

Joints

- I. Pectoral girdle – shoulder
 - A. Sternoclavicular
 - classification – synovial sellar
 - movements – contributes to scapular movements
 - B. Acromioclavicular
 - classification – synovial plane (gliding)
 - movements – contributes to scapular movements
 - C. Glenohumeral
 - classification – synovial ball & socket (multiaxial spheroidal)
 - movements – flexion/extension, abduction/adduction, medial/lateral rotation & circumduction
- II. Elbow
 - A. Elbow
 - classification – synovial hinge (ginglymus)
 - movements – flexion/extension
 - B. Proximal radio-ulnar
 - classification – synovial uniaxial pivot (trochoid)
 - movements – supination/pronation
- III. Wrist & hand
 - A. Distal radio-ulnar
 - classification – synovial uniaxial pivot (trochoid)
 - movements – supination/pronation
 - B. Radiocarpal
 - classification – synovial ellipsoidal
 - movements – flexion/extension, abduction/adduction & circumduction
 - C. Midcarpal
 - classification – synovial gliding (plane)
 - movements – contribute to wrist movements
 - D. Carpometacarpal
 - 1. First
 - classification – synovial sellar (saddle)
 - movements – flexion/extension, abduction/adduction, opposition & rotation
 - 2. 2-5
 - classification – synovial plane (gliding)
 - movements – flexion/extension & rotation
 - E. Intermetacarpal
 - classification – synovial gliding (plane)
 - movements – contributes to hand wrist movements (opposition)
 - F. Metacarpophalangeal
 - classification – synovial ellipsoidal
 - movements – flexion/extension, abduction/adduction, circumduction & limited rotation
 - G. Interphalangeal
 - classification – synovial uniaxial hinge (ginglymus)
 - movements – flexion/extension