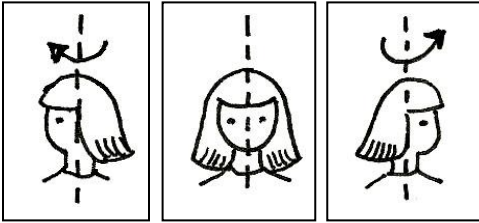
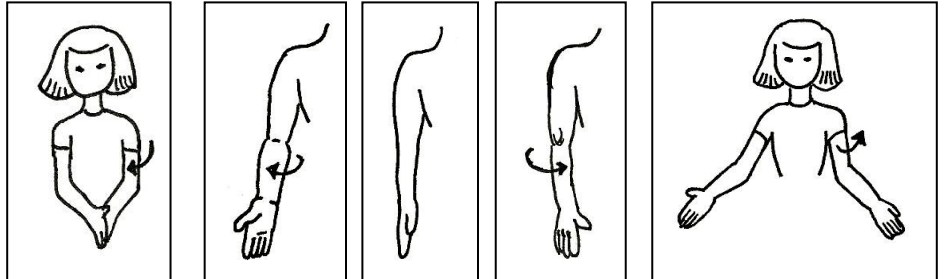
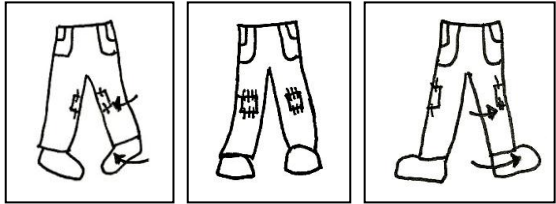


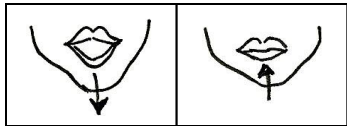
Motions – page 2



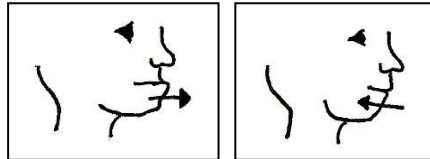
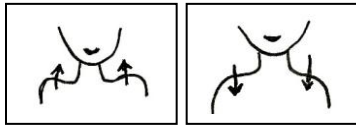
rotation – revolving around the longitudinal axis of the body or structure



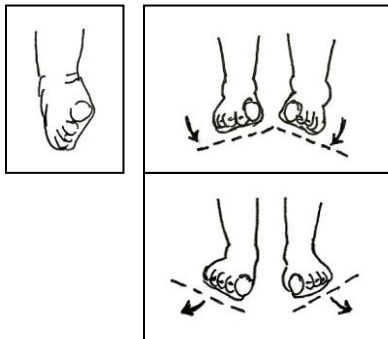
medial (internal) rotation – anterior surface of the limb turned toward the midline
lateral (external) rotation – anterior surface of the limb turned away from the midline



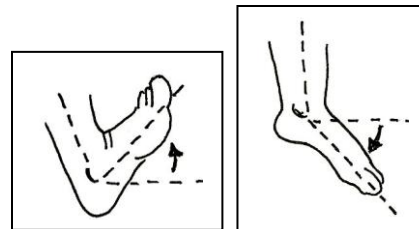
elevation – upward movement
depression – downward movement



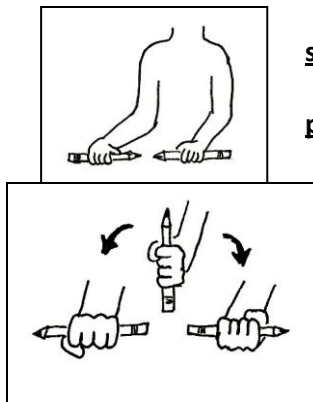
protraction – movement of a body part anteriorly – in the transverse plane
retraction – movement of a protracted body part back to anatomical position



inversion – movement of the feet so soles face toward each other
eversion – movement of the feet so that soles face away from each other



dorsiflexion – bending of the foot at the ankle in an upward direction
plantar flexion – bending of the foot at the ankle in a downward direction



supination – movement of the forearm turning palm anteriorly or superiorly
pronation – movement of the forearm turning palm posteriorly or inferiorly

opposition – movement of thumb across the palm to touch the fingertips

