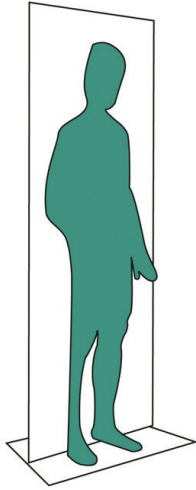
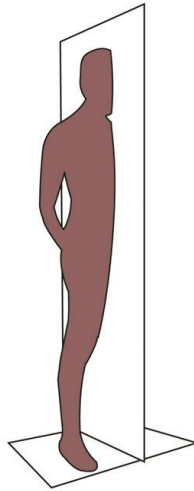


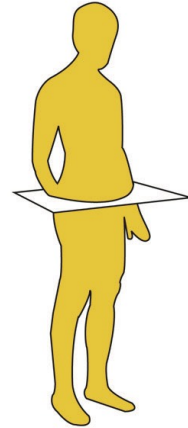
Anatomical planes of motion



Frontal plane (coronal)



Sagittal plane



Transverse plane

Shoulder movements



Flexion



Extension



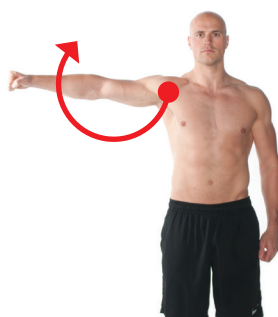
Internal rotation



External rotation



Adduction



Abduction



Horizontal extension



Horizontal flexion

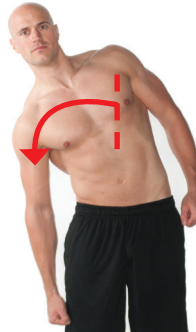
Spinal movements



Flexion



Extension



Lateral flexion



Rotation

Shoulder girdle movements



Elevation



Depression



Protraction



Retraction

Elbow movements



Flexion



Extension



Pronation



Supination

Hip movements



Extension



Flexion



Abduction



Adduction



External rotation



Internal rotation



Circumduction



Flexion

Knee movements

Ankle movements



Flexion



Extension



Eversion



Inversion



Dorsiflexion



Plantarflexion