

Medical Terminology

Types of Joint Movements

Name _____ Period _____

1. Move your arm as if you are winding up to pitch a ball. The movement is called _____.
2. Stand in anatomical position (palms forward). Turn your palms backward. This action is called _____.
3. Move your fingers from "fingers together" to fingers apart" position. This action is _____ of the fingers.
4. Raise your shoulders, as if to shrug them. This movement is called _____ of the shoulders.
5. Stand on your toes. This action at the ankle joint is called _____.
6. Grasp a ball in your hand. Your fingers are performing the type of movement called _____.
7. Stick your tongue out. This is called _____.
8. Bring your tongue back in. This is called _____.
9. Turn the palms of your hand downward. This is called _____.
10. Stand up with your arms raised out to the sides. What is this movement called? _____ Bring your arms back in to your body. What is this movement called? _____
11. Turn the sole of your foot inward. What is this called? _____
12. Turn the sole of your foot outward. What is this called? _____
13. Make a biceps muscle by bring your lower arm up towards you upper arm. What is this movement called? _____. Now straighten your arm. What is this called? _____.
14. Put your arms straight out in front of you. Lower them. What is this called? _____
15. Sit with your feet comfortably in front of you. Move your toes toward your head so you will feel a nice stretch in your calf muscle. What movement is occurring at the ankle joint? _____
16. Twist your head from side to side, looking left and then right. What is this movement called? _____