

B	I	N	G	O
dorsiflexion	Adduction	Gliding	Sagittal	Pivot
External Rotation	abduction	Proximal	Anterior	Transverse
plantar flexion	Ball and Socket	FREE	Lateral	Medial
Supination	Opposition	Saddle	Hinge	Posterior
Distal	Superior	Flexion	pronation	Frontal

B	I	N	G	O
plantar flexion	pronation	Anterior	Opposition	External Rotation
Sagittal	Medial	Gliding	Posterior	Ball and Socket
Lateral	Adduction	FREE	Hinge	Saddle
Frontal	dorsiflexion	Flexion	Supination	Distal
Pivot	Inferior	Transverse	Proximal	abduction

B	I	N	G	O
Supination	Hinge	plantar flexion	Frontal	Sagittal
Superior	Transverse	pronation	Opposition	Ball and Socket
Saddle	Anterior	FREE	Lateral	Gliding
Inferior	Pivot	Distal	Adduction	dorsiflexion
abduction	Proximal	Medial	Posterior	Flexion