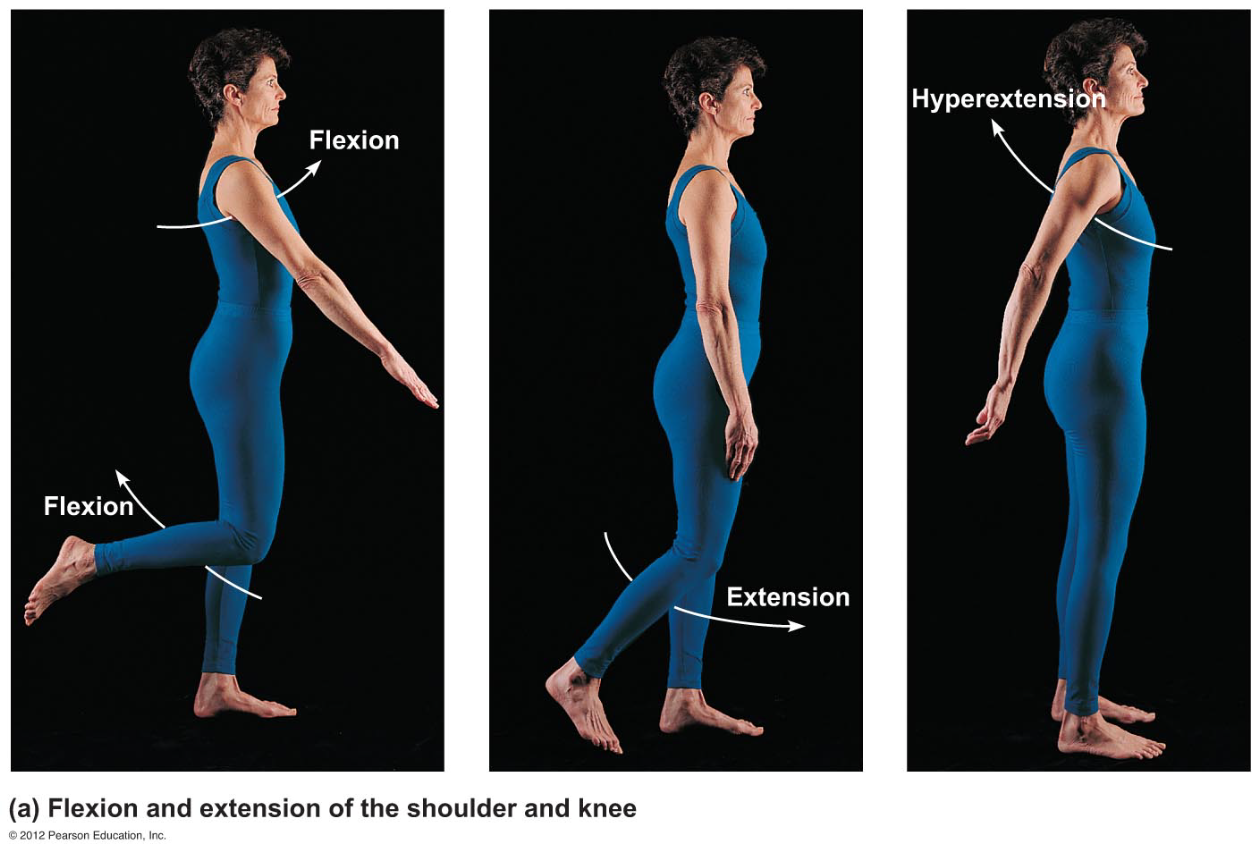
# Types of Body Movements

## Flexion

## Decreases the angle of the joint

## Brings two bones closer together

## Typical of bending hinge joints like knee and elbow or ball-and-socket joints like the hip



## Extension

## Opposite of flexion

## Increases angle between two bones

## Typical of straightening the elbow or knee

## Extension beyond 180° is hypertension

## Rotation

### Movement of a bone around its **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**axis

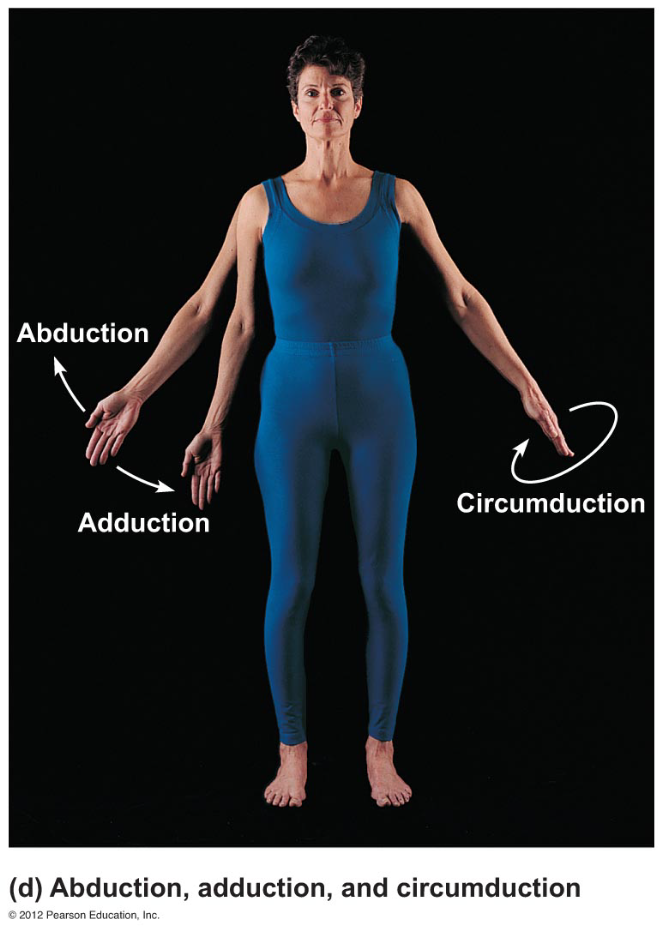
