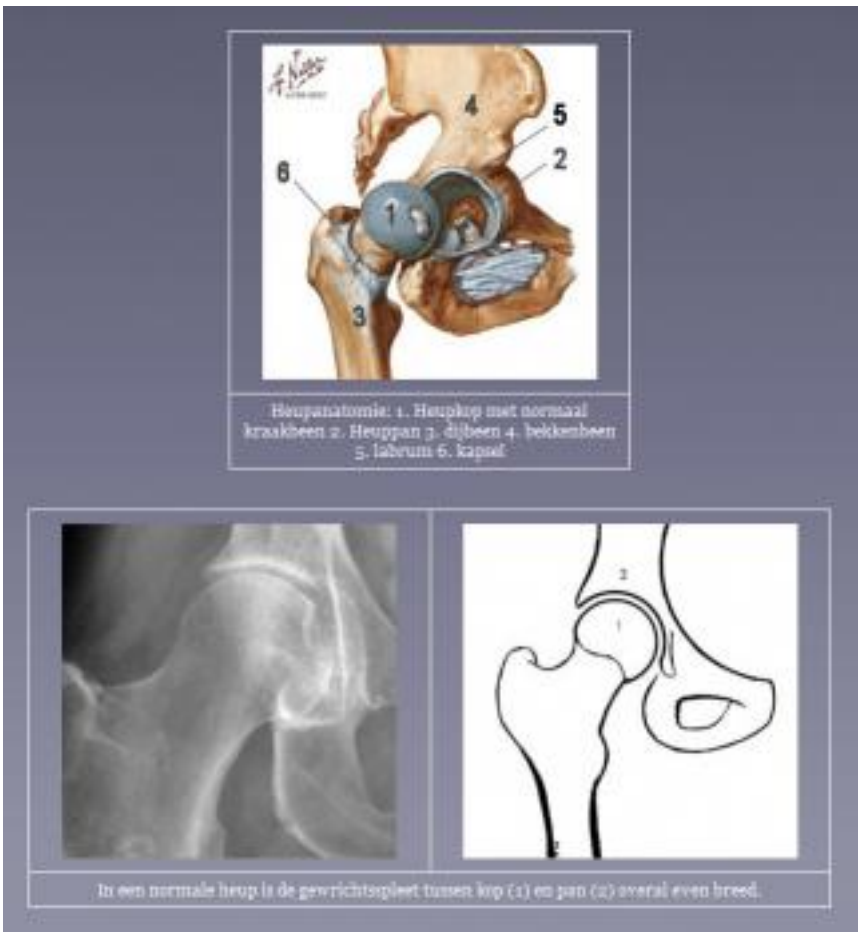


A joint is a structure in the body where two leg ends come together. The hip joint is a "ball and socket joint": the spherical head of the hip fits into the bowl at the height of the pelvis. Both are covered with a smooth, shimmering layer of cartilage with a thickness of a few millimeters. This allows the joint to move smoothly in all directions.