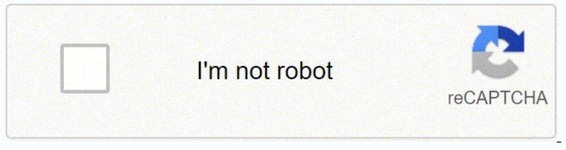

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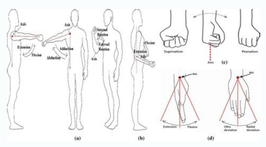
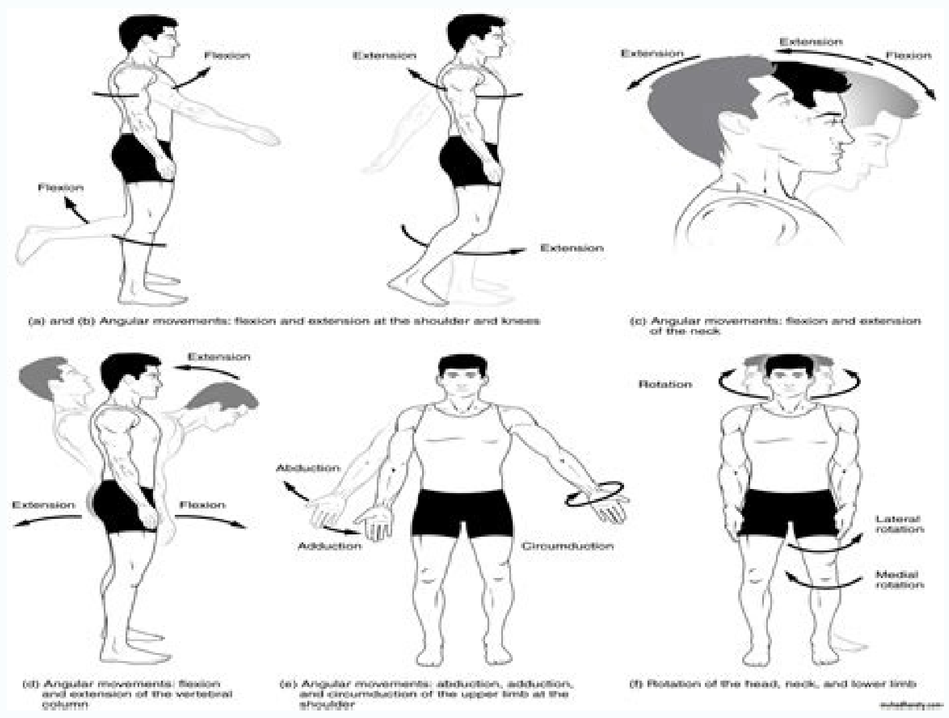
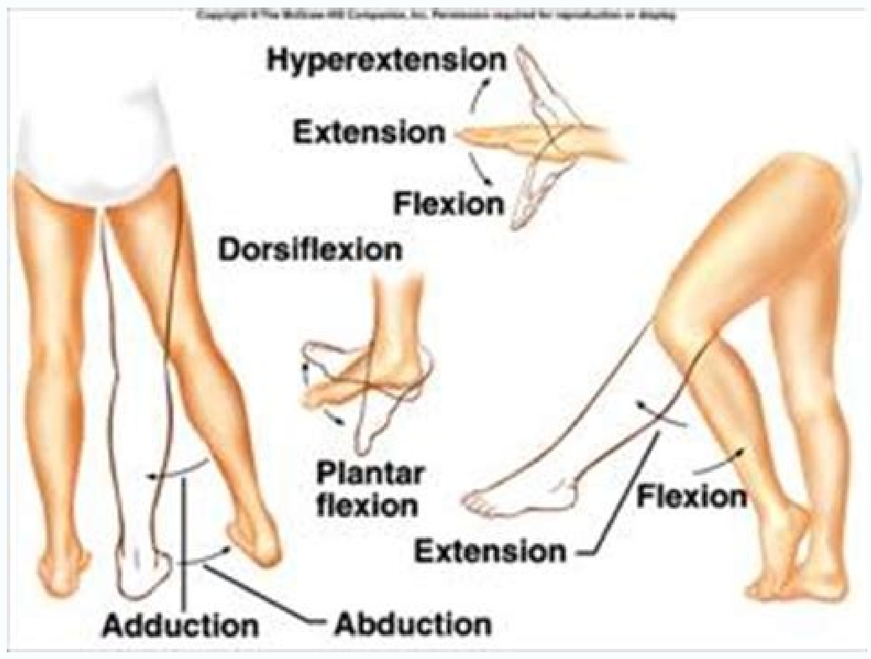
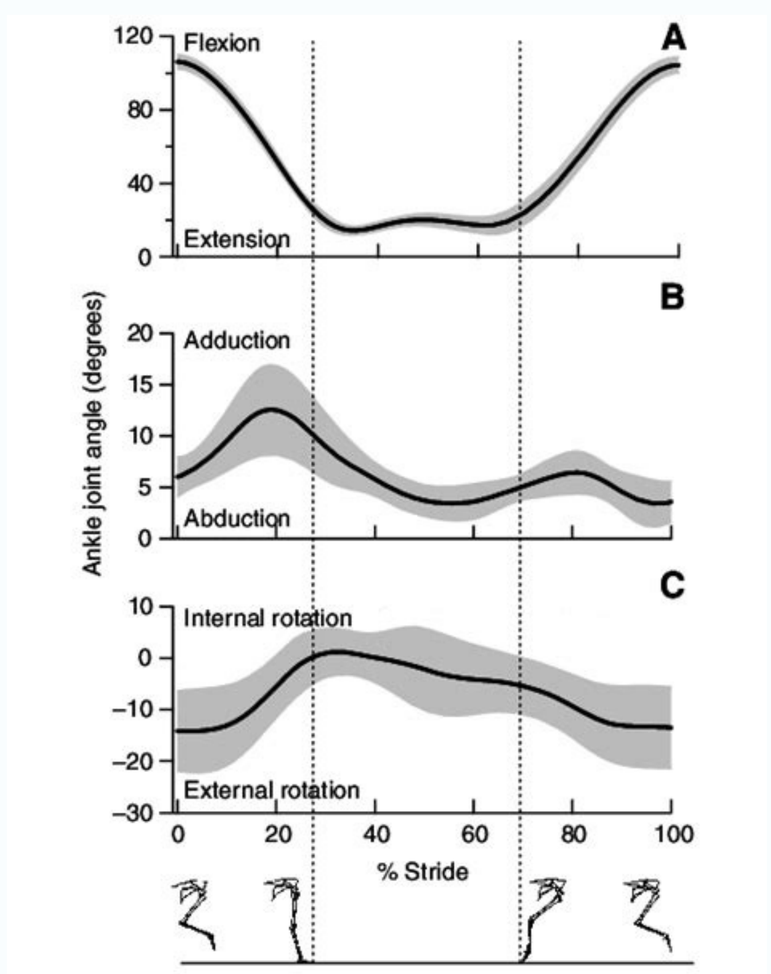
Flexion extension abduction adduction worksheet









What is abduction adduction flexion and extension. Explain flexion extension abduction and adduction. Flexion extension abduction adduction definition. Types of movements flexion extension abduction adduction.

