

plane joint *(plane-joint)*

Definition

n. A type of synovial joint which allows only gliding movement, such as those found between the tarsal bones of the foot.

Example Sentence

The **plane joint** in the wrist allows for smooth gliding movements.

More Example Sentences

Physical therapists often work to improve mobility in plane joints after injuries.

Synonyms

gliding joint; arthrodial joint; planar joint

Antonyms

hinge joint; ball-and-socket joint; pivot joint

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