



# MUSCLE MOVEMENTS



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

\_\_\_\_\_ Flexion

\_\_\_\_\_ Extension

\_\_\_\_\_ Medial Rotation

\_\_\_\_\_ Lateral Rotation

\_\_\_\_\_ Adduction

\_\_\_\_\_ Abduction

\_\_\_\_\_ 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

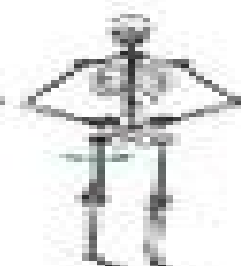
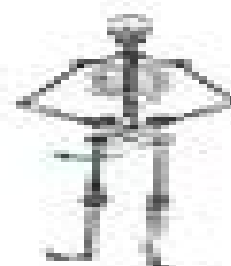
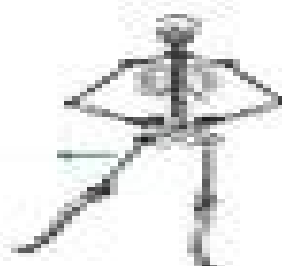
11. Anterior movement, typically in reference to shoulders

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.



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# Muscular System Packet

**G Psacharopoulos**



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