

Terminology of human Motion

Motion	Example
Flexion - decreases the angle between two bones	
Extension - increases the angle between two bones	
Hyperextension - extension beyond the normal range of motion	
Plantarflexion - extending the foot, which is pointing your toes	
Dorsiflexion - flexing the foot, or bringing the toes up towards the lower leg	
Abduction - describes movements of the limbs only, moving the limb away from the midline of the body	
Horizontal Abduction - Same as above but in a horizontal plane	
Adduction - limbs only again, moving the limb toward the midline of the body.	
Horizontal Adduction- Same as above but in a horizontal plane	
Circumduction - the arm or leg "describes a cone" in space. The proximal portion of the limb remains stationery, while the distal point moves in a circle.	
Rotation - turning the bone on its axis toward or away from the midline of the body, in limbs (medial/Lateral), or between the atlas and axis	
Supination - only refer to the radius and the ulna, moving the forearm so that it is anterior or superior	
Inversion - turning the sole of the foot inward (medially)	
Pronation - radius and ulna again, moving the forearm so that it is posterior or inferior	
Everson - turning the sole of the foot outward (laterally)	
Protraction - occurs in a transverse plane, moving the bone forward (shoulders, mandible)	
Retraction - opposite of protraction, moving the bone backward	
Elevation - movement in the frontal plane, lifting the bone superiorly (shoulders, mandible)	
Depression - opposite of elevation, moving the bone inferiorly	
Opposition - moving your thumb to touch the tips of your other fingers	
Gliding - a slipping movement of short bones over one another	