

Preparation for Quiz 3: Movements of Synovial Joints

Instructions: Match the movement type in Table 1 with the description in Table 2

Table 1: Synovial Joint Movement Type
Flexion
Circumduction
Adduction
Rotation
Extension
Abduction
Eversion
Pronation
Plantar Flexion
Dorsiflexion
Supination
Inversion

Table 2: Description of Synovial Joint Movement
A movement that increases the angle of a joint and the distance between two bones or parts of the body
A movement, generally in the sagittal plane, that decreases the angle of the joint and reduces the distance between two bones
Movement of a limb away from the midline of the body
Movement of a limb toward the midline of the body
Movement of a bone around its longitudinal axis without lateral or medial displacement
A combination of flexion, extension, abduction, and adduction
Movement of the palm of the hand from an anterior or upward facing position to a posterior or downward-facing position.
Movement of the palm from a posterior position to an anterior position (the anatomical position)
A movement of the ankle joint that lifts the foot so that its superior surface approaches the shin
A movement that turns the sole of the foot medially
A movement that turns the sole of the foot laterally

A movement of the ankle joint that points foot downwards so that its superior surface moves away from the shin