


Synovial Joints

Type of synovial joint	Shapes of bone surfaces bone #1 bone #2	types of movement	Example(s)
<u>plane</u>	flat \longleftrightarrow flat	gliding	1) vertebral articular processes 2) intercarpal joints
<u>hinge</u>	cylinder \longleftrightarrow trough	flexion + extension	elbow
<u>pivot</u>	rounded  ring or sleeve	rotation	C ₁ + C ₂ vertebrae
<u>Condylloid</u>	oval \longleftrightarrow Complementary depression	1) flexion + extension 2) abduction + adduction 3) circumduction	1) wrists 2) knuckles
<u>saddle</u>	convex \longleftrightarrow convex concave \longleftrightarrow concave	1) flexion + extension 2) abduction + adduction 3) circumduction	thumbs
<u>ball & socket</u>	ball \longleftrightarrow socket	1) flexion + extension 2) abduction + adduction 3) circumduction 4) rotation	1) hips 2) shoulders