(a) - (b) Flexion and extension movements are in the plane of sagittal movement (anterior '' '' '' anterior). In the lower limb, bring the thigh forward and up is the flexion in the hip joint, while any posterior movement of the thigh is the extension. Note that the thigh extension of the anatomial position (in pã ©) is very limited by the ligaments that support hip articulation. Superior rotation also used without a section of brain when carrying a heavy load with the mother or shoulder. The degree and type of movement that can be produced in a synovial articulation is determined by its structural type. Be sure to distinguish the medial and lateral rotation, which may only occur in the multi - arrangements of the shoulder and hip, the circumcance, which may occur in the biaxial or multiaxial joints. Circumnification is the movement of the limb, mother or fingers in a circular pattern, using the combination of flexion movements, adduction, extension and abduction £ o. Abduction and adduction movements occur within the coronal plane and involve medial-lateral movements of the limbs, fingers, fingers of the pages or thumb. (f) turn the head from side to side or the body's round is the rotation. This type of movement is found in the biaxial articulations of condilet and saddle and in the multiaxial balls of ball and sockets (see Figure 9.5.2]J.) Depress and high movements descendant and ascending of the scam or mandãbula. Which movements involve increasing or decreasing the ankle of the ankle? Inversion and Eversion are complex movements that involve the masses of flat articulations between the bones of the tarsus of the posterior pion (interior articulations) and therefore no movements that occur in the joint Ankle of the ankle. These movements involve the scapula of a lower point of the scapular column and are produced by combination of moms of moms that in the script. The RotaÃ§Â £ o upper and lower sÂ £ o movements in the scan and £ o sÂ £ o by the direction of the movement of the Gleenid cavity. The lateral flexion is the flexion of the neck or body in the right or left side. The medial and lateral rotation of the upper limb on the shoulder or lower limb in the hip involves rotating the anterior superior to the limb in the direction of the body (medial or internal rotation). or away from the Mother Line (lateral or external rotation). For the spine, flexion (previous flexion) is an previous flexion (forward) of the neck or body, while the extension involves a posterior directed movement, such as straightening of a position Flexed or inclinable for the transactions. . Mother. The adduction moves the thumb back to the anatomial position, next to the index finger. Each of the different structural types of synovial joints also allows specific movements. Rotation can also occur in the ball and socket joints of the shoulder and hip. Supinaion and pronaion are the movements of the foreboding that pass between these two positions. At the end of this section, you may: define and identify the different body movements demonstrate the different types of body movements identify the joints that allow these movements the synovial joints allow the body a tremendous range of movement. The multi-art articulation of the ball and socket allows extent-extent, adduction and circumcass. There are many types of movement that can occur in synovial joints (Table 9.1). This movement is produced in the first carpometacarpal articulation, which is a saddle articulation formed between the trapted carpal bone and the first metacarpal bone. Supplies and pronation are moving the forearms. Circulation is the movement of a circular body registration, in which an end of the body's region is remains relatively stationary, while the other end A cent. These movements occur in the shoulder, hip, elbow, knee, pulse, metacarpophals, metatarsophalon and interfaults. To increase your weight support support for the bag, the elevating shoulders as the scam is superior. The sectional removes the member laterally from the body's mother line, while the adduction is the opposite movement that leads the limb towards the body or through the Mother's Line. These movements allow you to flex or extend your body or limbs, rotate medially and add the brain and flex the elbows to hold a heavy object against the chest, lift the argies above the head, rotate or shake the head and bend to touch the fingers of the pâ © s (with or without folding the knees). These movements are used to shrugging the shoulders. Flexion and extension are movements that occur within the sagittal plane and involve previous or posterior movements of the body or limbs. The articulations of biaxial condilet and saddle. Each movement in a synovial articulation results from the contraction or relaxation of the bones attached to the bones on both sides of the articulation. In addition, these also allow medial (internal) and lateral (external) rotation. These movements occur in the first carpometacarpal articulation. The gentle joints, as in the knee and elbow, allow only flexion and extension. This includes movements-posterior huts of the argue on the shoulder, the forearm in the elbow, the pulse and fingers in the metacarpophical and interphalary metacarpophical joints. . For example, in atlantoaxial articulation, the first cervical vebra (C1) cute (atlas) around the pits, the ascending projections