WHAT IS CLAIMED IS:

1. A knuckle joint configured for connecting a lower arm and an upper arm, the knuckle joint comprising:

an outer shell;

a body sized and shaped to fit within an opening of the upper arm;

an actuator element including:

a trigger button disposed exterior to the body and having an engagement arm extending therefrom and into the body;

at least one actuator pawl disposed within an interior surface of the body;

a biasing spring configured to bias the engagement arm away from interaction with the at least one actuator pawl; and

a spring element configured to bias the at least one actuator pawl towards the interior surface of the body,

wherein when the trigger button is engaged, the engagement arm interacts with the at least one actuator pawl such that the knuckle joint is in an unlocked configuration.

2. The knuckle joint of claim 1, wherein the body includes circumferential teeth on an interior surface of the body and the at least one actuator pawl includes teeth configured to engage the circumferential teeth of the body.

3. The knuckle joint of claim 2, wherein when the trigger button is engaged, the engagement arm interacts with the at least one actuator pawl such that the teeth of the at least one actuator pawl disengage from the circumferential teeth of the body such that the knuckle joint is in an unlocked configuration, and wherein when the trigger button is released, the engagement arm is biased by the biasing spring and does not interact with the at least one actuator pawl such that the teeth of the at least one actuator pawl engage the circumferential teeth of the body such that the knuckle joint is in a locked configuration.

4. The knuckle joint of claim 1, wherein the knuckle joint includes exactly two actuator pawls.

5. The knuckle joint of claim 1, wherein the outer shell further includes an opening configured to accommodate the trigger button of the actuator element.

6. The knuckle joint of claim 3, wherein when the knuckle joint is in the unlocked configuration, the body is moveable relative to the outer shell.

7. The knuckle joint of claim 3, wherein when the knuckle joint is in the locked configuration, the body is immovable relative to the outer shell.

8. The knuckle joint of claim 3, wherein the teeth of the at least one actuator pawl prevent rotation of the body relative to the outer shell in the locked configuration.

9. The knuckle joint of claim 4, wherein a first one of the two actuator pawls prevents rotation of the body relative to the outer shell in a first direction and a second one of the two actuator pawls prevents rotation of the body relative to the outer shell in a second direction.

10. The knuckle joint of claim 1, wherein an outer surface of the body includes a plurality of faces.

11. The knuckle joint of claim 3, wherein, in the locked configuration, engagement between the teeth of the at least one actuator pawl and the circumferential teeth is a face to face engagement.

12. The knuckle joint of claim 11, wherein a biasing force provided by the spring element is provided in a different direction than a support force generated by the face to face engagement.

13. A combined joint configured for connecting a lower arm and an upper arm, the combined joint comprising:

the knuckle joint of claim 1;

a first tapered bushing contained within the outer shell and having a first circumferential opening through a center thereof,

a second tapered bushing configured to fit within a cavity of the outer shell and having a second circumferential opening through a center thereof, and

a shoulder screw,

wherein the first tapered bushing is rotationally keyed to the shoulder screw to prevent relative rotation with the shoulder screw and provide friction during relative rotation with the outer shell.

14. A load support unit including:

a lower arm;

an upper arm;

a mounting swivel configured to support the lower arm;

a swivel joint disposed between the lower arm and a knuckle joint configured according to claim 1, wherein the swivel joint is housed in the outer shell of the knuckle joint;

the knuckle joint disposed between the swivel joint and the upper arm;

and

a rotational joint configured for supporting a load at the upper arm.