

Range of Motion

- ◉ **Abduction** – Movement away from the midline of the body
 - > Abductor muscles move a part away from the midline
- ◉ **Adduction** – movement toward the midline of the body
 - > Adductor muscles move a part toward the midline

Range of Motion

- ◉ **Flexion** – means decreasing the angle between two bones or bending a limb
 - > Flexor muscle bends a limb or joint
- ◉ **Extension** – means increasing the angle between two bones or straightening out a limb
 - > Extensor muscle straightens a limb at a joint

Range of Motion

- ◉ **Elevation** – is the act of raising or lifting a body part
 - > Levator muscle is a muscle that raises a body part
- ◉ **Depression** – is the act of lowering a body part
 - > Depressor muscle a muscle that lowers a body part

Range of Motion

- ◉ **Rotation** – is a circular movement around an axis
 - > Rotator muscle – turns a body part on its axis
 - > Rotator Cuff muscles that holds the head of the humerus securely in place as it rotates within the shoulder joint
- ◉ **Circumduction** – is the circular movement of a limb at the far end

Range of Motion

- ◉ **Supination** – is the act of rotating the arm or the leg so that the palm of the hand and sole of the feet is turned forward or upward
- ◉ **Pronation** – is the act of rotating the arm or leg so that the palm of the hand or sole of the foot is turned downward or backward

Range of Motion

- ◉ **Dorsiflexion** – bends the foot upward at the ankle
 - > Brings your toes towards your shin
- ◉ **Plantar Flexion** – bends the foot downward at the ankle
 - > Pointing your toes

Example Videos

- ◉ <https://www.youtube.com/watch?v=5YcNAPzDxDg&list=WL&index=3>
- ◉ https://www.youtube.com/watch?v=13_Nq4QgALs&index=4&list=WL