



ABDUCTION



ADDUCTION



FLEXION



EXTENSION



FORWARD ROTATION



BACKWARD ROTATION



DEPRESSION



ELEVATION

TYPES OF BODY MOVEMENTS



FLEXION



EXTENSION



PLANTAR FLEXION



DORSI FLEXION



EVERSION



INVERSION



EXTENSION



FLEXION



ABDUCTION



ADDUCTION



FLEXION



LATERAL FLEXION



EXTENSION



ROTATION



EXTERNAL ROTATION



INTERNAL ROTATION

Understanding Movement

Minjie Lin



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