**Anterior** in front or in the front part.

**Anteroinferior** in front and below.

**Anterolateral** in front and to the side, especially the outside.

**Anteromedial** in front and toward the inner side or midline.

**Anteroposterior** relating to both front and rear.

**Anterosuperior** in front and above.

**Caudal** below in relation to another structure, inferior.

**Cephalic** above in relation to another structure; higher, superior.

**Contralateral** pertaining or relating to the opposite side.

**Deep** beneath or below the surface; used to describe relative depth or location of muscles or tissue.

**Distal** situated away from the center or midline of the body, or away from the point of origin.

**Dorsal** relating to the back; posterior.

**Inferior** (infra) below in relation to another structure; caudal.

**Ipsilateral** on the same side.

**Lateral** on or to the side; outside, farther from the median or midsagittal plane.

**Medial** relating to the middle or center; nearer to the medial or midsagittal plane.

**Posterior** behind, in back, or in the rear.

**Posteroinferior** behind and below; in back and below.

**Posterolateral** behind and to one side, specifically to the outside.

**Posteromedial** behind and to the inner side.

**Posterosuperior** behind and at the upper part.

**Prone** the body lying face downward; stomach lying.

**Proximal** nearest the trunk or the point of origin.

**Superficial** near the surface; used to describe relative depth or location of muscles or tissue.

**Superior** (supra) above in relation to another structure; higher, cephalic.

**Supine** lying on the back; face upward position of the body.

**Ventral** relating to the belly or abdomen.

**Volar** relating to plam of the hand or sole of the foot.

**Abduction** - Lateral movement away from midline of trunk in lateral plane raising arms or legs to side horizontally

**Adduction** - Movement medially toward midline of trunk in lateral plane lowering arm to side or thigh back to anatomical position

**Flexion** – Bending movement that results in a of angle in joint by bringing bones together, usually in sagittal plane elbow joint when hand is drawn to shoulder

**Extension** – Straightening movement that results in an \_ of angle in joint by moving

bones apart, usually in sagittal plane elbow joint when hand moves away from shoulder

**Circumduction** - Circular movement of a limb that delineates an arc or describes a cone combination of flexion, extension, abduction, & adduction when shoulder joint & hip joint move in a circular fashion around a fixed point also referred to as circumflexion

**Diagonal Abduction** - Movement by a limb through a diagonal

plane away from midline of body

**Diagonal Adduction** -Movement by a limb through a diagonal

plane toward & across midline of body

**External Rortation** - Rotary movement around longitudinal axis of a bone away from midline of body Occurs in transverse plane a.k.a. rotation laterally, outward rotation, & lateral rotation

**Internal Rotation** - Rotary movement around longitudinal axis of a bone toward midline of body Occurs in transverse plane a.k.a. rotation medially, inward rotation, & medial rotation

**ANKLE & FOOT**

**Eversion** – Turning sole of foot outward or laterally standing with weight on inner edge of foot

**Inversion** – Turning sole of foot inward or medially standing with weight on outer edge of foot

**Dorsal Flexion** – Flexion movement of ankle that results in top of foot moving toward anterior tibia bone

**Plantar flexion** – Extension movement of ankle that results in foot moving away from body

**Pronation** – A combination of ankle dorsiflexion, subtalar eversion, and forefoot abduction (toe-out)

**Supination** – A combination of ankle plantar flexion, subtalar inversion, and forefoot adduction (toe-in)

**RADIOULNAR JOINT**

**Pronation** - Internally rotating radius where it lies diagonally across ulna, resulting in palm down position of forearm

**Supination** – Externally rotating radius where it lies parallel to ulna, resulting in palm-up position of forearm

**SHOULDER GIRDLE** –

**Depression** – Inferior movement of shoulder girdle returning to normal position from a shoulder shrug

**Elevation** – Superior movement of shoulder girdle shrugging the shoulders

**Protraction** – Forward movement of shoulder girdle away from spine, Abduction of the scapula

**Retraction** – Backward movement of shoulder girdle toward spine, Adduction of the scapula

**Rotation Downward** – Rotary movement of scapula with inferior angle of scapula moving medially & downward

**Rotation Upward** – Rotary movement of scapula with inferior angle of scapula moving laterally & upward

**Horizontal Abduction** – Movement of humerus in horizontal plane away from midline of body also known as horizontal extension or transverse abduction

**Horizontal Adduction** – Movement of humerus in horizontal plane toward midline of body also known as horizontal flexion or transverse adduction

**SPINE**

**Lateral Flexion** – Movement of head and / or trunk laterally away from midline, Abduction of spine

**Reduction** - Return of spinal column to anatomic position from lateral flexion, Adduction of spine

**WRIST & HAND**

**Palmar flexion** – Flexion movement of wrist with volar or anterior side of hand moving toward anterior side of forearm

**Dorsal flexion** – Extension movement of wrist in the sagittal plane with dorsal or posterior side of hand moving toward posterior side of forearm

**Radial deviation** – Abduction movement at wrist of thumb side of hand toward forearm

**Ulnar deviation** – Adduction movement at wrist of little finger side of hand toward

forearm

**Opposition of the thumb** – Diagonal movement of thumb across palmar surface of hand to make contact with the hand and/or fingers

**Reposition of the thumb** – Diagonal movement of the thumb as it returns to the anatomical position from opposition with the hand and/or fingers