## Anatomical Planes

| Planes | Movement Exercise |
|---|---|
| Sagittal | up/down, forward/backward ME |
| Lateral | side to side ME |
| Transverse | Rotation ME, push up, bench press, flys |

## Directional Terms

| Term | Meaning | Example usage |
|---|---|---|
| Medial | toward the median | heart is medial to lungg |
| lateral | away from the median | eyes are lateral to the nose |
| Anterior | In front of or front | sternum anterior to the heart |
| Posterior | In behind of or behind | lung is posterior to the heart |
| Prone | lying facing down | chest on the floor |
| supine | lying facing up | back on the floor |
| superior | above | head is superior to body |
| inferior | below | hips inferior to the shoulder |

## Planes & Movement Terms

| Term | Meaning | Example Exercise/Movement |
|---|---|---|
| Flexion | decreasing joint angle | biceps curl |
| Extension | straighten a joint | elbow straighten |

## Planes & Movement Terms (cont)

| Abduction | away from the body | lateral raise |
|---|---|---|
| Adduction | towards the body | lateral raise |
| Elevation | raises vertically in frontal plane | shoulder shrug |
| Depression | lowering in same plane | shoulder shrug |
| Protraction | anterior move. in the transverse plane | chest contraction |
| Retraction | posterior move. in transverse plane | chest retraction |
| Circum-duction | one part is stationary other makes circular motion | arm circling |
| Rotation | bones spins in longitudinal axis | hip rotation/forehand-backhand stroke |
| Supination | forearm movement-palm is up | arm supine |
| Pronation | palm facing down | arm prone |

## Synovial Joints

-The most familiar type of joint.
-Most structurally complex type of joint.
Most likely to develop uncomfortable and crippling dysfunctions.

## Classifications of Synovial

| Classi-fication | Meaning | Example |
|---|---|---|
| Ball and Socket | multi axial joint | shoulder, hip |
| Condylar (ellip-soid) | biaxial joint | wrist and bases of fingers |
| Saddle Joint | saddle shaped-concave in 1 direction-bi-axial | thumb and sternocla-vicular joint (clavicle) |
| Plane (Gliding) | bone surfaces are flat-adjacent bones slide each other-biaxial | carpal, tarsal, vertebrae |
| Hinge | monoaxial-like door hinge | elbow, knee, fingers, toes |
| Pivot | monoaxial which joint spins on longit-udinal axis | atlantoaxial of first 2 vertebrae, radioulnar at the elbow |



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