

Joints

I. Pelvic Girdle & Hip

A. Sacroiliac

classification – synovial plane (gliding)

movements – slight contribution to pelvic movements

B. Pubic symphysis

classification – symphysis

movements – slight angulation, rotation & displacement

C. Hip

classification – synovial ball & socket

movements – flexion/extension, abduction/adduction, medial/lateral rotation & circumduction

II. Knee

A. Knee

classification – synovial bi-condylar (complex) hinge

movements – flexion/extension & medial/lateral rotation

B. Superior tibiofibular

classification – synovial plane (gliding)

movements – limited gliding

III. Ankle & Foot

A. Talocrural

classification – synovial hinge (ginglymus)

movements – dorsiflexion/plantar flexion

B. Talocalcaneal (subtalar)

classification – synovial modified multiaxial

movements – heel inversion/eversion

C. Tarsometatarsal

classification – synovial plane

movements – flexion/extension

D. Metatarsophalangeal

classification – synovial ellipsoidal

movements – flexion/extension & abduction/adduction

E. Interphalangeal

synovial classification – synovial hinge (ginglymus)

movements – flexion/extension