| Movement Type | Form | Joint that allows this movement TOC#6 |
|--|--------------------|--|
| Adduction Ex: | Adduction | |
| Abduction Ex: | Abduction | |
| Dorsiflexion Ex: | Dorsiflexion | |
| Planter flexion Ex: | Plantar flexion | |
| <u>Hyperextension</u> _{Ex:} | Hyperextension | What is the movem |
| Extension Ex: | Extension | the s wide lent c by h |
| Flexion Ex: | Flexion | significance e variety of demonstrate hands? |
| Rotation Vs Circular Ex: | Elevation Botation | cance of ty of strated |
| Elevation v _s Depression Ex: | Depression | on |

Self Test - Movement Type **Movement Type: Extension Movement Type: Flexion** Adduction Draw: Draw: Draw: Draw: Draw Ex of joint that produces this produces this produces this produces this produces this movement: movement: movement: movement: movement: **Movement Type: Movement Type:** Planter flexion Circular Draw: Draw Draw: Draw: Ex of joint that produces this movement: this movement: this movement: this movement: