



MUSCLE MOVEMENTS



Match up the **movement** with the correct **description**.

_____ Flexion

_____ Extension

_____ Medial Rotation

_____ Lateral Rotation

_____ Reduction

_____ Adduction

_____ Elevation

_____ Depression

_____ Protraction

_____ Retraction

_____ Pronation

_____ Supination

_____ Dorsiflexion

_____ Plantar Flexion

1. Moving appendage away from midline

2. Rolling outward so palms or soles of feet face upwards

3. Pivot around a center axis away from the midline

4. Decreasing a joint angle

5. Downward movement in frontal plane, lowering shoulders or jaw

6. Pointing the toes upwards

7. Pointing toes downwards

8. Moving appendage towards midline

9. Increasing a joint angle

10. Pivot around a center axis towards midline

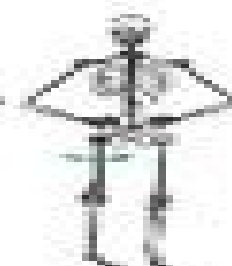
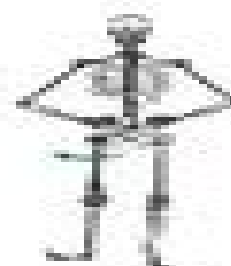
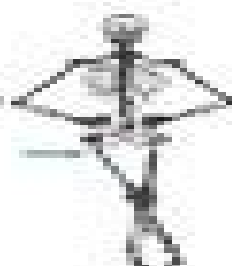
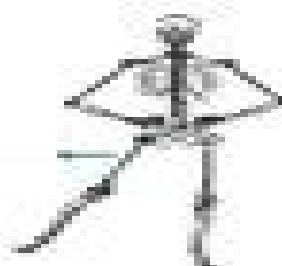
11. Anterior movement, typically in reference to shoulders

12. Rolling inward so palms or soles of feet face downwards

13. Posterior movement of a body part

14. Raising a body part in the frontal plane, typically in reference to shoulders and jaw

Identify the **movement** shown in each picture.



Health The Muscular System Packet

Joacim Rocklöv



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