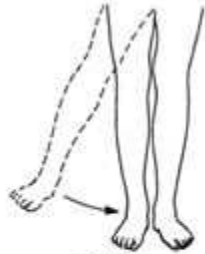


Official Terminology of Body Movements

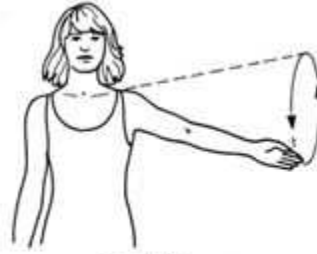
- **ABDUCTION:** a movement away from the midline of the body.
Abduction also refers to the spreading apart of fingers or toes
- **ADDUCTION:** a movement towards the middle of the body. It also refers to movements of the fingers or toes when they are drawn closer together
- **CIRCUMDUCTION:** a complex movement which combines abduction, adduction, extension, and flexion so that a limb, for example, follows a cone-shaped path. Circumduction incorporates all the movements of ball and socket joints (e.g. hips and shoulder)
- **DORSIFLEXION:** a movement of the foot which brings the toes closer to the shin
- **EVERSION:** turning the sole of the foot outwards
- **EXTENSION:** straightening of a joint so that two bones move further apart
- **FLEXION:** bending a joint so that two bones move closer together
- **INVERSION:** turning the sole of the foot inwards
- **PLANTAR FLEXION:** a movement of the foot which takes the toes further away from the shin; pointing the toes downwards
- **PRONATION:** turning the wrist so that the palm faces downwards (or an inward rotation of the foot)
- **ROTATION:** movement around the axis of a bone or body part.
Movement towards the midline of the body is called medial (or internal) rotation; movement away from the midline is called lateral (or external) rotation
- **SUPINATION:** turning the palm upwards (or an internal rotation of the foot).



abduction



adduction



circumduction



eversion



inversion



dorsiflexion



plantar flexion



flexion



extension