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. |