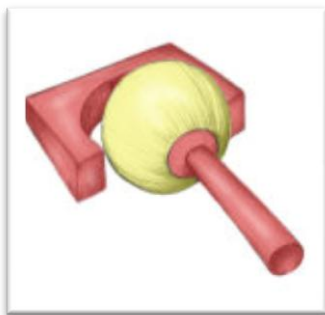


## **Different types of synovial joints**

They are 6 different types of synovial joints located in the body: ball and socket joint, hinge joint, pivot joint, saddle joint, condyloid joint and gliding joint.

### **Ball and socket joint**

The ball and socket joint provides the most movement out of all the joints in the body. They allow movement around 3 axes; flexion, extension, abduction, adduction, rotation. In a ball and socket joint, the ball shaped end of a bone fits into a cup shaped end of another bone. Example of ball and socket joints can be your shoulders; when you bowl in cricket the ball and socket joint allows a full 360 degree rotation around your shoulders.



### **Hinge joint**

Hinge joint only allows movement in one plane direction. The movement that takes place at the hinge joint are extension and flexion. Examples of hinge joint include the elbow and knee. When you're sprinting, the hinge joint in the knee allows movement such as abduction and adduction to occur.

