

## THE BODY ELEMENT C

# Joint actions and parts

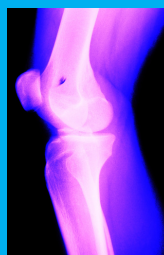
Neck (pivot joint)



Spine (gliding joints)



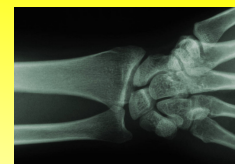
Knee (hinge joint)



Hip (ball & socket)



Wrist (complex joint incl hinge)



Ankle (hinge joint)



Shoulders (ball & socket)

