

GINGLYMUS

Meaning: Ginglymus is a type of joint that allows for movement in one plane, enabling flexion and extension, as seen in the knee and elbow.

1. The ginglymus joint allows for a smooth bending motion, which is essential for knee movement.
2. In anatomy class, we learned that the elbow is an example of a ginglymus, enabling flexion and extension.
3. Understanding how a ginglymus functions can help in diagnosing joint-related injuries.
4. The ginglymus structure is crucial in activities that require precision, such as playing a musical instrument.
5. Athletes often rely on the stability provided by their ginglymus joints during dynamic movements.

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