

Joint Types	Example	Relative Degree of Movement	Structure
Fibrous	Sutures of Cranial and Facial Bones	Almost none	Interlocking, bone to bone, like a jigsaw puzzle.
Cartilaginous	Symphysis Pubis, Costal-sternal joints, intervertebral disks	Slight flexing or twisting	Bones connected by a section of Hyaline of Fibrocartilage.
Synovial	Freely movable (the way you normally picture a "joint".)	Large range of movement, often greater than 180 degrees of motion. Movement in many directions possible depending on joint structure.	Bones held together with dense regular ligaments, separated by hyaline on each articulating surface, lubricated by synovial fluid and wrapped in a White fibrous capsule. Sometimes called a synovial joint.
Ball and Socket	Hip, Shoulder	Movement in every possible direction. (Flex/Ext., rotation, Circum, Add/Abd.)	Rounded head of one bone fits into a corresponding deep depression (fossa) in the other.
Condylloid	Metacarpals/ Phalanges (2-5)	All but rotation in varying degrees (Mainly Flex/Ext, some Add/Abd & circum.)	Slightly convex surface of one bone (phalange) fits into the concave surface of the other (metacarpal)
Gliding	Between individual carpals and tarsals.	Individual bones can move in all directions in one plane. Collective movement of all bones allow a variety of movements.	Bones have essentially flat articulating surfaces with no prominent outgrowths or depressions.
Hinge	Elbow, distal knuckles (between phalanges), knee	Flexion and extension only.	Similar to Condylloid. Convex surface of one bone articulates with the concave surface of another. Convex surface often wraps around one side of the bone allowing movement over 180 deg range.
Pivot	Atlas/Axis, Radius/Ulna	Rotation only.	Round extension of one bone fits into a circular ring on the other bone.
Saddle	1st metacarpal/ phalange	Flexion and extension, Abduct/ adduct in equal degrees. Circumduction too.	Just like its name... Picture two horse saddles, one of them upside-down on top of the other at 90 degree angles.