

Terminology of Human Motion

- 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 stationary, 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
 - Eversion - 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