

# ANATOMY

## ARTICULATIONS



**Ball-and-socket joint**  
The femur (thigh bone) articulates with the tibia (shin bone). The femur has a rounded head that fits into a socket on the tibia.

**Hinge joint**  
The humerus (upper arm bone) articulates with the radius (forearm bone). The humerus has a rounded head that fits into a groove on the radius.

Joint	Bones	Movements
Ball-and-socket	Femur, Tibia	Flexion, Extension, Abduction, Adduction, Rotation
Hinge	Humerus, Radius	Flexion, Extension
Pivot	Vertebrae	Rotation