

Hinge Joint

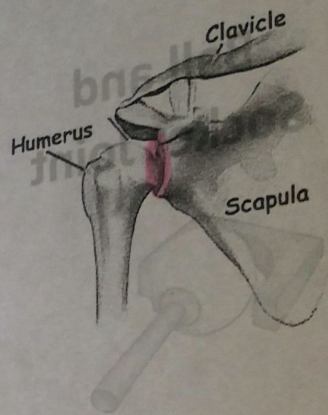
- Allows bones to move back and forth in only one direction
- Similar to hinge on a door

Example(s): knee, elbow, fingers

Ball and Socket Joint

- Rounded surface of one bone fits into the cup shape of another
- Allows for 360 degrees of movement

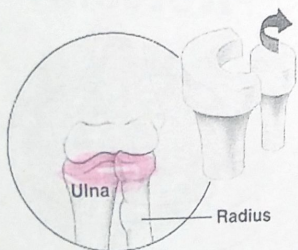
Example(s): hip, shoulder



Pivot Joint

- Allows bones to twist or rotate around one another

Example(s): neck, forearm (radius/ulna)



Gliding Joint

- Allows bones to slide past one another, but limited in movement

Example(s): vertebrae, wrist (carpals), ankles (tarsals)

