



Synovial Joints

**A synovial joint is a place where two or more bones meet.
Joints are important for movement and rotation.**

Identify the synovial joints and where in the body you can find them.

Using the different movements below, describe the movements that occur at two different synovial joints.

Example: The ball and socket joint at the hip allows for flexion during the athletes take off.



Rotation

Flexion

Extension

Dorsi-flexion

Adduction

Abduction

Plantar-flexion

Complete the sentence below for two different synovial joints creating movement during the different phases of long jump. (See example above for help).

The _____ joint at the (where is the joint) allows for (what movement) during (what phase of long jump).