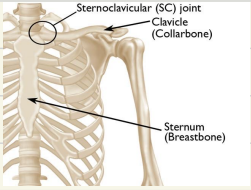
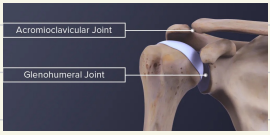
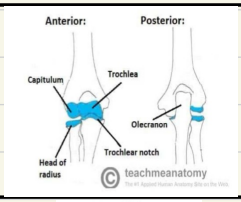
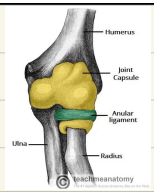
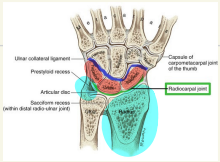
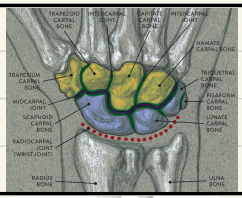
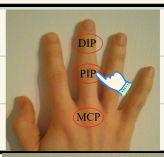
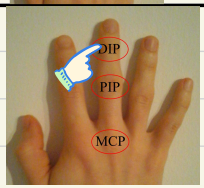
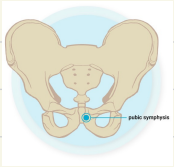
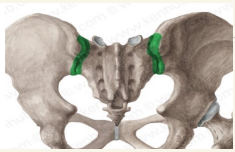
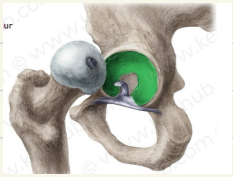
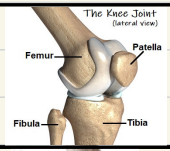
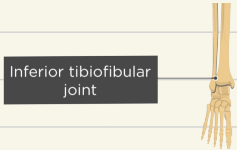
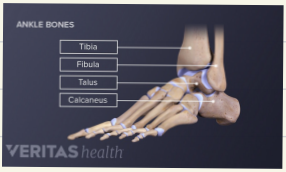
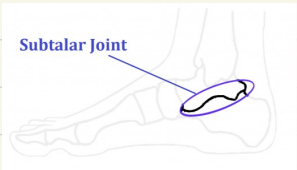
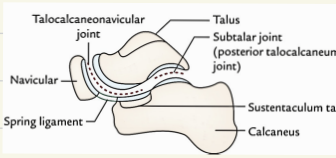
Joints

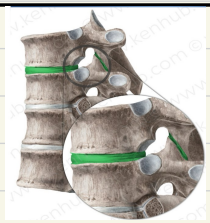
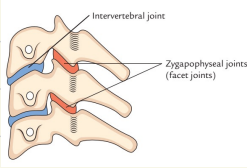
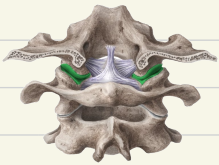
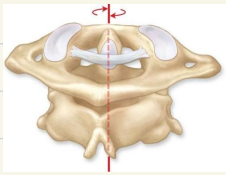
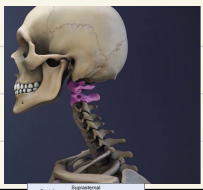
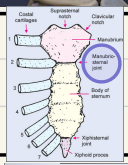
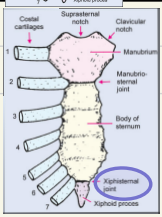
* Hinge → flexion + extension
* Pivot → Rotation
* plane → gliding
* Condyloid → flexion + extension + abduction + adduction
* Saddle → flexion + extension + adduction + abduction
* Ball and Socket → flexion + extension + adduction + abduction + medial + lateral rotation + circumduction

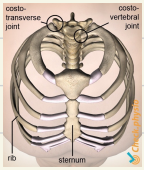
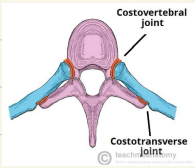
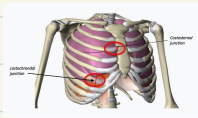
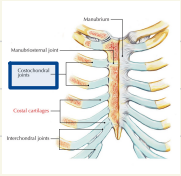
يُدَبِّرُ الْأَمْرَ فَلَا تَقْلَق.

