

Joints



Joints

- A. It is the place at which two or more bones connect.
- B. They are made to allow the movement and provide mechanical support.
- C. The two bones are held together with the help of strong tissues called ligaments.

There are following types of joints found in the human skeleton:

1. Ball and Socket Joint

In this joint the spherical head of one bone lodges in the spherical cavity of another.

2. Hinge joint

It is a very simple joint which is found in the elbows, knees and the joints of the fingers and toes.

3. Gliding Joint

It permits the movements of the bones to short distances over the surface of each other. This type of joint is found between the various bones of the wrist and ankle.

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➡ 4. Pivot Joint

This joint is found in the neck between the first two vertebrae. Head rotates from side to side on this type of joint. Pivot joint permits rotation only.

5. Saddle Joint

It is more versatile than either a hinge joint or a gliding joint. It allows movement in two directions. Saddle joint gives the human thumb the ability to cross over the palm of the hand.