

| Joint Actions               | Description   |
|-----------------------------|---|
| <b>Flexion</b>              | Refers to movement where the angle between two bones decreases  |
| <b>Extension</b>            | Refers to movement where the angle between two bones increases  |
| <b>Horizontal Flexion</b>   | Refers to movement where the angle between two bones decreases and on the horizontal plane.   |
| <b>Horizontal Extension</b> | Refers to movement where the angle between two bones increases and occurs on the horizontal plane.  |
| <b>Lateral Flexion</b>      | Refers to movement of the spine laterally away from the midline of the body. This can be seen when we bend to one side. Refers to movement of the spine laterally away from the midline of the body. Lateral extension refers to the increased angle at the spine. This can be seen when we bend to one side. |
| <b>Abduction</b>            | Movement of a body segment away from the midline of the body.   |
| <b>Adduction</b>            | Movement of a body segment toward the midline of the body.  |
| <b>Circumduction</b>        | This is a movement where the joint is the pivot and the body segment moves in a combination of flexion, extension, adduction and abduction.   |
| <b>Protraction</b>          | This is forward movement of the scapula that results in 'hunching' of the shoulders.  |
| <b>Retraction</b>           | This is backward movement of the scapula as they pull together to 'square' the shoulders and push the chest out.  |
| <b>Elevation</b>            | Refers to the raising of the scapula to a more superior level (shrugging the shoulders).  |
| <b>Depression</b>           | Refers to the scapula moving to a more inferior position as they are pulled downwards.  |
| <b>Supination</b>           | Hand - movement so the palm of the hand faces upward or forward (anteriorly). Foot – combination of inversion, plantar flexion and adduction of the foot occurring at the same time.  |
| <b>Pronation</b>            | Hand – movement so the palm of the hand faces downward or backward (posteriorly). Foot – combination of eversion, dorsiflexion and abduction of the foot occurring at the same time.  |
| <b>Plantar Flexion</b>      | Moving the top of the foot away from the shin or 'pointing' the toes.   |
| <b>Dorsiflexion</b>         | Moving the top of the foot toward the shin or 'raising' the toes.   |
| <b>Eversion</b>             | The movement of the foot to bring the sole of the foot to face outward.   |
| <b>Inversion</b>            | The movement of the foot to bring the sole of the foot to face inward.  |
| <b>Rotation</b>             | Refers to a pivoting or 'twisting' movement. Rotation is broken down further into medial and lateral rotation.  |
| <b>Medial Rotation</b>      | The movement of a body segment where the front (anterior) of the segment rotates medially (inwards) towards the midline of the body.  |
| <b>Lateral Rotation</b>     | The movement of a body segment where the front (anterior) of the segment rotates laterally (outwards) away from the midline of the body.  |