of the second cervical vebra (C2) (axis). Spread the fingers or fingers of the pages also The fingers of the fingers or fingers of the pages together are adduction. They allow flexion and extension, and kidnapping and adduction. You can feel this rotation when you take a load, like a heavy book bag and carry it in just one shoulder. Similarly, the mandãbula high is the upward movement of the lower mandum used to close the mouth or bite something, and the depression is the descending movement that produces the opening of the mouth (see Figure 9.5 .2k). Articulation movements (Table 9.1) Articular Movement Type Example of pivhan uniaxial articulation; allows the atlantoaxial articulation (articulation articulation (articulation of vivarings C1 - C2); proximal articulation of the radiallnar articulation articulation uniaxial; Allows flexion/knee extension movements; elbow; ankle; interphalary articulations of the fingers and fingers of the constant biaxial articulation; Allows flexion/extension movements, abduction/adduction and movement movements of the metacarpophical (joint) fingertips; radiocarpal articulation of the pulse; Metatarsophallic articulation for biaxial articulation fingers; Allows flexion/extension,

abduction/adduction and circulation movements of the first carpometacarpal joint of the thumb; Articulation of the sternoclavicular articulation articulation multiaxial; Allows inversion and eversion of pã ©, or flexion, extension, and flexion side of the interlating joints of the spine; Articulation of superior joint processes to the ball and socket of the multiaxial board. Allows flexion/extension, abduction/adduction, circumcance and medial/lateral rotation movements in the shoulder and hip joints the variety of movements provided by Different types of synovial articulations allow a large range of body movements and offers tremendous mobility. It involves the combination of flexion, adduction, extension and abduction in an articulation. Lesions by common in hinges such as the knee or elbow. Abduction and adduction movements are seen in the condyli, saddle and socket and socket (see figure figure See Figure 9.5.1 When you go through this section. In the limbs, flexion decreases the bone between bones (flexion of the articulation), while the extension increases the oklet and straightening the joint. Likewise, kidnap and adduction on the wrist away from or to the mother's line of the body. The superior rotation of the scapula is therefore necessary for the total abduction of the upper limb. For example, the section is lifting the argument in the shoulder's articulation, away from the body, while the adduction drops the arm to the body side. Movement types are usually paired, with one opposing the other directly. Pá © has a greater amplitude of inversion than the movement of the eversion. Likewise, the articulation of the ankle folding allows only dorsiflexion and plantar flexion of the pion. In anathamic positions, the upper limb is kept by the body with the palm facing forward. In general, each type of synovial articulation is necessary to provide the body its great flexibility and mobility. The opposition is the movement of the thumb that brings the tip of the thumb in contact with the tip of a finger. These moves of the spine involve symphise for each intervertebral disc, as well as the synovial plane type formed between the lower joint processes of a vivar and the superior joint processes of the vain vain © Lower RTE. Similarly, the flat joints allow flexion, extension and lateral flexion movements of the spine. The movement that brings the anterior surface of the limb in direction of the body of the body is called the medial (internal) rotation. This intersection brings the radius and the ulna to an X -shaped position. This is the supine position of the forearm. Supplies is the opposite movement, in which the radius rotation returns the bones to its parallel positions and moves the palm of the previous turned (supined) position. Opposition from the by a flexion combination and abduction of the thumb in this articulation. In this position, the radius and ulna are parallel to each other. The articulations of the multiaxial plane provide only small movements, but they can add adjacent joints to produce body movement, such as inversion and eversion of the pã ©. In the case of "wiplash", where the head is suddenly moved to the Trown and then forward, a patient may experience hyperextempions and hyperflexion of the cervical registration. Flexion and extension movements are seen in the hinges of the dust, conditioning, saddle and socket of the limbs (see Figure 9.5.1a-D). Hyperextensions is the abnormal or excessive extension of an articulation of its normal range of motion, resulting in lesion. (C)-(D) The anterior flexion of the head or vertebral column is flexion, while any posterior motion is the extension. This movement is produced by the rotation of radius in the proximal articulation of radiallnar, accompanied by the movement of radius in the distal articulation of radioulnar. The adduction brings the member or the mother to or through the Mother Body Line, or add the fingers of the fingers. The side excursion drives the mandum from the mother line, in the right or left side. The medial excursion returns to the mandum. The lower rotation occurs during the member's adduction and involves the