

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

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

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