### Common in ball-and-socket joints

### Example is when you move atlas around the dens of axis (shake your head “no”)

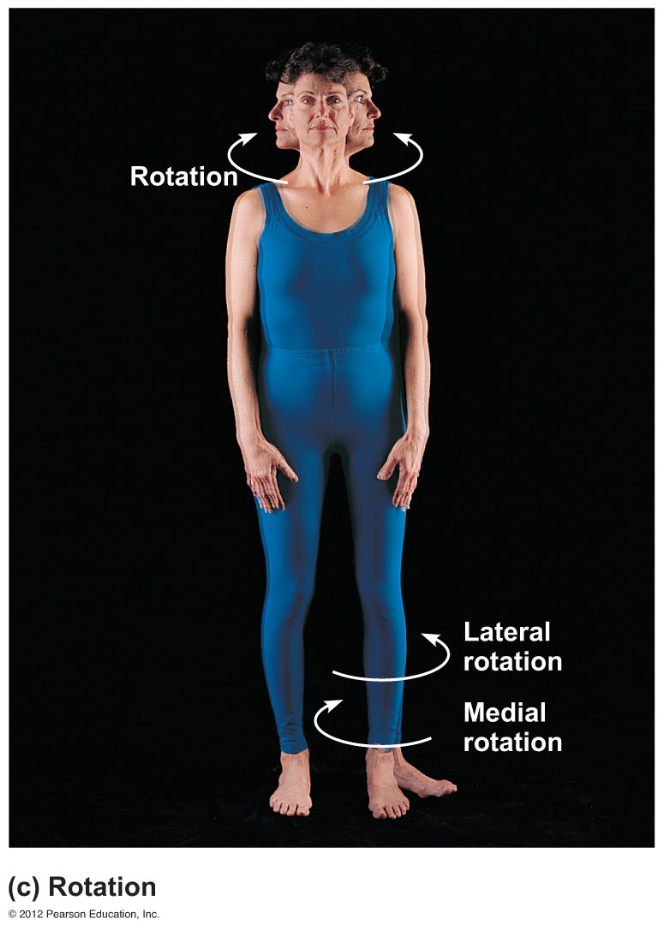
## Abduction

### Movement of a limb **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**from the midline

## Adduction



### Opposite of abduction



### Movement of a limb **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**the midline

## Circumduction

### Combination of flexion, extension, abduction, and adduction

### Common in ball-and-socket joints

# Special Movements

## Dorsiflexion

### Lifting the foot so that the superior surface **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**the shin (toward the dorsum)

