Types of Body Movements

Page 10-11 of the Course Manual

1

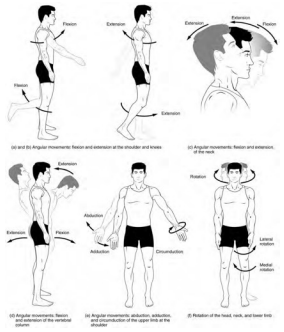
Session Objectives

By the end of this section, you will be able to:

- Define the different types of body movements
- Identify the joints that allow for these motions

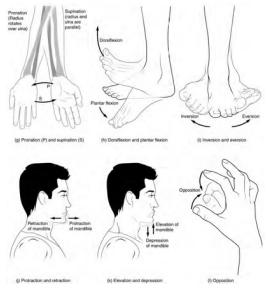
2

Movements of the Joints



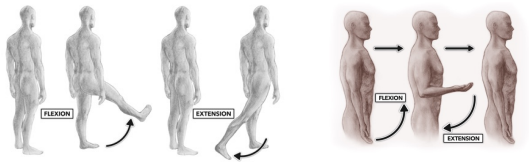
3

Movements of the Joints



4

Flexion and Extension



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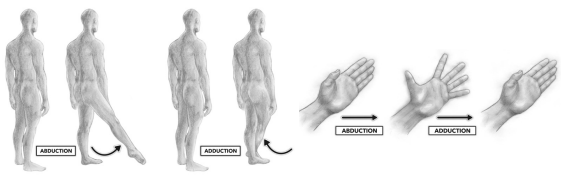
Abduction and Adduction



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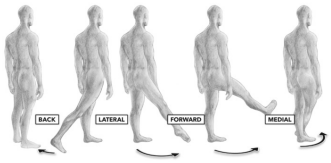
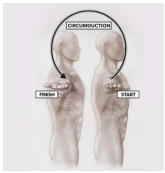
Circumduction





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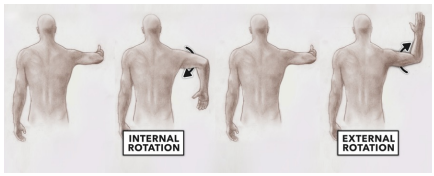
Rotation



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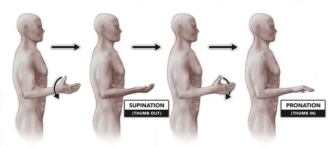
Supination and Pronation



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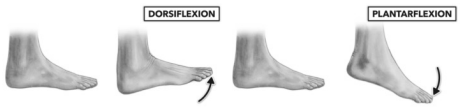
Dorsiflexion and Plantar Flexion



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Inversion and Eversion

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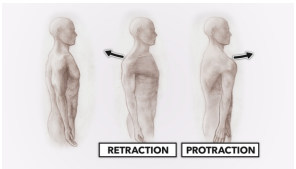
Protraction and Retraction



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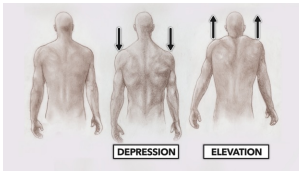
Depression and Elevation



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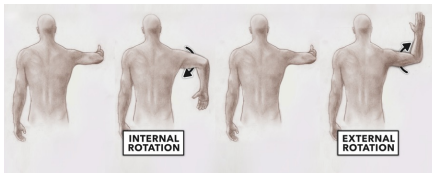
Superior Rotation and Inferior Rotation



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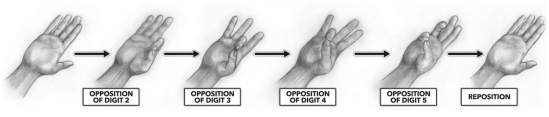
Opposition and Reposition



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Type of Joint	Movement	Example
Pivot	Uniaxial joint; allows rotational movement	Atlantoaxial joint (C1–C2 vertebrae articulation); proximal radioulnar joint
Hinge	Uniaxial joint; allows flexion/extension movements	Knee; elbow; ankle; interphalangeal joints of fingers and toes
Condyloid	Biaxial joint; allows flexion/extension, abduction/ adduction, and circumduction movements	Metacarpophalangeal (knuckle) joints of fingers; radiocarpal joint of wrist; metatarsophalangeal joints for toes
Saddle	Biaxial joint; allows flexion/extension, abduction/ adduction, and circumduction movements	Intertarsal joints of foot; superior-inferior articular process articulations between vertebrae
Plane/Gliding	Multiaxial joint; allows inversion and eversion of foot, or flexion, extension, and lateral flexion of the vertebral column	Intertarsal joints of foot; superior-inferior articular process articulations between vertebrae
Ball-and socket	Multiaxial joint; allows flexion/extension, abduction/adduction, circumduction, and medial/ lateral rotation movements	Shoulder and hip joints

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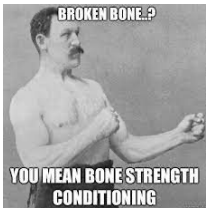
End of Session [have a break ;)]



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