

B	I	N	G	O
Retraction	Abduction	Elevation	Opposition	Gomphoses
Depression	Protraction	Internal Rotation	Adduction	Pronation
Saddle Joint	Ball-and-Socket Joint	FREE	Hyperextension	External Rotation
Condylloid Joint	Flexion	Pivot Joint	Gliding Joint	Inversion
Plantar Flexion	Extension	Eversion	Hinge Joint	Circumduction

B	I	N	G	O
Hyperextension	Gomphoses	Ball-and-Socket Joint	Pronation	Circumduction
Pivot Joint	External Rotation	Flexion	Protraction	Adduction
Saddle Joint	Opposition	FREE	Hinge Joint	Depression
Elevation	Internal Rotation	Plantar Flexion	Condylloid Joint	Inversion
Abduction	Retraction	Supination	Dorsiflexion	Eversion

B	I	N	G	O
Hyperextension	Depression	Inversion	Dorsiflexion	Adduction
Abduction	Supination	Elevation	Saddle Joint	Condylloid Joint
Protraction	Plantar Flexion	FREE	Gliding Joint	Opposition
Circumduction	Hinge Joint	Flexion	External Rotation	Ball-and-Socket Joint
Pronation	Gomphoses	Eversion	Internal Rotation	Retraction