

B	I	N	G	O
Supination	Adduction	Abduction	Extension	Posterior
Internal Rotation	Distal	Sagittal Plane	Opposition	Anterior
Saddle Joint	Sutures	FREE	Ball-and-Socket Joint	Medial
Gomphoses	Hinge Joint	Protraction	Inferior	Plantarflexion
Retraction	Flexion	Inversion	External Rotation	Circumduction

B	I	N	G	O
Condyloid Joint	Medial	Internal Rotation	Inferior	Ball-and-Socket Joint
Saddle Joint	Pronation	Gomphoses	Hinge Joint	Sagittal Plane
Anterior	Sutures	FREE	Adduction	Posterior
Inversion	Lateral	Distal	Extension	Pivot Joint
Opposition	Proximal	Circumduction	Depression	Plantarflexion

B	I	N	G	O
Lateral	Adduction	Gliding Joint	Abduction	Inferior
Distal	Supination	Circumduction	Transverse Plane	Synovial Joints
Dorsiflexion	Ball-and-Socket Joint	FREE	Pronation	Opposition
Eversion	Internal Rotation	Depression	Anterior	Posterior
Hinge Joint	Extension	Medial	Flexion	Plantarflexion