

WHAT ARE JOINTS?

Joints are areas where bones come together, and like the hinges of a door, **they allow for movement**. Some joints are rounded or ball-in-socket in nature, allowing rotation. The **shoulders, elbows, wrists, hips, knees and ankles** are the large joints in the body, and there are many smaller joints in the **spine, hands and feet**.



Disney
BE HEALTHY
BE ACTIVE