Synovial Joint Types

The anatomical types of synovial joints, with joint models and examples

Types of Synovial Joints	Models of Joint Motion	Examples
Gliding joint Clavicle Manubrium		Acromioclavicular and sternoclavicular joints Intercarpal and intertarsal joints Vertebrocostal joints Sacro-iliac joints
Hinge joint Ulna		Elbow joints Knee joints Ankle joints Interphalangeal joints
Pivot joint Atlas Axis		Atlas/axis Proximal radio-ulnar joints
Ellipsoid joint Scaphoid bot	ne 🖢	Radiocarpal joints Metacarpophalangeal joints 2–5 Metatarsophalangeal joints
Saddle joint Metacarpal bone of thumb Trapezium		First carpometacarpal joints
Ball-and-socket joint Scapula Humerus		Shoulder joints Hip joints