



Human Anatomy - 1st year



Descriptive anatomical terms of Movement

Lecture (3)

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Objective

1. Define the joint
2. Describe the movements applied by different joints of the human body .



Anatomical Terms Of Movement

A site where two or more bones come together is known as a joint. The movements of the joints are described by specific terms.

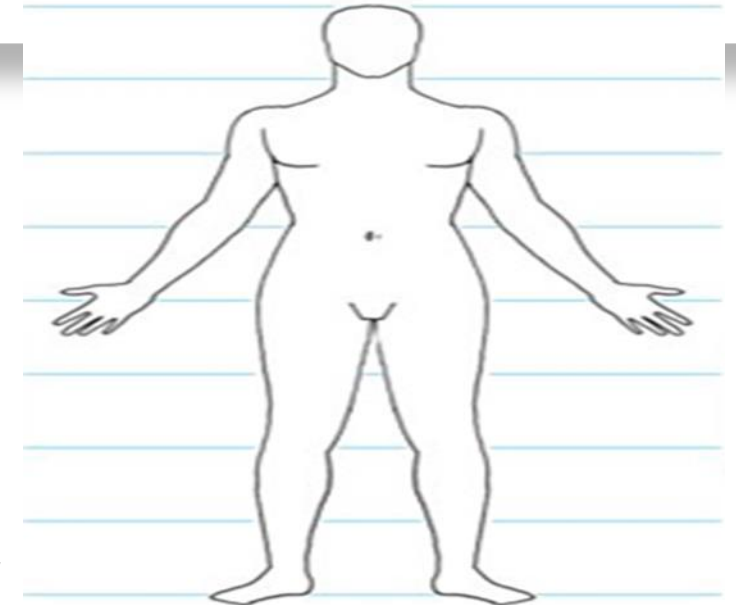


Flexion And Extension

- **Flexion** :Bending a joint or decreasing the angle between two bones. As in the Fetal Position



- **Extension** :Increasing the angle between two bones (Straight angle) . As in anatomical position .



