

Anatomical Terms of Movement

Terms to describe the movements possible at synovial joints

Flexion Movement decreases joint angle	Extension Increases joint angle (straightening)
Lateral Flexion Sideways reduction in joint angle	Hyperextension Exaggerated extension (beyond A Pose)
Adduction Movement towards midline of body	Abduction Movement away from midline of body
Elevation Movement vertically upwards	Depression Movement vertically downwards
Protraction Moving horizontally forwards	Retraction Moving horizontally backwards
Circumduction Circular motion at distal end Contains flex & ext, adduct & abduct	Rotation Movement of a bone around its axis
Internal/Medial Rotation Turning Inwards	External/Lateral Rotation Turning outwards
Supination Rotation at elbow joint, palm faces up	Pronation Rotation at elbow joint, palm faces down
Dorsiflexion Flexion at ankle joint, toes point up	Plantar Flexion Extension at ankle joint, toes point down
Inversion Lift medial side of foot, sole faces in	Eversion Lift lateral side of foot, sole faces out

Note: flexion of the arms at the shoulders can either be **flexion through elevation**, i.e. lifting arms forwards, or **flexion through abduction** i.e. arms lifted out to sides