
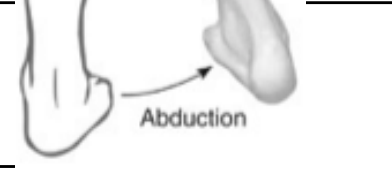

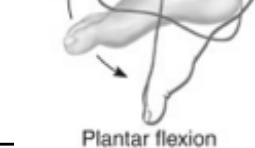



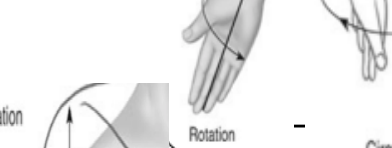


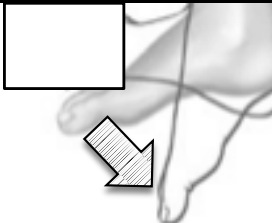
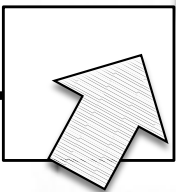
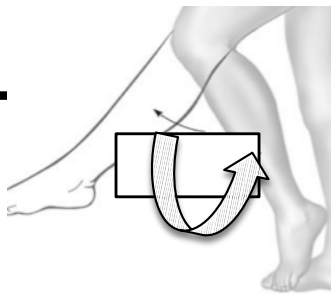


Movement Type	Form	Joint that allows this movement
<u>Adduction</u> Ex: _____		
<u>Abduction</u> Ex: _____		
<u>Dorsiflexion</u> Ex: _____		
<u>Planter flexion</u> Ex: _____		
<u>Hyperextension</u> Ex: _____		
<u>Extension</u> Ex: _____		
<u>Flexion</u> Ex: _____		
<u>Rotation Vs Circular</u> Ex: _____		
<u>Elevation vs Depression</u> Ex: _____		

What is the significance of the wide variety of movement demonstrated by hands?

Self Test – Movement Type

<p><u>Adduction</u></p>	<p>Movement Type: _____</p>	<p><u>Extension</u></p>	<p><u>Flexion</u></p>	<p>Movement Type: _____</p>
<p>Draw:</p> <p>Ex of joint that produces this movement: _____ _____</p>	<p>Draw: </p> <p>Ex of joint that produces this movement: _____ _____</p>	<p>Draw:</p> <p>Ex of joint that produces this movement: _____ _____</p>	<p>Draw:</p> <p>Ex of joint that produces this movement: _____ _____</p>	<p>Draw: </p> <p>Ex of joint that produces this movement: _____ _____</p>

<p><u>Planter flexion</u></p>	<p>Movement Type: _____</p>	<p>Movement Type: _____</p>	<p><u>Circular</u></p>
<p>Draw:</p> <p>Ex of joint that produces this movement: _____ _____</p>	<p>Draw: </p> <p>Ex of joint that produces this movement: _____ _____</p>	<p>Draw: </p> <p>Ex of joint that produces this movement: _____ _____</p>	<p>Draw:</p> <p>Ex of joint that produces this movement: _____ _____</p>