Flexion And Extension



Extension of fingers

ePainAssist.com



Flexion of elbow

MakeAGIF.com

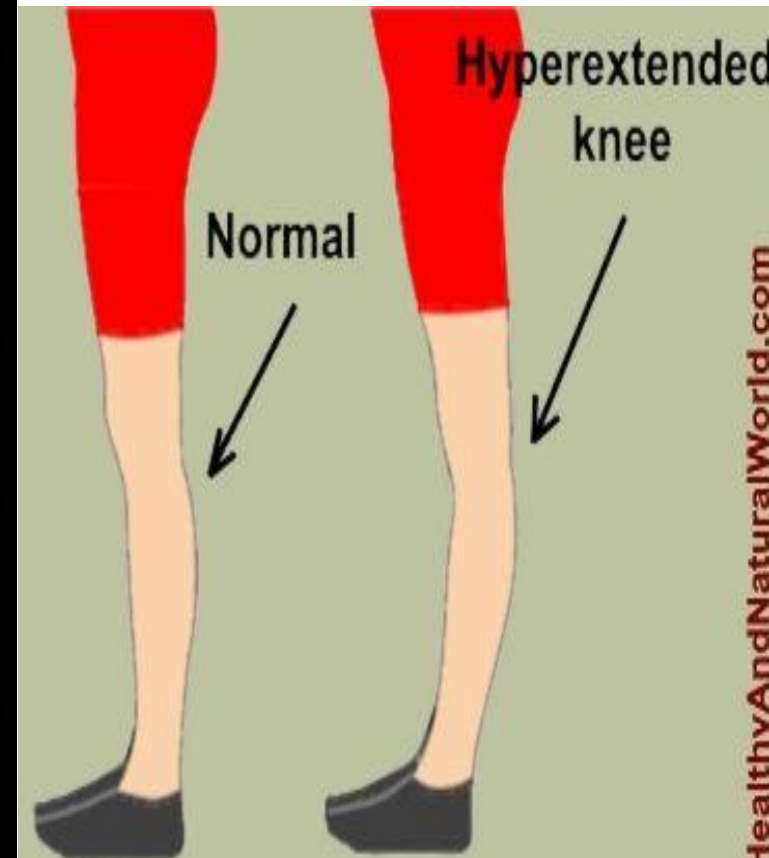
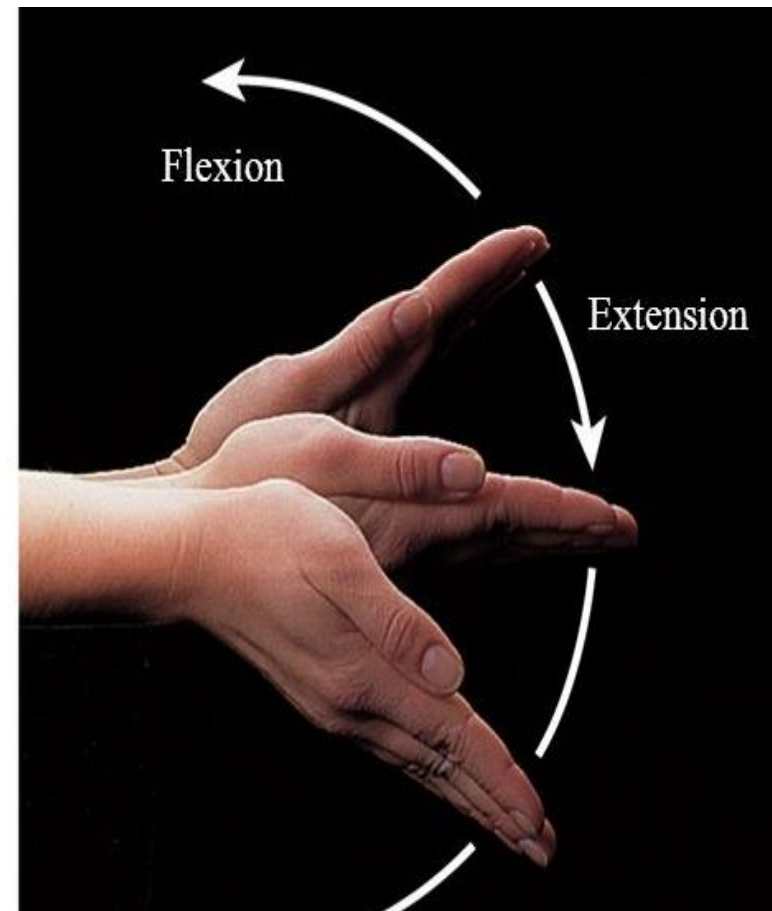
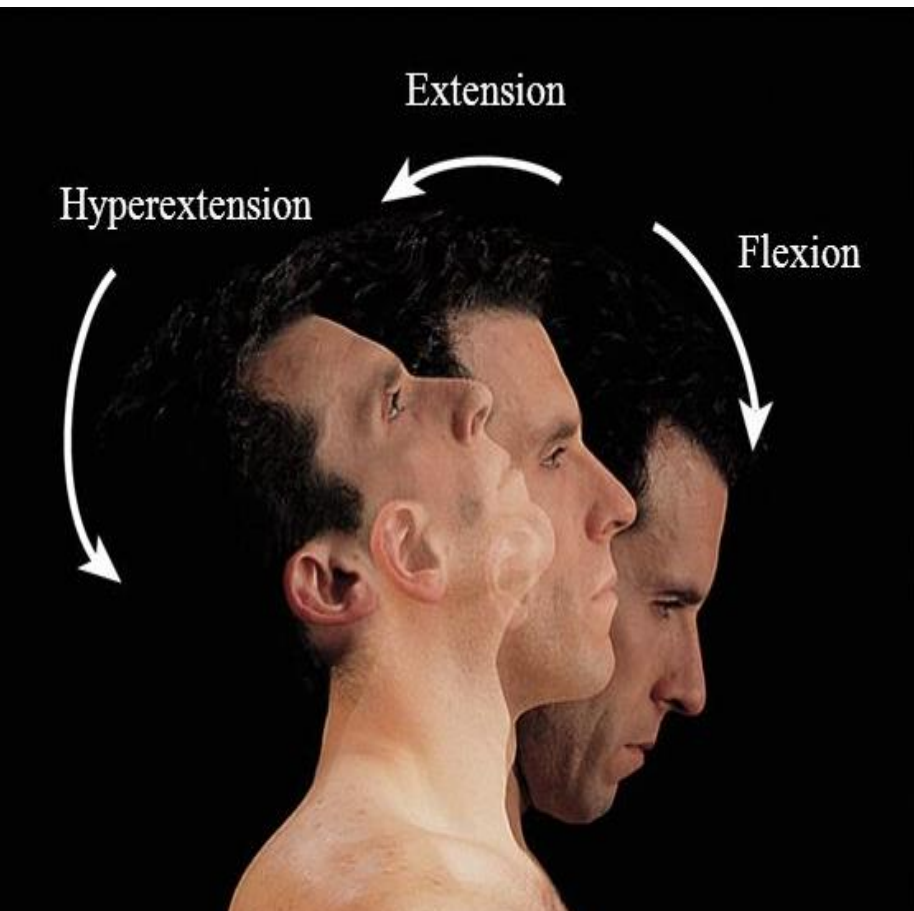


Flexion of elbow

Extension of knee joint

Hyperextension

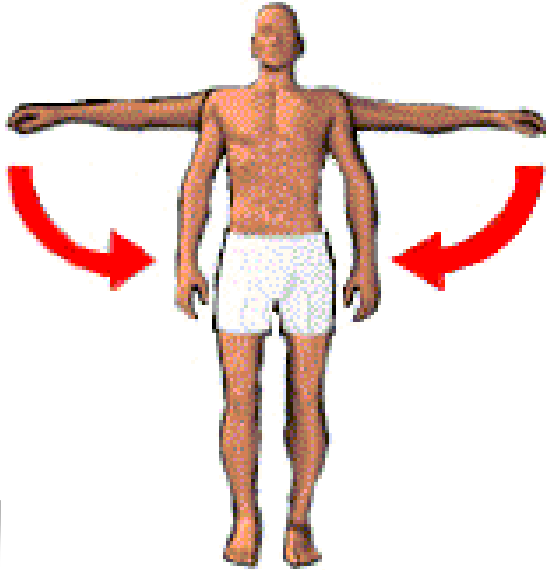
Excessive extension of the parts at a joint beyond anatomical position



Adduction And Abduction

Adduction

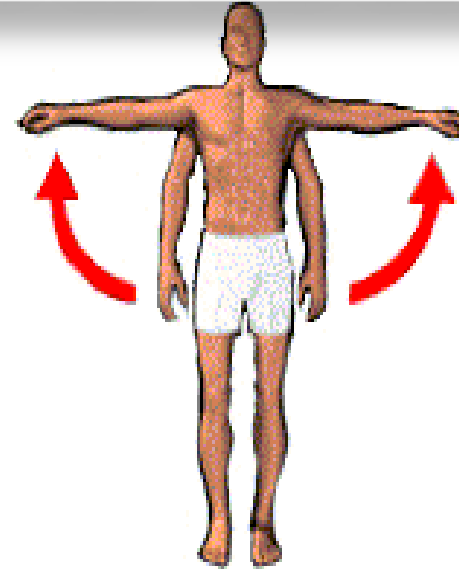
Moving a body part towards the midline of the body.



