

B	I	N	G	O
superior	abduction	flexion	posterior	medial
distal	sagittal	pivot	adduction	saddle
supination	anterior	FREE	hinge	inferior
proximal	lateral	plantar flexion	frontal	opposition
ball and socket	pronation	dorsiflexion	transverse	external rotation

B	I	N	G	O
supination	transverse	adduction	lateral	distal
posterior	inferior	flexion	opposition	anterior
hinge	abduction	FREE	frontal	plantar flexion
external rotation	superior	dorsiflexion	proximal	ball and socket
medial	gliding	saddle	pivot	sagittal

B	I	N	G	O
proximal	frontal	supination	external rotation	posterior
pronation	saddle	transverse	lateral	anterior
plantar flexion	adduction	FREE	hinge	flexion
gliding	medial	ball and socket	abduction	superior
sagittal	pivot	inferior	opposition	dorsiflexion