name	Type + movment	articulating bones	
Sternoclavicular	plane Synovial gliding movment	Sternal end of clavicle & Sternum	
Acromioclavicular	plane Synovial gliding movment	Acromial end & acromion	
Shoulder joint	Ball and Socket • flexion + extension • adduction + abduction • medial + lateral rotation • circumduction	Head of humerus with glenoid cavity	
Elbow Joint	Hinge synovial • flexion + extension	Trochlea and capitulum of humerus & Trochlear notch of ulna & head of radius	
Proximal radioulnar	Pivot • Pronation • Supination	Head of radius, radial notch of ulna and annular ligament	
Distal radioulnar	Pivot • Pronation • Supination	Head of ulna + ulnar notch of radius	
Wrist joint	Condyloid • flexion + extention • abduction + adduction	above: inferior surface of radius + articular disc of radioulnar joint below: Scaphoid - lunate - triquetrum	

Name	Type + movement	Articulating bones	
intercarpal joint	plane Synovial gliding movement	between carpal bones	
carpometacarpal (medial 4 fingers)	plane Synovial gliding movement	Carpal + 4 meta-Carpal bones	
Carpometacarpal (thumb)	Saddle • opposition • flexion + extension • adduction + abduction	Trapezium + 1st metacarpal bone	
metacarpophalangeal	Condyloid • flexion • extension • adduction • abduction	Head of metacarpal and base of proximal Phalanges	
Proximal interphalangeal	Hinge • flexion • extension	proximal and middle phalanges	
Distal interphalangeal	Hinge • flexion • extension	Distal and middle phalanges	
symphysis pubis	Secondary Cartilagenous	Right and left Superior Pubic rami	
Sacroiliac joint	plane Synovial gliding movement + weight transmission	Articul surface of illium + sacrum	

name	Type + movment	Articulating bones	
Hip joint	Ball and Socket • flexion + extension • adduction + abduction • medial + lateral rotation • circumduction	acetabulum + Head of femur	
knee joint	modified Hinge • flexion • extension	Condyles of Femur Condyles of tibia Patella	
Superior tibiofibular	Plane Synovial	Head of fibula + fibular facet of lateral tibial Condyle	
inferior tibiofibular	fibrous (Syndesmoses)	fibular notch of tibia + lower end of fibular shaft	
ankle	Hinge synovial	* above : • lower end of tibia • medial malleolus • lateral malleolus * Below : Trochlear surface of body of talus	
Subtalar	Plane synovial inversion, eversion	Talus + Calceneus	
mid tarsal	Plane Synovial inversion, eversion	* Talocalceneonivicular * Calceneocuboid	 

Joint	Type	articulating bones	_____
intervertebral disc	Secondary cartilaginous	between the plates of hyaline cartilage (of vertebral body)	
joint between vertebral arches (zygapophyseal)	Plane Synovial	between superior and inferior articular process of adjacent vertebrea	
atlanto-occipital	Synovial ellipsoid biaxial extension, forward and lateral flexion	above: occipital condyloid below: superior articular facet of atlas	
median atlanto-axial	Pivot Synovial	otoid process and anterior arch	
lateral atlantoaxial	Plane Synovial	inferior surface of articular surface of atlas + superior axial articular surface	
Manubriosternal	Secondary cartilaginous Small amount of angular movement is possible during respiration	between the manbrium and body of sternum	
xiphisternal	secondary cartilaginous	xiphoid process and body of sternum	

Joint	Type	articulating bones	
Costo vertebral	plane Synovial	head of typical rib and corresponding vertebra and intervertebral disc	
Costo-transverse	Plane Synovial	Smooth articular part of tubercle + articular facet of transverse process corresponding vertebra	
sternochondral	plane synovial	Sternum + costal cartilage of true ribs	
Chostochondral	Primary Cartiliginous no moument is possible	Ribs + Costal Cartilage	
interchondral	plane Synovial	between 6-9 cartilages