Adduction

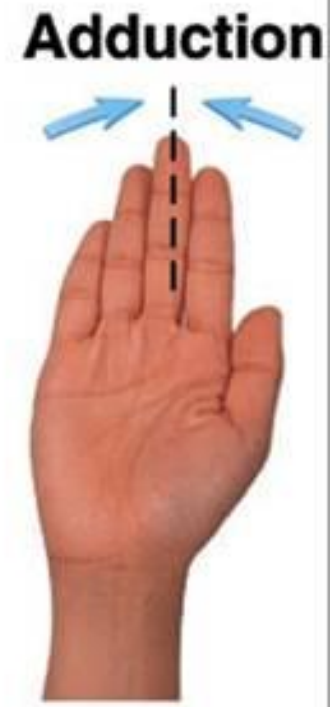
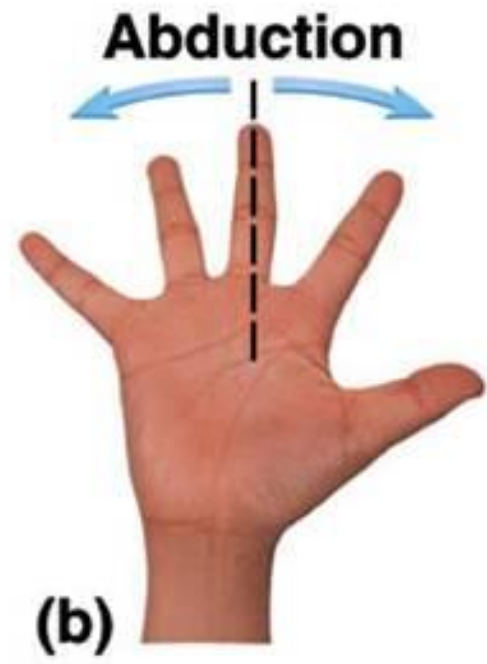
Abduction

Moving a body part away from the midline of the body



Abduction

Adduction And Abduction



Pronation And Supination

Pronation of the hand the when palm facing downward or backward.

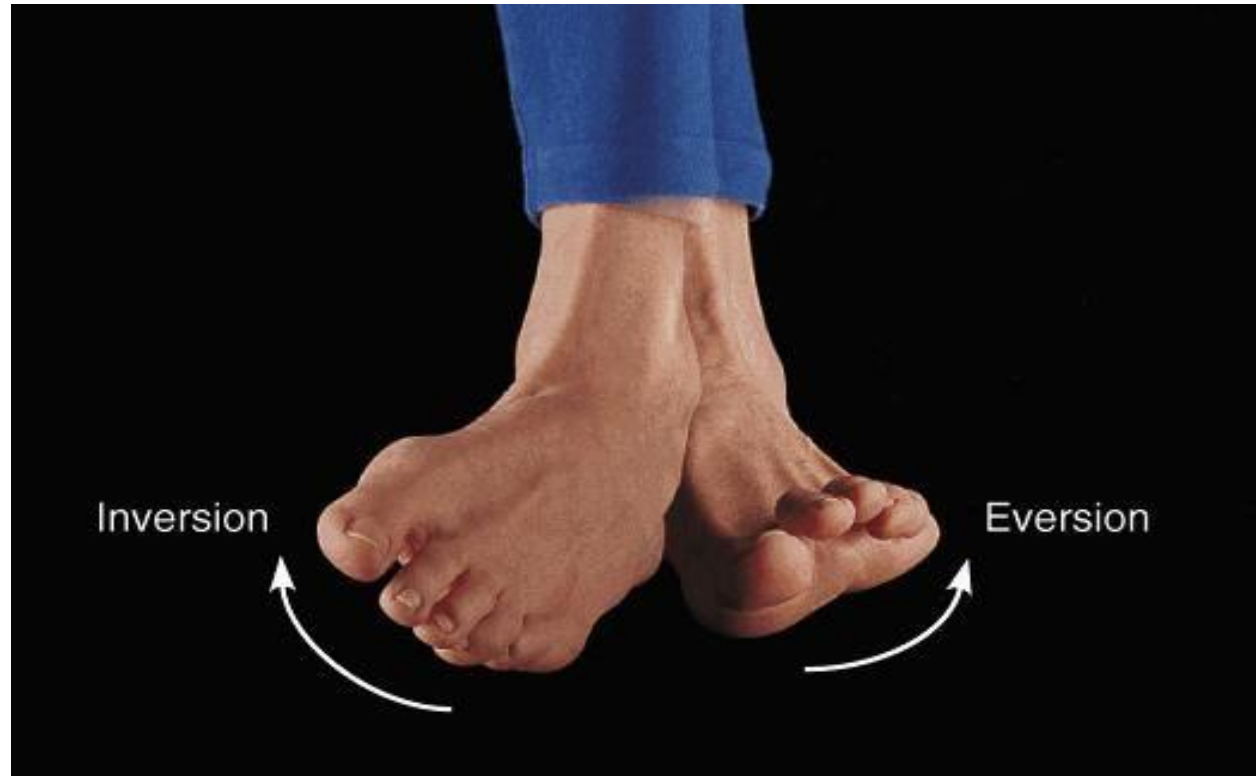
Supination of the hand when the palm facing upward or forward.



