
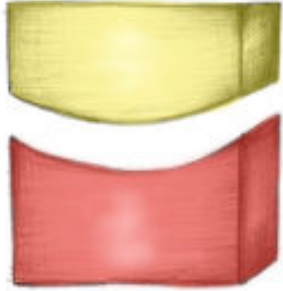

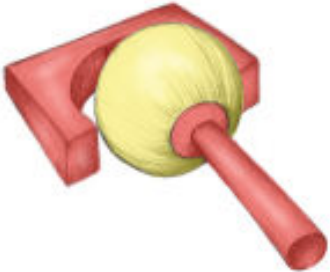
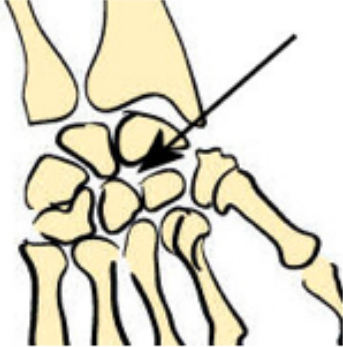
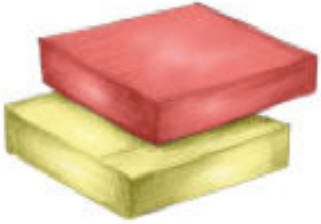


3 Types of Joints

Joint Type	Movement at joint	Examples	Structure
Hinge	Flexion/Extension	 <p data-bbox="776 646 938 678">Elbow/Knee</p>	 <p data-bbox="1219 646 1360 678">Hinge joint</p>
Ball and Socket	Flexion/Extension/Adduction/Abduction/Internal & External Rotation	 <p data-bbox="773 1136 943 1167">Shoulder/Hip</p>	 <p data-bbox="1154 1125 1422 1157">Ball and socket joint</p>
Gliding	Gliding movements	 <p data-bbox="748 1623 967 1654">Intercarpal joints</p>	 <p data-bbox="1211 1612 1365 1644">Gliding joint</p>