

# 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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