Inversion and Eversion of foot

Inversion The sole of the foot facing inside

Eversion The sole of the foot facing outside.



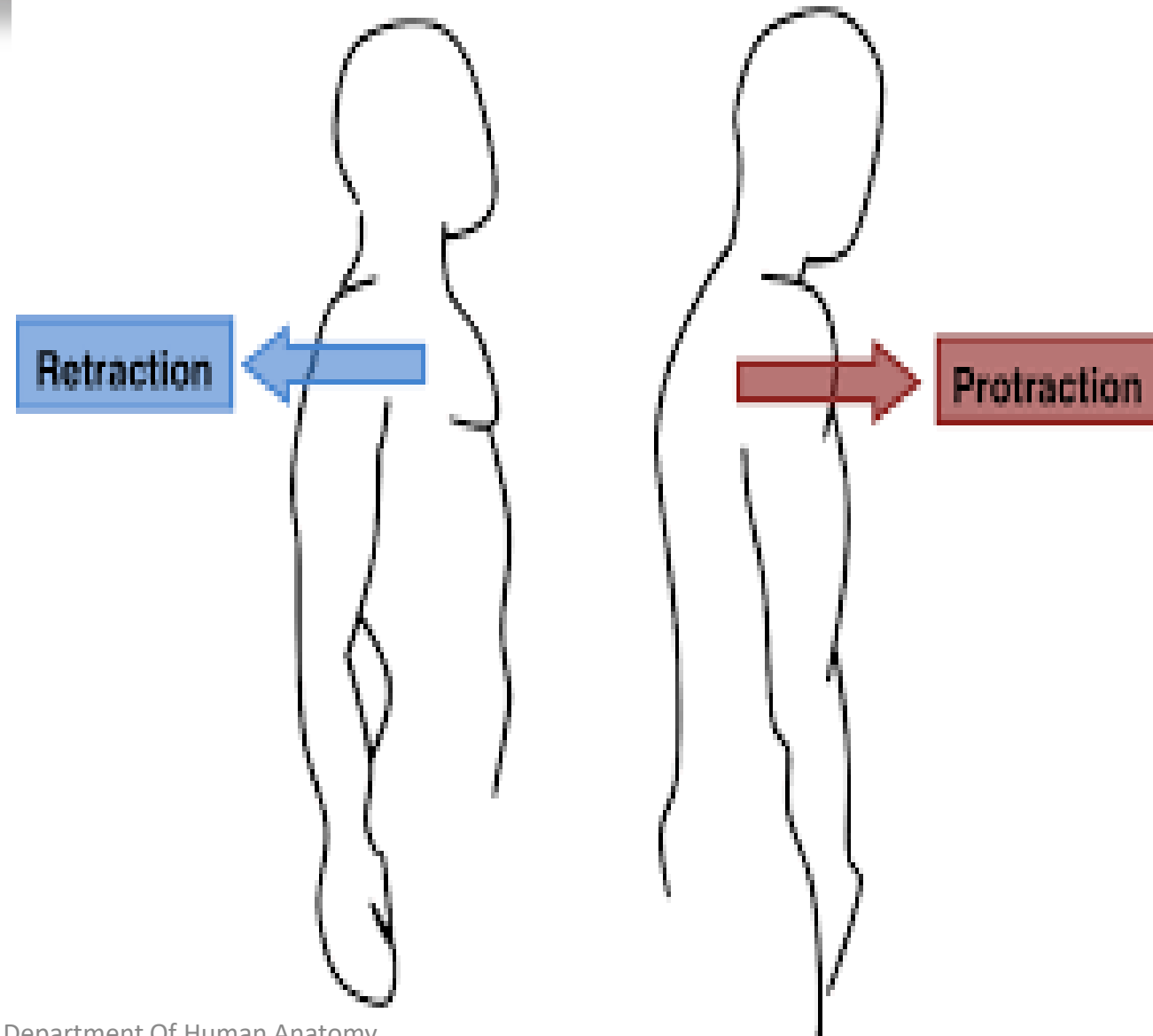
Retraction And Protraction

