**JOINTS - a place where two bones meet**

**1. Fixed**

**- Bones in skull**

**- No movement between bones**

**2. Ball and Socket**

**- Shoulder (humerus and scapula)**

**- Pelvis (femur and ilium)**

**- Circular movement**

**3. Pivot**

**- Neck (skull and vertebrae)**

**- Elbow (humerus and radius)**

**- One bone rotates around another**

**4. Hinge**

**- Elbow (humerus and ulna)**

**- Knee (femur and tibia)**

**- Back and forth movement**

**5. Gliding**

**- Ankles (tarsals)**

**- Wrists (carpals)**

**- Bones slide over one another**