

	Flexion	Extension
Articulations	Interphalangeal	Interphalangeal
Joint structure	Synovial	Synovial
Joint function	Hinge	Hinge
Plane of motion	Sagittal	Sagittal
Axis of motion	Frontal	Frontal
AROM	0 to 80 degrees	0 to 20 degrees
End-feel	Hard, firm	Firm
Convex–concave surface	<i>Concave</i> base of the distal phalanx glides on the stable <i>convex</i> head of the proximal phalanx	
Arthrokinematic motion	Distal phalanx glides palmarly on the convex head of the proximal phalanx	Distal phalanx glides dorsally on the convex head of the proximal phalanx
Osteokinematic motion	Same direction of the phalanx	Same direction of the phalanx
Mobilization technique	Anterior (ventral)	Posterior (dorsal)

	Flexion	Extension
Articulations	Interphalangeal	Interphalangeal
Joint structure	Synovial	Synovial
Joint function	Hinge	Hinge
Plane of motion	Sagittal	Sagittal
Axis of motion	Frontal	Frontal
AROM	0 to 100 degrees	0 degrees
End-feel	Hard, soft, firm	Firm
Convex–concave surface	<i>Concave</i> end of the middle phalanx glides on the stable <i>convex</i> end of the proximal phalanx	
Arthrokinematic motion	Middle phalanx glides palmarly on the convex head of the proximal phalanx	Middle phalanx glides palmarly on the convex head of the proximal phalanx
Osteokinematic motion	Same direction of the phalanx	Same direction of the phalanx
Mobilization technique	Anterior (ventral)	Posterior (dorsal)