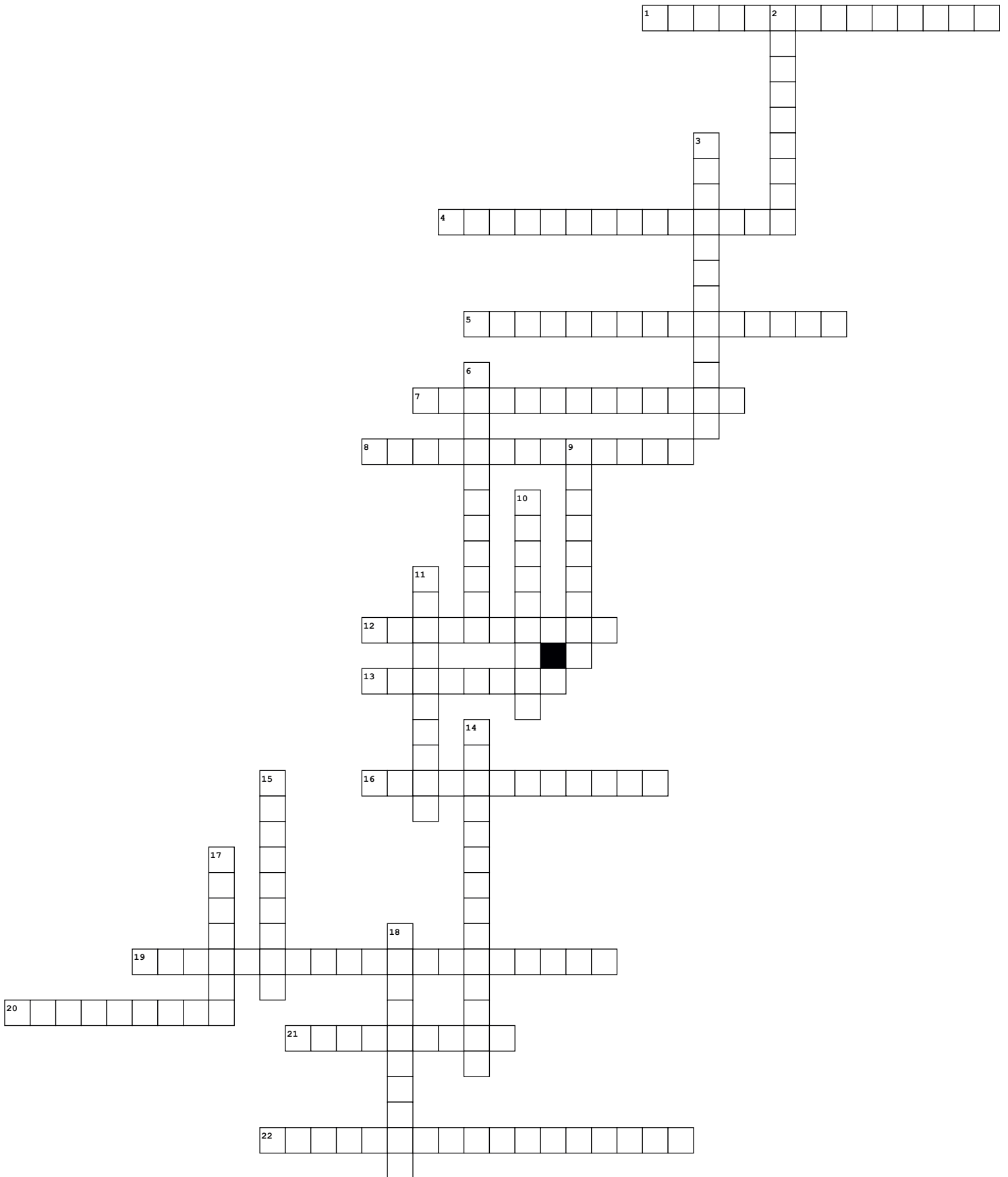


Types of Movement



Across

1. _____ moving the foot away from the shin bone such as pointing your toes or onto tiptoes
4. _____ is when the range of motion is abnormal or extreme in a joint
5. The _____ or (Longitudinal Axis) is a horizontal plane; divides the body or any of its parts into upper and lower parts
7. _____ is when the limb moves in a circle such as swimming and bowling in cricket
8. The _____ (Transverse Axis) is a vertical plane running from front to back it divides the body or any of its parts into right and left sides
12. _____ is when the palm is facing upwards and from facing downwards to upwards due to the action of the joint as with pronation
13. _____ is when the soles of the feet face outwards & away from each other
16. The _____ or (Frontal Axis) is a vertical plane running from side to side; divides the body or any of its parts into anterior and posterior portions
19. _____ occurs at the shoulder when the shoulder is abducted and the arm moves away to the side of the body
20. _____ is when the soles of the feet are facing each other due to the gliding joint between the Tarsals not the ankle joint.
21. _____ is when the shoulders are lifted towards the head
22. _____ occurs at the shoulder and hip. At the shoulder the arm is abducted and moves across the body

Down

2. _____ is a movement towards the midline of the body
3. _____ moving the foot towards the shin as you pull the foot upwards like before you heel strike when walking
6. _____ is when the shoulders are moved towards the front of the body
9. _____ is when the hand is moved from facing up to facing downwards with the elbow fixed. Permitted by the pivot joint between the radius & Ulna
10. _____ is a movement away from the midline of the body
11. _____ is when the shoulders are brought downwards towards the body
14. _____ at the spine moving to the left & right when standing upright
15. _____ occurs when the angle of the joint increases such as straightening the elbow
17. _____ is when the angle of the joint decreases
18. _____ is when the shoulders are moved to the back of the body