

Joint and Their Types

It is a point of articulation between two or more bones, especially such a connection that allows motion. We can move our body only at places where bones meet or at joints.

Types of joints

Ball and socket joint

In a ball and socket (spheroid) joint, the ball-shaped surface of one rounded bone fits into the cup-like depression of another bone. For e.g. the joint in shoulder allows movement in all directions.

Hinge joint

A hinge joint is a bone joint in which the articular surfaces are molded to each other in such a manner as to permit motion only in one plane. Joint in knee and elbow

Pivotal joint

This is the joint where our neck joins the head. It allows us to bend our head forward and backward and turn the head to our right or left.

Fixed joint

Bones in the skull also have joints that cannot move or remain fixed. These are the fixed joints.

