Motion Terminology

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| **Across****2.** Fexion of the ankle.**3.** The circular movement of a limb.**7.** Towards the midline of the body**8.** Rotary movement around the longitudinal axis towards the midline.**9.** Behind, or closer to the back of the body **10.** Further from a specific region of the body (trunk)**16.** Pulling shoulders down.**20.** Extension so that the angle of a joint is greater than normal.**22.** Starting Reference Point for describing the Human Body?**25.** External rotation of radius resulting in palms up.**28.** Movement towards the midline of the body.**29.** Rotary movement around the longitudinal axis away from the midline. | **Down****1.** Movement away from the midline of the body.**4.** Extension of the ankle.**5.** Further from the surface of the body.**6.** Internal rotation of radius resulting in palms down.**11.** A straitening movement, increasing the angle of a joint.**12.** Closer to the surface of the body.**13.** Closer to the bottom of the body.**14.** Lying face down.**15.** Closer to the top of the body.**17.** Raising shoulders upwards.**18.** Tilt the sole of the foot away from the midline of the body.**19.** Away from the midline of the body**21.** Tilt the sole of the foot towards the midline of the body.**23.** Closer to a specific region of the body (trunk)**24.** Lying on the back.**26.** In front of , or closer to the front of the body**27.** A bending movement, decreasing the angle of a joint. |