**Movement Terminology**

|  |  |
| --- | --- |
| Movement | Definition |
| Flexion |  |
| Extension |  |
| Abduction |  |
| Plantarflexion |  |
| Rotation |  |
| Eversion |  |
| Circumduction |  |
| Dorsiflexion |  |
| Adduction |  |
| Inversion |  |

**Movement**

Work out which of the movement types are possible at each of the joints.

You may well have to stand up and physically move each joint to identify

whether that joint is capable of producing that type of movement.

Complete the table below by naming the type of joint (e.g. ball and socket, hinge) and then ticking the movement types that are possible.

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Joint | Joint type | Flexion | Extension | Abduction | Adduction | Rotation | Planartflexion | Circumducation | Inversion |
| Knee |  |  |  |  |  |  |  |  |  |
| Elbow |  |  |  |  |  |  |  |  |  |
| Hip |  |  |  |  |  |  |  |  |  |
| Shoulder |  |  |  |  |  |  |  |  |  |
| Wrist |  |  |  |  |  |  |  |  |  |
| Spine |  |  |  |  |  |  |  |  |  |
| Ankle |  |  |  |  |  |  |  |  |  |

**Movement at Joints**

Complete the table by ticking the boxes

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Hinge | Ball and socket | Pivot | Condyloid | Saddle | Gliding |
| **Flexion** |  |  |  |  |  |  |
| **Extension** |  |  |  |  |  |  |
| **Abduction** |  |  |  |  |  |  |
| **Adduction** |  |  |  |  |  |  |
| **Rotation** |  |  |  |  |  |  |
| **Circumduction** |  |  |  |  |  |  |

**For each type of movement give a sporting example**

|  |  |
| --- | --- |
| Movement | Sporting Example |
| Extension of knee |  |
| Flexion of the hip |  |
| Pronation |  |
| Abduction of the arm/s |  |
| Plantarflexion |  |
| Circumduction |  |
| Supination |  |
| Extension of elbow |  |