Retraction

Moving a part backward

Protraction

Moving a part forward



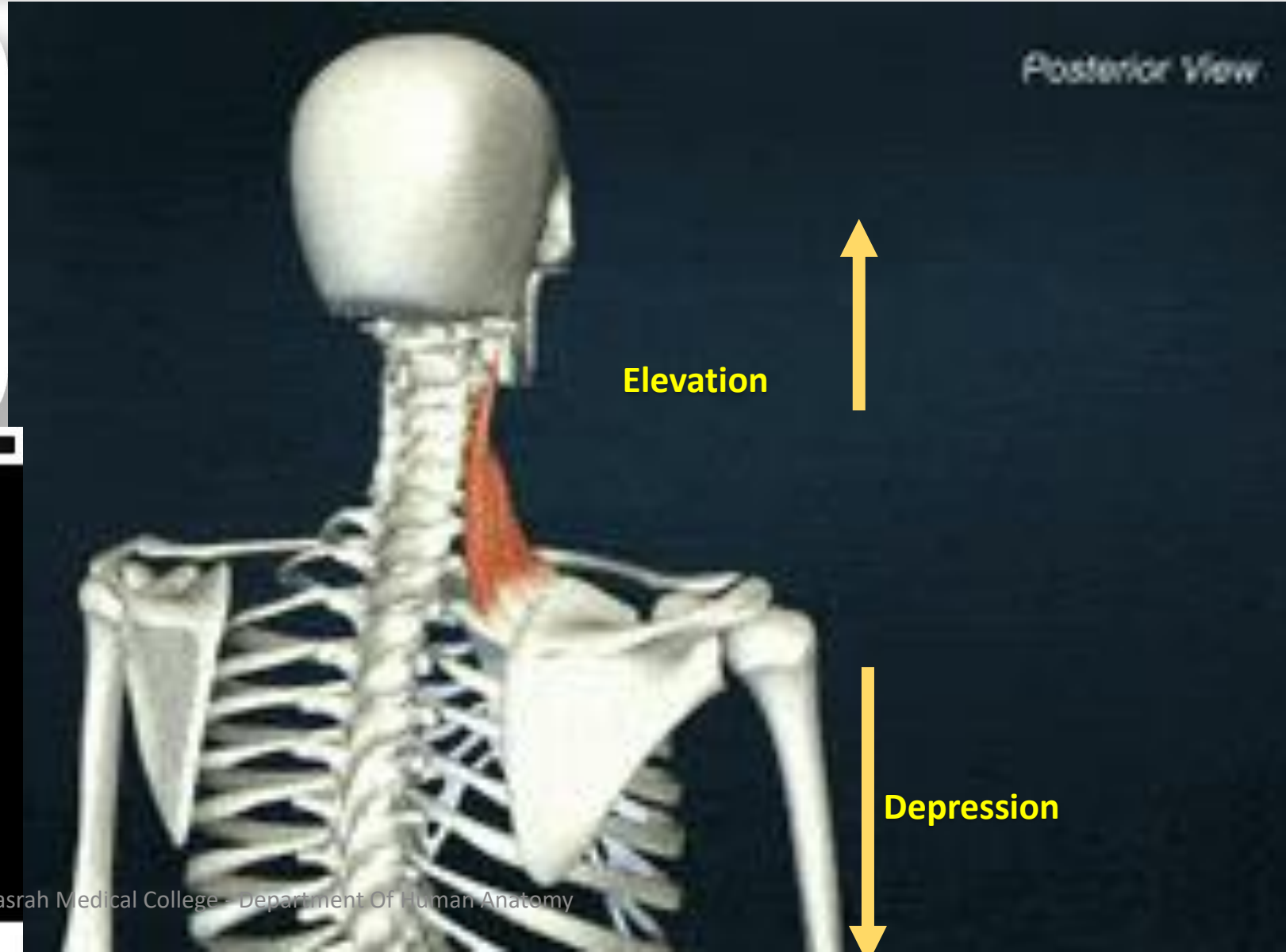
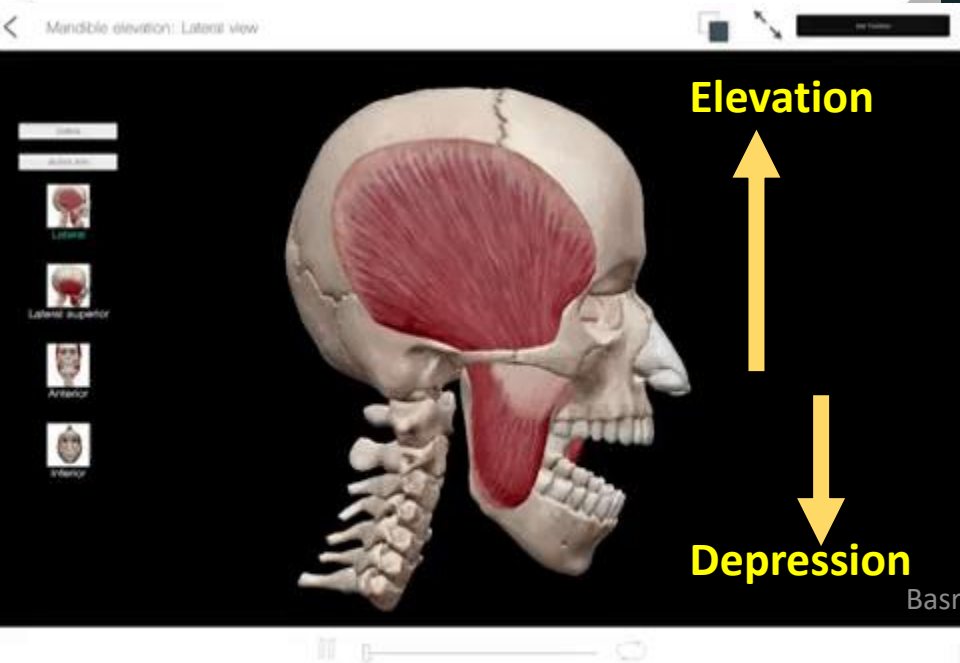
Elevation And Depression

