







Joint Type	Mechanical Diagram	Example	Function
Gliding or Plane		Acromioclavicular	Allow two bones to slide past each other
Hinge		Knee	Bones can only move through flexion and extension
Pivot		Atlas-axis (C1-C2)	Allows rotation around an axis
Ball and Socket		Hip	Allows movement in almost all directions. The greatest amount of joint movement in the body
Condylloid or Ellipsoid		Metacarpophalangeal (Knuckles)	Similar to ball and socket joint but allow a lesser degree of movement
Saddle		Carpometacarpal (Thumb)	Similar to ball and socket/saddle joints without rotational movement