## Plantar flexion

### Depressing the foot (**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**the toes)

### “Planting” the foot toward the sole

## Inversion

### Turn sole of foot **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**



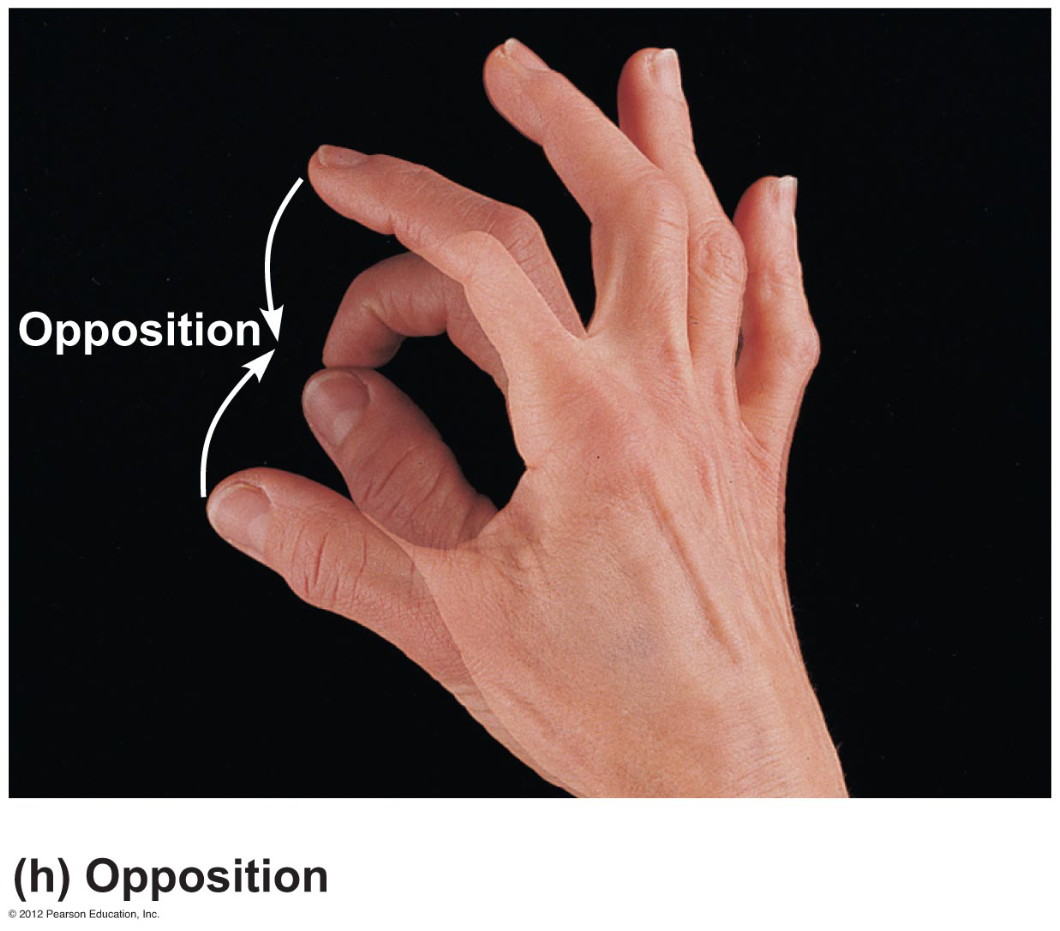


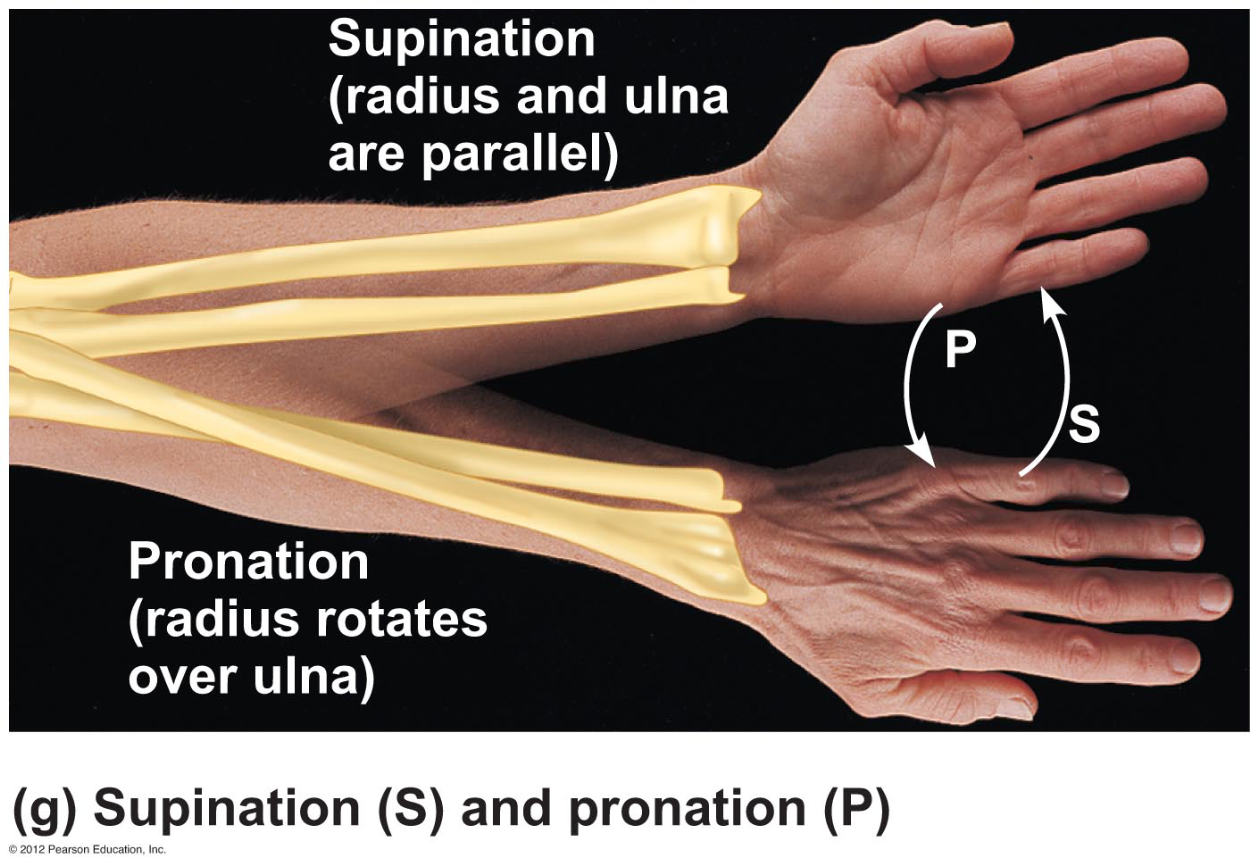
## Eversion

### Turn sole of foot **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

## Supination

### Forearm rotates laterally so palm faces anteriorly





### Radius and ulna are **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

## Pronation

### Forearm rotates medially so palm faces posteriorly

### Radius and ulna **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**each other like an X

## Opposition

### Move thumb to **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**the tips of other fingers on the same hand