

# ENARTHROSIS

*Meaning: Enarthrosis is a type of ball-and-socket joint that allows for a wide range of motion and provides stability and flexibility in complex movements.*

1. Enarthrosis allows for a wide range of motion in joints such as the hip and shoulder.
2. The enarthrosis joint structure provides both stability and flexibility for complex movements.
3. Understanding enarthrosis is crucial for fields like biomechanics and physical therapy.
4. In enarthrosis, the spherical head of one bone fits into the socket of another, facilitating smooth movement.
5. The complexity of enarthrosis can lead to unique challenges in diagnosing joint disorders.

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