



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

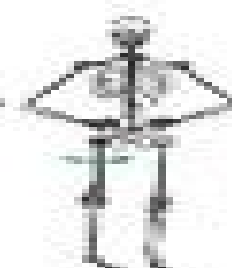
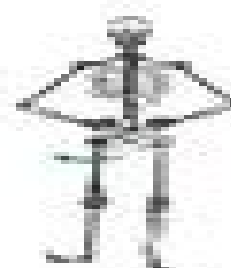
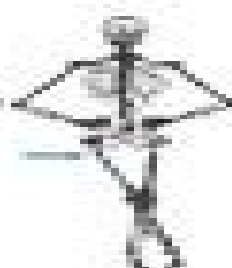
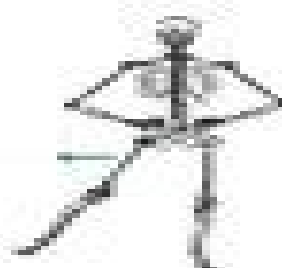
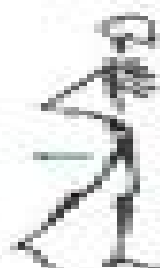
11. Anterior movement, typically in reference to shoulders

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

A Gutmann



Health The Muscular System Packet:

Whispering the Strategies of Language: An Emotional Journey through **Health The Muscular System Packet**

In a digitally-driven earth wherever screens reign great and instant conversation drowns out the subtleties of language, the profound secrets and emotional subtleties concealed within words usually get unheard. Yet, situated within the pages of **Health The Muscular System Packet** a interesting literary value pulsating with natural thoughts, lies an exceptional journey waiting to be undertaken. Penned by a talented wordsmith, that charming opus attracts visitors on an introspective journey, softly unraveling the veiled truths and profound affect resonating within ab muscles cloth of each word. Within the mental depths of this touching evaluation, we will embark upon a genuine exploration of the book is primary subjects, dissect their charming publishing fashion, and yield to the strong resonance it evokes serious within the recesses of readers hearts.

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