

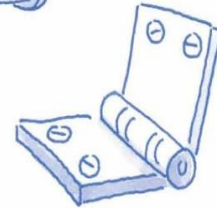


## Colour and label the Joints on the next page

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



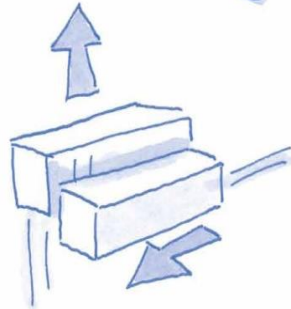
- Hinge: for extension/flexion – e.g. knee and elbow



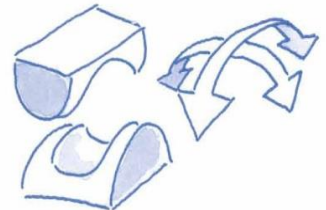
- Pivot: for rotation – e.g. radius and atlas



- Gliding – e.g. tarsal bone



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



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



