





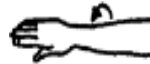




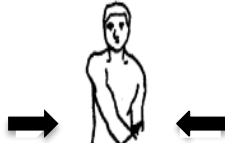







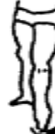


















A Pictorial Summary of the Anatomical Terms of Movement

Note: all of these movements are from the Anatomical Position (Tadasana with palms forward, Feet placed Hip-width apart)

Movements possible at the vertebral column (extension is the lengthening, straightening action in the anatomical position)				Movements possible at the elbow joint			
						 Palm face down	 Palm face up
Flexion	Hyperextension	Lateral flexion	Rotation	Flexion	Extension	Pronation	Supination
Movements possible at the shoulder joint (extension is the lengthening straightening action in the anatomical position)				Movements possible at the hip joint (extension is the lengthening straightening action in the anatomical position)			
							
Flexion	Hyperextension	Abduction	Adduction	Flexion	Hyperextension	Abduction	Adduction
			Remember at the shoulder 'flexion through elevation' or 'flexion through abduction' is possible	 (outwards)	 (inwards)	Also Circumduction of leg @ hip	
External rotation	Internal rotation	Circumduction		External rotation	Internal rotation		
Movements possible at the wrist joint				Movements of the knee joint			
							
Flexion	Hyperextension	Adduction	Abduction	Circumduction		Flexion	Extension

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Movements at the ankle joint		Movement at the subtalar joints		Movements of the scapulae			
							
Plantar flexion	Dorsiflexion	Inner arch lifts	Outer edge lifts	Retraction	Protraction	Elevation	Depression