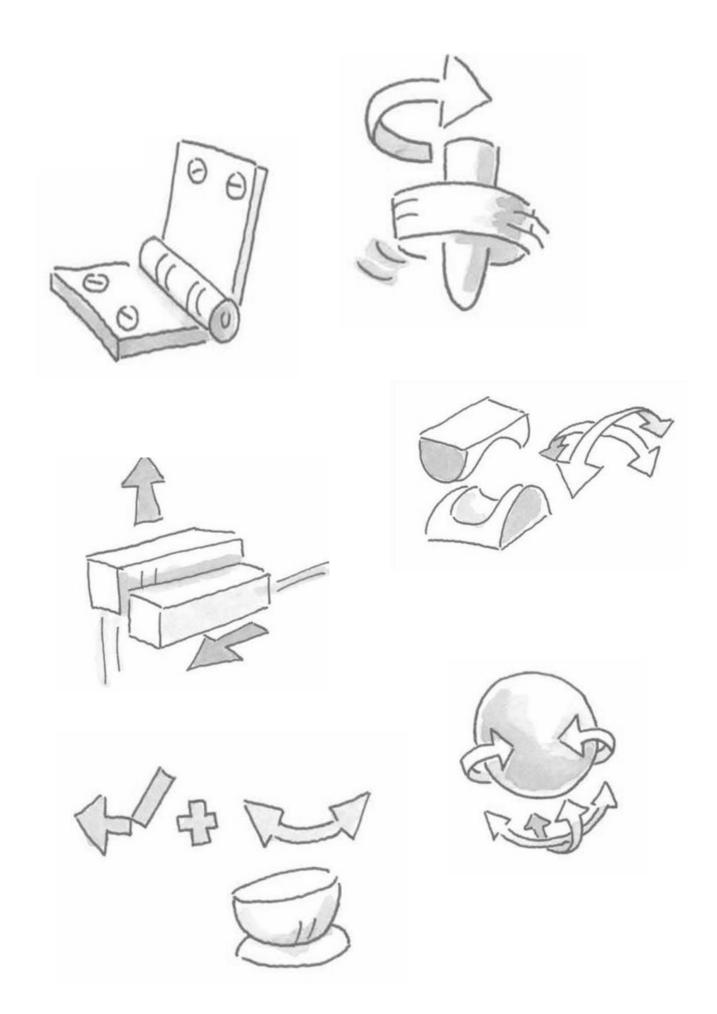
Gliding – e.g. tarsal bone



■ Saddle: for all movements except rotation – e.g. thumb



Condyloid: for extension/flexion/adduction/abduction/circumlocution –
e.g. wrist, first knuckle joint



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