**Joints**

a joint as a point where 2 bones connect. it is a point where bones connect for the purpose of moving body parts.

The human body has three main types of joints. They’re categorized by the movement they allow:

* **Synarthroses (immovable).** These are fixed joints. They’re defined as two or more bones in close contact that have no movement. The bones of the skull are an example. The immovable joints between the plates of the skull.
* **Amphiarthroses (slightly movable).** Also known as cartilaginous joints, these joints are defined as two or more bones held so tightly together that only limited movement can take place. The [vertebrae of the spine](https://www.healthline.com/human-body-maps/vertebral-column) are good examples.
* **Diarthroses (freely movable).** Also known as synovial joints, these joints have [synovial fluid](https://www.healthline.com/health/synovial-fluid-analysis) enabling all parts of the joint to smoothly move against each other. These are the most prevalent joints in your body. Examples include joints like the knee and shoulder.

**Types of freely movable joints**

There are six types of freely movable diarthrosis (synovial) joints:

* **Ball and socket joint.** Permitting movement in all directions, the ball and socket joint features the rounded head of one bone sitting in the cup of another bone. Examples include your shoulder joint and your hip joint.
* **Hinge joint.** The hinge joint is like a door, opening and closing in one direction, along one plane. Examples include your elbow joint and your knee joint.
* **Condyloid joint.** The condyloid joint allows movement, but no rotation. Examples include your finger joints.
* **Pivot joint.** The pivot joint, also called the rotary joint or trochoid joint, is characterized by one bone that can swivel in a ring formed from a second bone. Examples are the joints between your [ulna](https://www.healthline.com/human-body-maps/ulna-bone) and [radius](https://www.healthline.com/human-body-maps/radius-bone) bones that rotate your forearm, and the joint between the first and second vertebrae in your neck.
* **Gliding joint.** The gliding joint is also called the plane joint. Although it only permits limited movement, it’s characterized by smooth surfaces that can slip over one another. An example is the joint in your feet.
* **Saddle joint.** Although the [saddle joint](https://www.healthline.com/health/saddle-joint) does not allow rotation, it does enable movement back and forth and side to side. An example is the joint at the base of your wrist.