descending movement of the Gleenide cavity with the ascending movement of the medial end of the scapular spine. These are the dispositionable movements in the ankle joint (see Figure 9.5.2H). The adduction/abduction and circumcise occur in the articulations of the shoulder, hip, fist, metacarpofalion and metatarsophical metatarsophical. Figure 9.5.2 - Body movements, part 2: (g) The supinence of the foreboding rotates the motto for the position in front of the palm in which the radius and the healthy Parallel, while the pronation of the forear for transactions in which the It crosses the ulna to form a “x” Â ANT. When the Palm of the Mother is facing the long, the foreboding is in the pronounced position, and the radius and the ulna form a shape of X. The reservation is the opposite movement, with the scam being pulled later and medially, in the direction of the spine. For the upper limb, all previous movements are Flexion and all posterior movements are extensive. This is a very important movement that contributes to the upper limb section. To the thumb, the extension removes the thumb of the palm of the mother, within the same plane that the palm, while the flexion brings the thumb for the transimator finger or to the palm of the mandãbula depriveness opens its mouth, while the high -ending high . This is a uniaxial articulation and, therefore, the rotation is the allowed movement allowed in a pivhan articulation. to the side of the head, while the articulation Proximal radiallnar allows the radius rotation during pronation and supinaion of the anticipation. Figure 9.5.1 - Body movements, Part 1: The synovial joints of the body many ways to move. Move the limb or laterally of the body, or spread the fingers or fingers of the pâpos, it is sectioned. It helps to remember that supinaion is the movement you use when removing the soup with a spoon (see Figure 9.5.2g). The knee flexion is knee flexion to bring the posterior thigh direction, and the extension is knee straightening. (j) The protractions of the mandãbula pushes the chin forward and the reservation pulls the chin to the transfers. The articulation of proximal radioulnar is a pivhan articulation that allows the rotation of the radius. The combination of flexion, adduction, extension and abduction produces circumcisement. Returning the thumb to its anathamic position for the index finger is called repositioning (see Figure 9.5.2l). In a pivhan articulation, a bone turns to another bone. Sequion movement in the coronal plane that drives a member laterally from the body; Scattering the fingertips movement on the coronal plane that moves a member medially to or through the Mother Body Line; Gathering the fingers of the circular movement of the surrounding, thigh, thumb or finger that is produced by the flexion, section, extension and depression from (inferior) adduction of the movement of the scapula or the ankle movement of the ankle at the ankle this brings the top of the pion in the direction of the anterior leg. up (upper) movement of the papula or movement of the paste of the eversion involving the interior articulations of the pion in which the bottom of the pion is turned laterally, far from the extension movement of the Mother Line The sagittal plane that increases the exaggeration of an articulation (straightening the articulation); Movement involving posterior flexion of the spine or returning vertical position from a flexion flexion movement in the sagittal plane that decreases the articulation. (doubles the articulation); Movement involving anterior flexion of excessive extension of the articulation of the hyperextensions of the vertebral column, in addition to the normal range of movement of excessive flexion of the articulation, In addition to the normal range of lower rotation motion of the scam during the adduction of the upper limbs, in which the glenhãid cavity of the scapula moves in the direction descending ã As the medial end of the scapular column moves in a direction upwards in the movement of the Pá © reversal, surrounding the interior articulations of the pion where the bottom of the pion Lateral side movement of the line Movement on the side of the side of the side of the mandible side far away Mother Line, in direction the right or left side flexion, folding the neck or body towards the or the lateral (external) rotation movement on the left side of the argue in the shoulder or thigh in the hip articulation that moves the anterior superphyte of the limb away from the line Mother of the medial excursion of the body, which returns to the mandum to the medial rotation movement of the Mother (internal) line of the brain in the articulation of the shoulder or thigh in the joint Hip hip that brings the anterior surface of the member in the direction of the Movement of the Thumb of the Opposition of the Body that brings the tip of the thumb in contact with the tip of a movement of the flexion of the fingertips at the ankle in which the heel is removed from the pronounced position of the soil, in the position of the forearm, in which the palm tree returned to pronaion £ The for the transactions of the forearm that moves the palm of the palm to the front to the palm to the transactions of the previous movement of the scam movement or replacement. £ o mandãbula movement of the thumb of the opposition back The anatomial position (next to