

Joints

Body & health

The joint types and what movements each allows.

Synovial joints, by the shape of the surfaces.

Type	Example	Moves
Ball and socket	Hip, shoulder	Every direction
Hinge	Elbow, knee	One plane
Pivot	Neck (C1–C2)	Rotation
Saddle	Base of thumb	Two planes
Condylloid	Wrist	Two planes, no rotation
Gliding	Between vertebrae	Small sliding

The shoulder trades stability for range — the most mobile joint and the most commonly dislocated.