

Joints: chart: 2

05.032

| ARM | | |
|----------------------------|-------------------|--|
| Joint | Joint type | Significance |
| Acromioclavicular joint | Synovial | Plane (gliding) joint between acromion process of scapula and lateral end of clavicle |
| Carpometacarpal joints | Synovial | Plane or modified saddle joint connecting carpals with metacarpals |
| Distal radioulnar joint | Synovial | Pivot joint between head of ulna and ulnar notch of radius |
| Elbow joint | Synovial | Hinge joint between capitulum of humerus and head of radius, and between trochlea of humerus and trochlear notch of ulna |
| Interphalangeal joints | Synovial | Hinge joints between phalanges |
| Metacarpophalangeal joints | Synovial | Ellipsoid (condyloid) joints between metacarpals and phalanges |
| Midcarpal joints | Synovial | Plane joints between adjacent carpal bones |
| Proximal radioulnar joint | Synovial | Pivot joint between head of radius and ulna |
| Shoulder joint | Synovial | Ball and socket joint between head of humerus and glenoid cavity of scapula |
| Sternoclavicular joint | Synovial | Saddle joint between clavicle and sternum |
| Wrist joint | Synovial | Ellipsoid joint between lower end of radius and carpals |

| LEG | | |
|-----------------------------|-------------------|--|
| Joint | Joint type | Significance |
| Ankle joint | Synovial | Hinge joint between talus and lower ends of tibia and fibula |
| Calcaneocuboid joint | Synovial | Plane joint between calcaneus and cuboid |
| Cuneonavicular joint | Synovial | Plane joint between cuneiform bones and navicular bone |
| Hip joint | Synovial | Ball and socket joint between head of femur and acetabulum of hip bone |
| Inferior tibiofibular joint | Fibrous | Slightly movable joint between lower ends of tibia and fibula |
| Interphalangeal joints | Synovial | Hinge joints between phalanges |
| Knee joint | Synovial | Modified hinge joint between condyles of femur and condyles of tibia |
| Metatarsophalangeal joints | Synovial | Ellipsoid joints between metatarsals and phalanges |
| Subtalar joint | Synovial | Plane joint between talus and calcaneus |
| Superior tibiofibular joint | Synovial | Plane joint between lateral condyle of tibia and head of fibula |
| Talocalcaneonavicular joint | Synovial | Modified plane joint between talus, calcaneus, and navicular |
| Tarsometatarsal joints | Synovial | Plane joints between tarsals and metatarsals |