

Movement	Description	Examples
Flexion	Decreasing the inner angle of the joint	Bending the elbow Dropping the chin to the chest Folding forward (flexion of spine)
Extension	Increasing the inner angle of the joint	Back bend Kicking leg back (hip extension)
Abduction	Moving away from the midline of the body	Lifting leg to the side Lifting arms up from sides into T position
Adduction	Moving towards the midline of the body	Crossing one leg in front of the other Crossing arm in front of torso or behind back
Lateral Flexion	Side bending (neck/torso)	Dropping ear towards shoulder Crescent Stretch (dropping one hand down same side of body)
Rotation	Rotating or pivoting around a long axis	Twisting along spinal column (seated twist) Turning palms up and down
Pronation	Rotating the forearm with the palm turning inward	Lifting arm then turning arm (like emptying a can of soda)
Supination	Rotating the forearm with the palm turning outward	Lifting arm then turning arm back (turning palms towards ceiling)
Eversion	Turning the foot laterally resulting in the sole moving outward	Standing with the weight on the inner edge of the foot
Protraction	Draw forward (shoulder)	Round shoulders forward “spreading” back
Retraction	Draw back (shoulders)	Squeezing shoulder blades together