

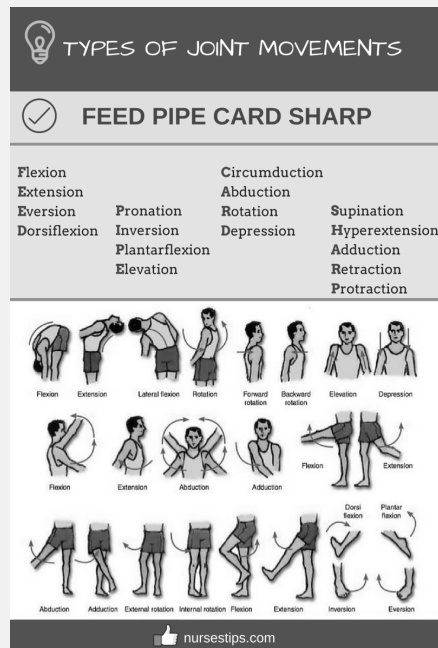
### Mnemonic: FEED PIPE CARD SHARP

|                |                |
|----------------|----------------|
| Flexion        | Circumduction  |
| Extension      | Abduction      |
| Eversion       | Rotation       |
| Dorsiflexion   | Depression     |
| Pronation      | Supination     |
| Inversion      | Hyperextension |
| Plantarflexion | Adduction      |
| Elevation      | Retraction     |
|                | Protraction    |

### Joint Actions and Movement

- 1. FLEXION AND EXTENSION** **Flexion\*** Decreasing the angle of the joint **Extension** – Increasing the angle of the joint Example: bending the knee or elbow Example: straightening the knee or elbow
- 2. ABDUCTION AND ADDUCTION** **Abduction:** Any movement of a body part away from the midline of the body Example: Lifting arms out to the side **Adduction** – any movement of a body part towards the midline of the body Example: Bringing arms back towards the body
- 3. CIRCUMDUCTION:** Movement at the end of the bone in a circular motion Generally will occur at the ends of the arms or legs (limbs) Example: Drawing a circle in the air with your fist (straight arm)
- 4. ROTATION:** Any movement of a body part around a central axis This can occur at the shoulder or hip (ball/socket joints) or the neck Example: Turning the head from side to side.
- 5. PRONATION AND SUPINATION** **Pronation:** Rotation of the hand so the thumb moves toward the body's midline **Supination** – rotation of the hand so the thumb moves away from the body's midline Example – palms facing down Example – palms facing up
- 6. INVERSION AND EVERSION** **Inversion:** Movement of the sole of the foot toward the body's midline **Eversion** – movement of the sole of the foot away from the body's midline Example: twisting the ankle in Example: twisting the ankle out
- 7. DORSI AND PLANTAR FLEXION** **Dorsi Flexion:** decreasing the angle of the joint between the foot and lower leg **Plantar Flexion** – increasing the angle of the joint between the foot and lower leg. Example: raising the toes upwards Example: pointing the toes to the ground
- 8. ELEVATION AND DEPRESSION** **Elevation** movement of the shoulders towards the head Example: shrugging shoulders **Depression** – movement of the shoulders away from the head Example: returning the shoulders to normal position (after shrugging)

### Joint Movements



Credit: <https://nursestips.com/types-of-joint-movements-feed-pipe-card-sharp/>