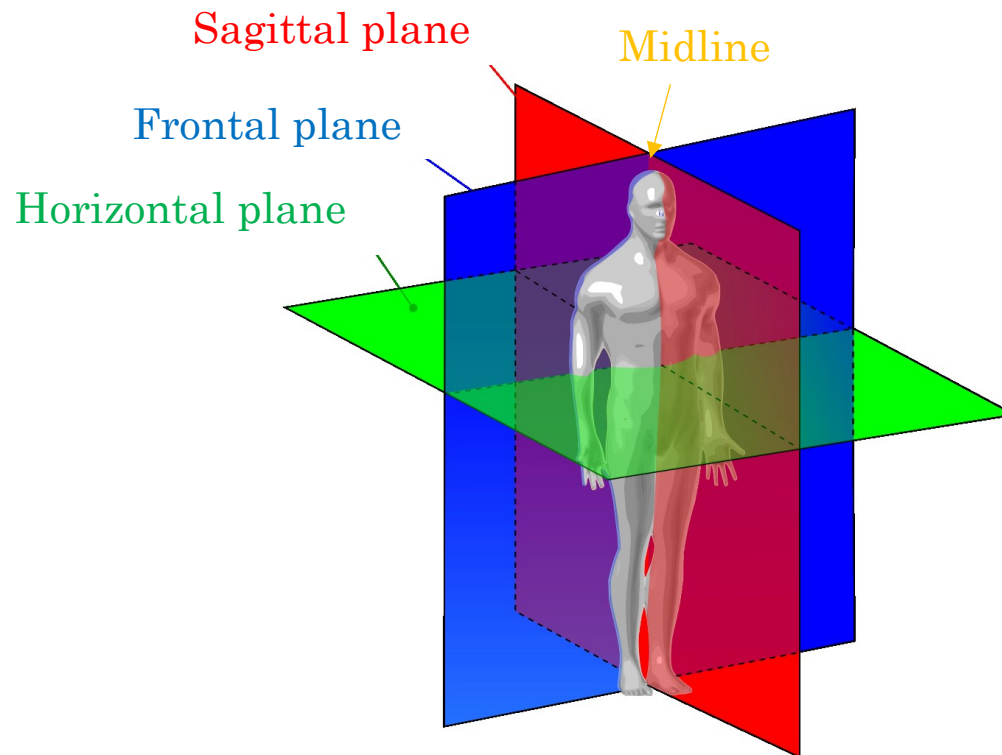


★Definition of body movement★

If you don't know some words, search on internet or look it up in the dictionary.

Body Planes



★Sagittal plane - Divides body into right and left.

The movements along with the sagittal plane are called flexion and extension.

flexion - move the limbs forward (ex. Move your leg forward.)

extension - move the limbs backward (ex. Move your leg backward.)

limbs = arms and legs

★Frontal plane - Divides body into front and back. (front = anterior, back = posterior)

The movements along with the frontal plane are called abduction and adduction.

abduction - move the limbs away from the midline.

adduction - move the limbs toward the midline.

1. Stand straight.
2. Lift your arm to shoulder height parallel to the floor. → **abduction movement**
3. Then lower your arms to the original position. → **adduction movement**

★ Horizontal plane - Divides body into upper half and lower half. (upper = superior, lower = inferior)

The movements along with the sagittal plane are called rotations.

Rotation ex. Turn your head from side to side.

internal rotation ex. Turn your feet inward.

external rotation ex. Turn your feet outward.