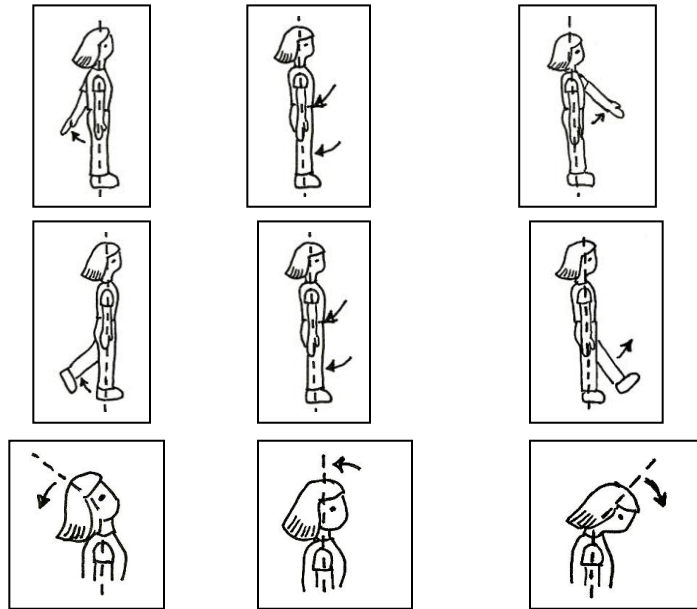
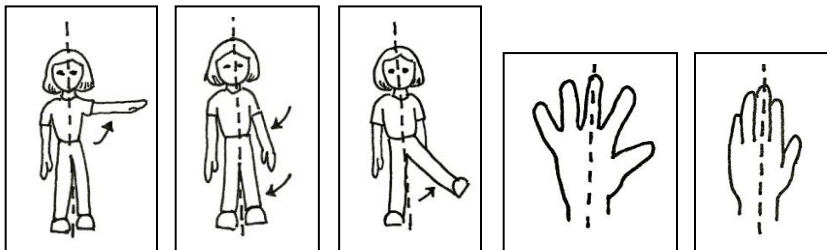


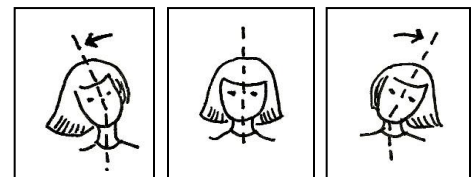
**flexion** – bending at a joint  
(angle gets smaller  $180^{\circ} \rightarrow 0^{\circ}$  direction)  
**extension** – straightening a joint  
(angle gets bigger  $0^{\circ} \rightarrow 180^{\circ}$  direction)



**flexion** – moving arm, leg, head, etc. forward in the sagittal plane  
**extension** – moving a flexed body part back towards anatomical position  
**hyperextension** – moving a body part backwards in the sagittal plane beyond (behind) the anatomical position



**abduction** – movement away from the midline – in the frontal plane  
**adduction** – movement toward the midline – in the frontal plane



**lateral flexion** – bending the head or body sideways in the frontal plane

**circumduction** – movement of the distal end of a body part in a circle - a continuous sequence of flexion, abduction, extension, and adduction

