

Sternoclavicular Joint: This joint is located between the clavicle (collarbone) and the sternum (breastbone). Acromioclavicular Joint: Found between the clavicle and the acromion (a part of the scapula), this joint allows for the movement of the shoulder blade<sup>1</sup>. Elbow Joint: This hinge joint is formed between the humerus, radius, and ulna. It allows for the