

Body Movements and Positions

Make yourself a colourful poster...

Shoulder



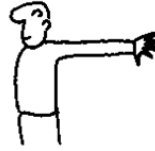
abduction



adduction



flexion



extension



medial rotation

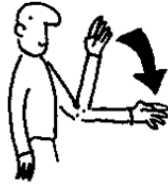


lateral rotation

Elbow



flexion



extension

Forearm



supination



pronation

Wrist



flexion



extension

Trunk



flexion



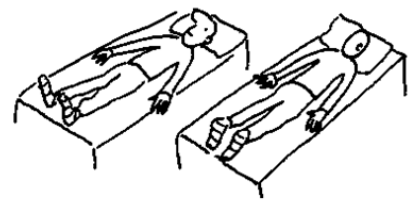
extension



lateral flexion



rotation



supine

prone

Hip



abduction



adduction



flexion



medial rotation



lateral rotation



circumduction

Knee



extension



flexion

Ankle



plantar flexion



dorsi flexion