Elevation

- Raising a part

Depression

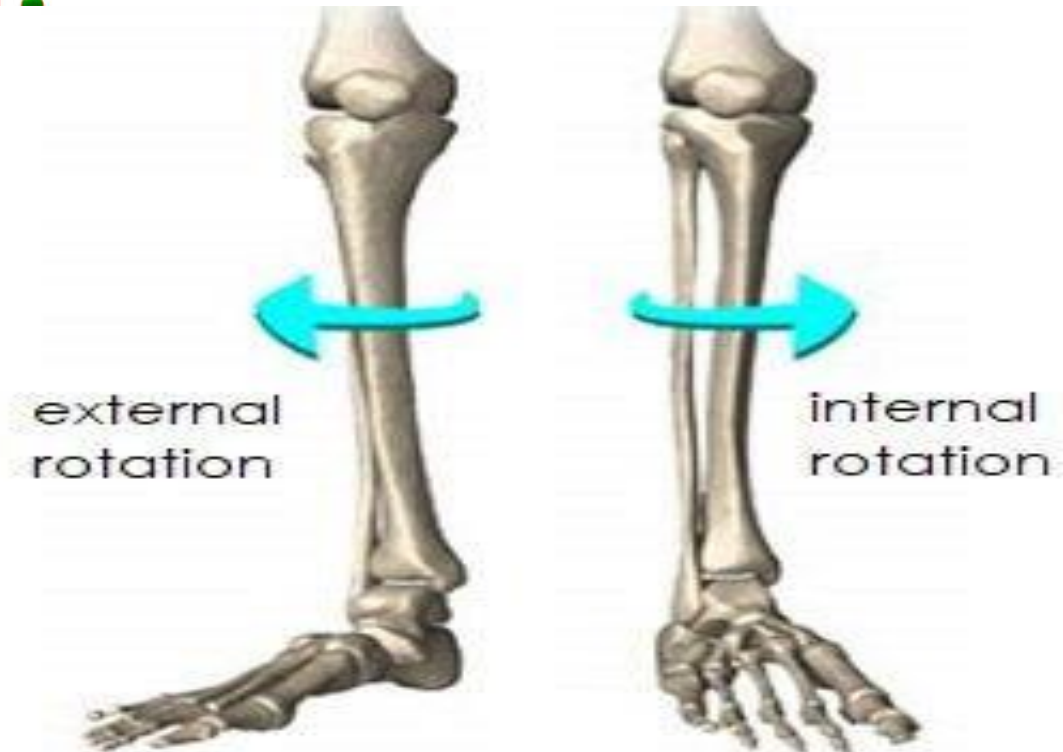
- Lowering a part



Rotation Turning on single axis

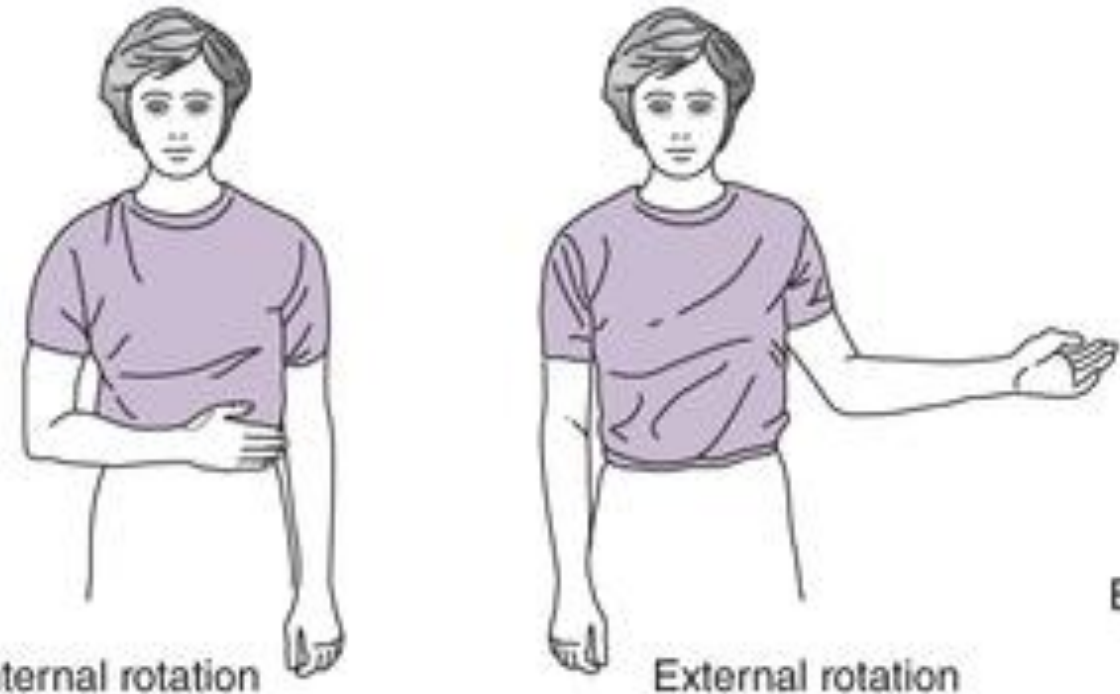
Internal (medial) rotation

- Rotation of the joint toward the midline.(anterior surface facing inside or medially)