the index finger) posterior retraction of the movement of the scam or movement of the mandãbula of a bone around a central axis (articulation £ o Atlantoaxial) or around its long axis (proximal radioulnar joint; shoulder or hip articulation); Tour of the spine resulting from the sum of small movements between the superior rotation movement of the adjacent scams of the scapula during the upper limb section, in which the gum cavity of the scapula moves in A direction upwards as the medial end of the scapular spine moves at a downward direction positioned position position of the forearm in which the palm previously failed (position Anathamic) of supinaion in the forearm that moves the palm of the palm to the palm tree to the position to the front of the rotation of the neck or body is the movement of the torment produced by the summation of the small rotational movements displayed between vivaries Watch this video to learn about anatial movements. This joint allows the radius to rotate over its During the pronation movements and supinaion of the forearm. These are important movements that help stabilize the pion when walking or running in an irregular surface and helping in the rapids side by side in the direction used during active sports such as basketball, racketball or football (See Figure 9.5.2i). (E) abduction and adduction are moves of the members, moms, fingers or fingers of the pages in the plane of coronal movement (medial '(medial'. On the other hand, the member's rotation, so that the anterior surface moves away from the Mother's Line is the lateral (external) rotation (see Figure 9.5.1F). Here, the ãºMero and Fanmur revolve around its long axis, which moves the anterior superphyte of the brain or the thigh, in or outside the Mother Body Dia. Inversion is the turnover of the pion to the bottom of the downtime in the way, while the eversion returns to the bottom of the Mother Line. Without the upper rotation of the scam, the largest tub of the ÃºMero reached the science of the scam, thus preventing any section of the argue above shoulder height. Due to light bend of the radius axis, this rotation causes the distal end of the radius to cross the distal ulna in the radioulnar distal articulation. The excursion is the movement side by side of the mandum. While the articulation of the ball and socket provides the highest range of motion in an individual articulation, in other regions of the body, several joints can work together to produce a specific movement. For the thumb, the section is the previous movement that leads the thumb to a perpendicular position of 90, pointing straight out of the palm. The protractions of the scam occurs when the shoulder is moved forward, as it pushes against something or throwing a ball. The ascending movement of the scam and the shoulder is the elevation, while a descending movement is depressing. Protractions and return to the moves of the papula Similarly, hyperflexion is excessive flexion in an articulation. Pronainment is the movement that moves the anticipated (anathamic) position for pronatured position (for the palm). During the upper rotation, the Gleenide Cavity moves upwards that the medial end of the scapular spine moves down. This allows the head to rotate from side to side as when the "no" head was shaking. For the mandãbula, the protractions occurs when the lower mandum is pushed forward, to push the chin, while the retraction pulls the inferior mandum to water. Raise the front of the pion, so that the upper part of the pion moves in the previous leg, the dorsiflexion, while raising the heel of the pia of the chã £ o or pointing the fingers of the bread © s down is the flexion planting. Body movements are always described in relation to the anatomial position of the body: vertical posture, with upper limbs next to the body and palms of the moms facing forward. The ball and socket joints are the highest range of movement of all synovial joints. The rotation can occur within the spine, in a pivhan articulation or in a ball joint and socket. The dorsiflexion and the flexion plantar are movements in the ankle articulation, which is an articulation of the folding. articulation.

2022-4-18 · How well do you know the anatomical terminology? Play our well-researched anatomical terminology quiz particularly designed to help test your knowledge of anatomical terminology, directional terminology, movement of joints, etc. This quiz consists of various ultimate questions on the topic, so take it and answer as much right as you can. The quiz will increase ... Academia.edu is a platform for academics to share research papers. Flexion: Extension. For the muscular balance between the front and back of the torso, the ratio should be less than 1.0 (ratio means dividing the two numbers). In this case, the ratio refers to the number of seconds held in each position or flexion time/extension time. Right-side bridge (RSB): Left-side bridge (LSB) Flexion and Extension. Flexion and extension are movements that take place within the sagittal plane and involve anterior or posterior movements of the body or limbs. For the vertebral column, flexion (anterior flexion) is an anterior (forward) bending of the neck or body, while extension involves a posterior-directed motion, such as straightening from a flexed position or bending ...

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