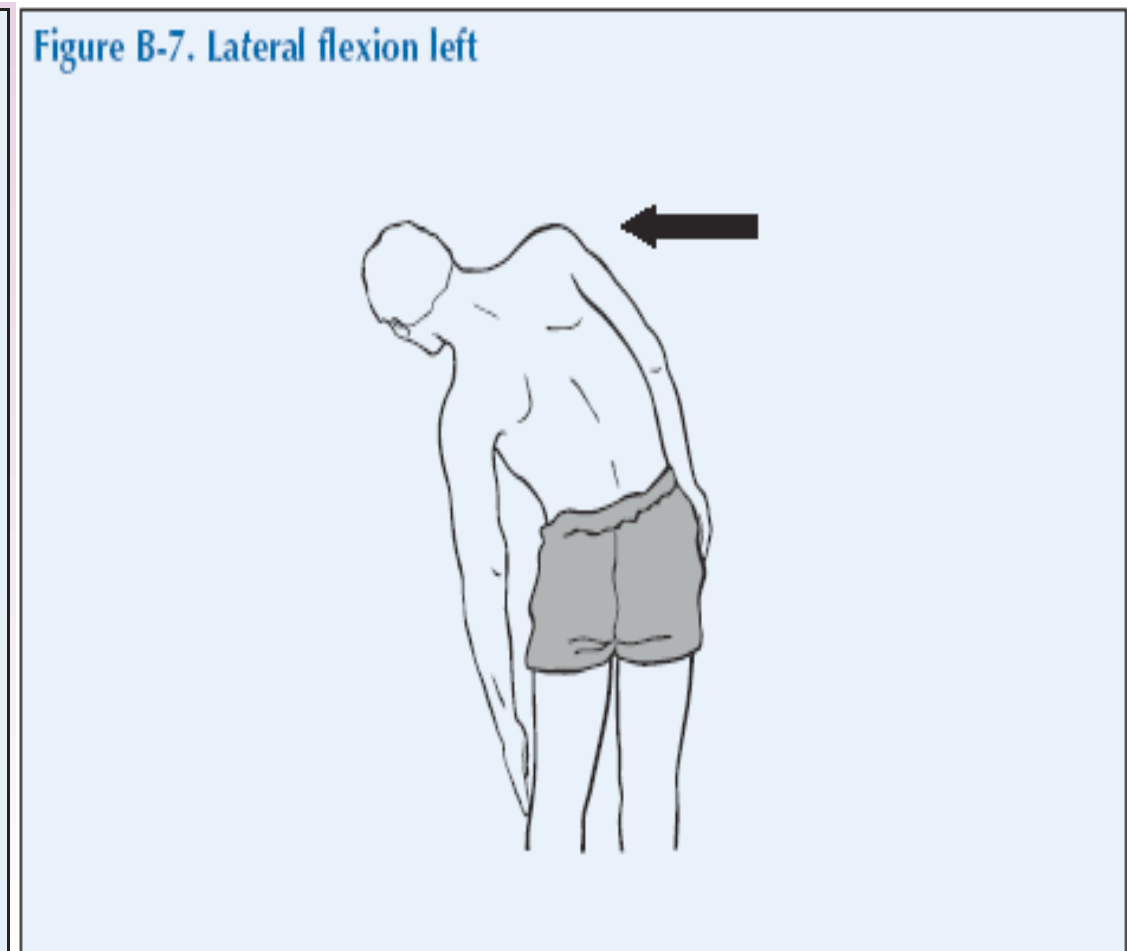
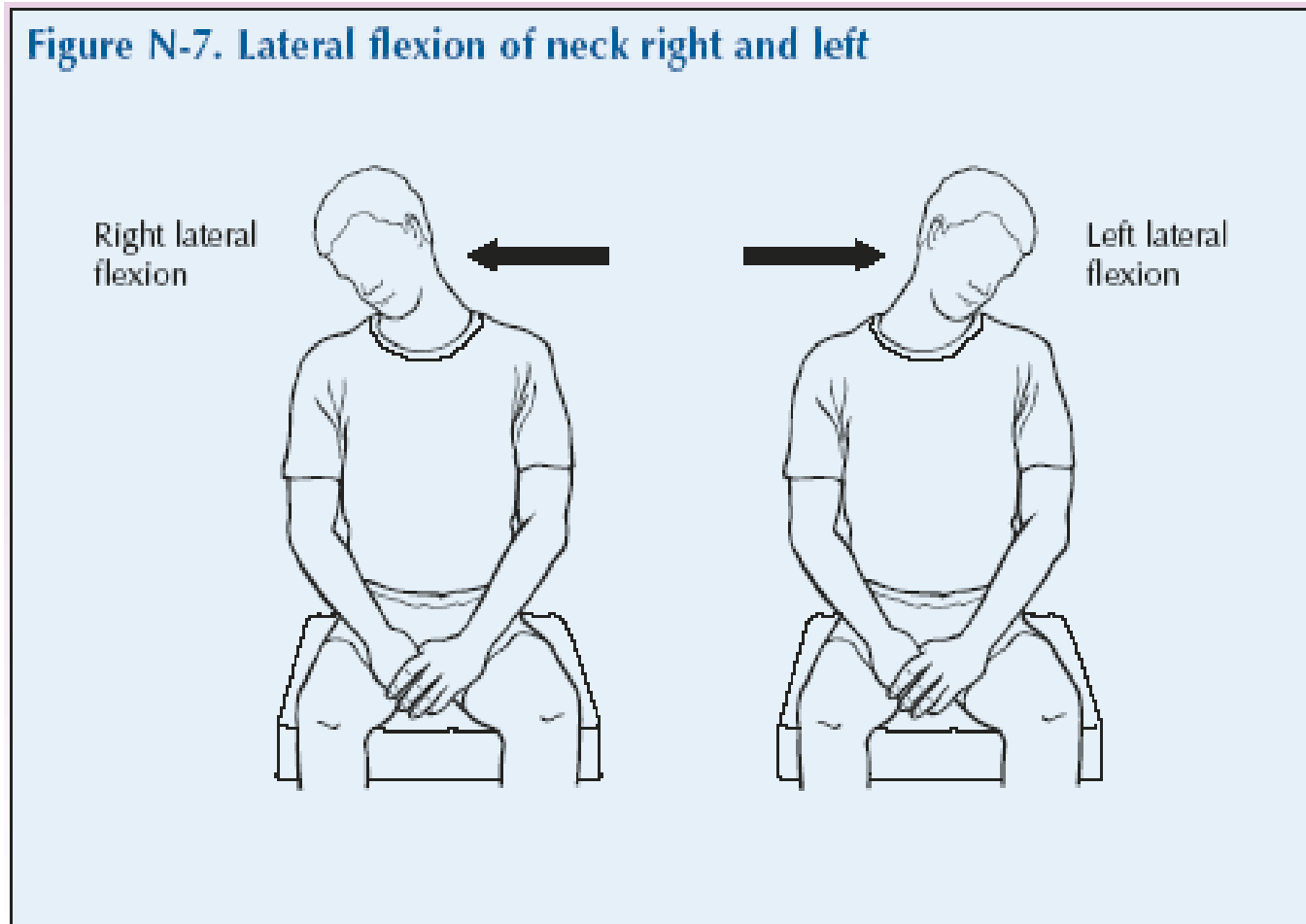
External(lateral) rotation

- Rotation of the joint away from the midline.(anterior surface facing out side laterally)



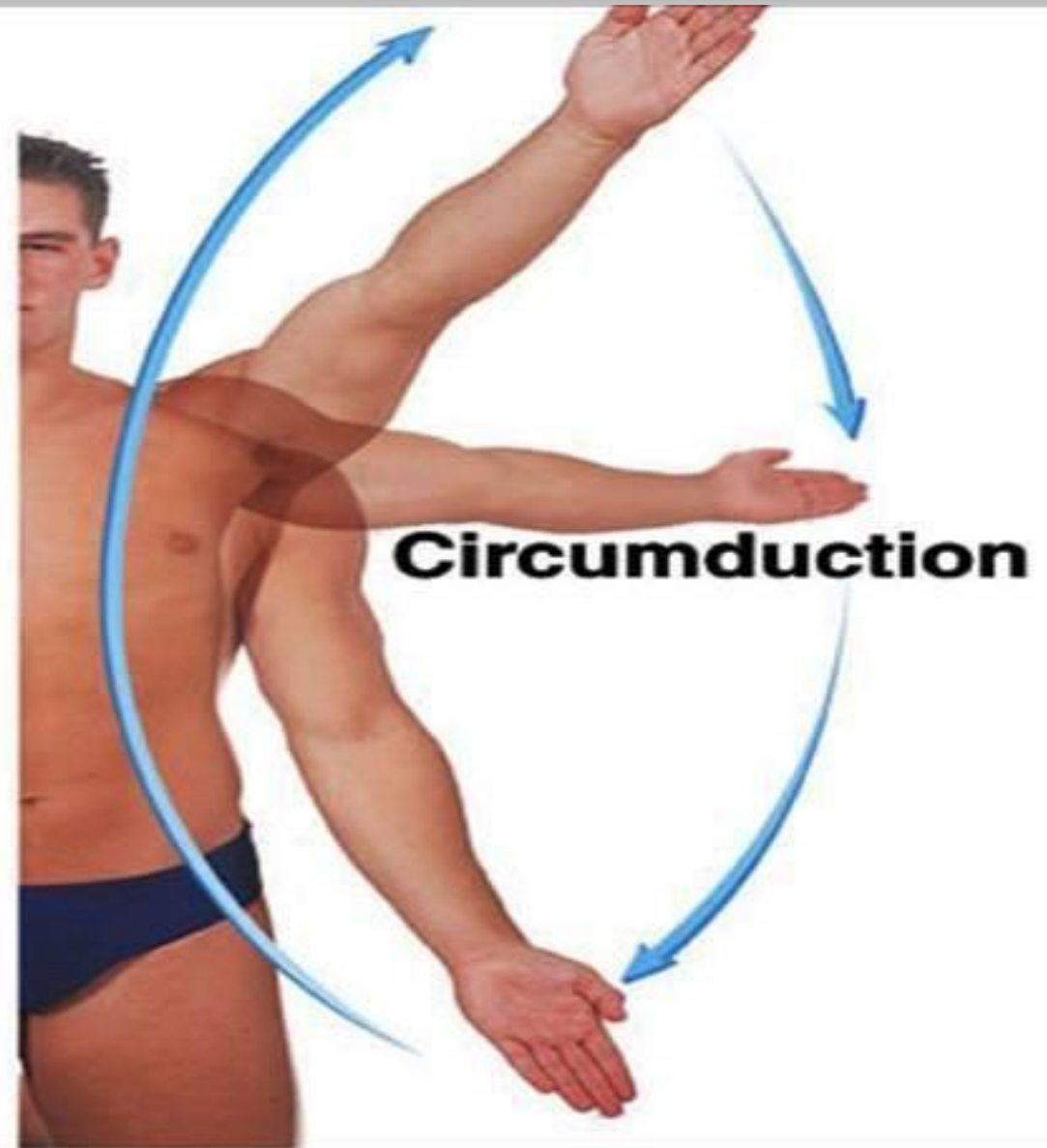
Lateral flexion

- Side-bending left or right



Circumduction

Movement involving flexion, abduction, extension and adduction, which occur in a sequence. e.g. shoulder joint



Plantar flexion And Dorsi flexion

Planter flexion: Flexion of foot. (movement toward the sole of foot)

**Dorsi flexion :Extension of the foot.
(movement of the foot toward the dorsum)**



Plantar flexion And Dorsi flexion



Opposition And Reposition

Opposition brings the tip of thumb and other fingers together.

Reposition is a movement that moves the thumb and the other fingers away from each other,



Movement of Pollex



Abduction

Adduction

Extension

Flexion

Opposition

Reposition

