

6.4 The Ankle

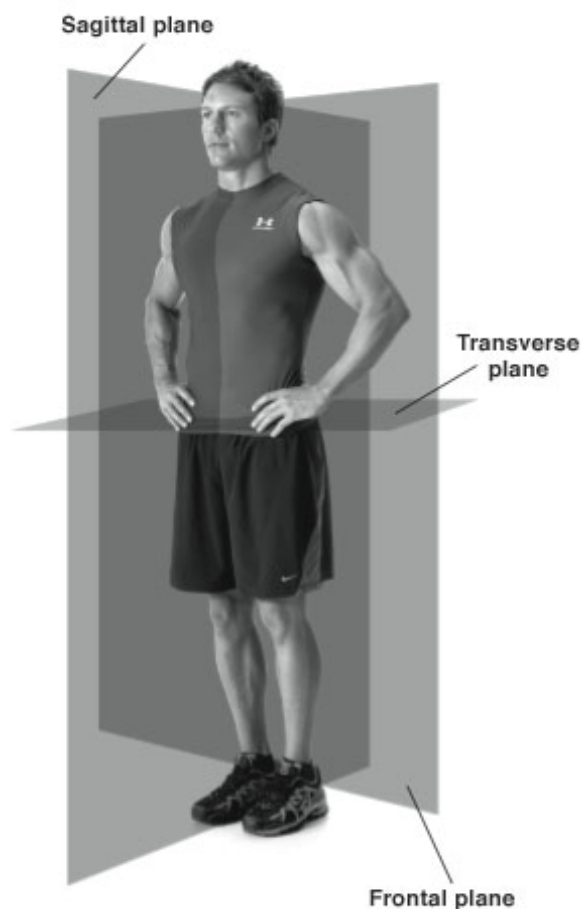
Body Movement Vocabulary

When fitness professionals refer to movement of the body, the pattern of movement is described from the anatomical position

This position can best be described as a standing posture, head looking forward, arms at the side and palms facing forward (supinated). The skeleton, in anatomical position, can then be divided into planes of movement that describe the pattern of movement occurring.

Body Divided into Planes

- 1) _____ plane (medial/lateral): Divides the body into right and left.
- 2) _____ plane (anterior/posterior): Divides the body into front and back.
- 3) _____ plane (horizontal): Divides the body into upper and lower regions.

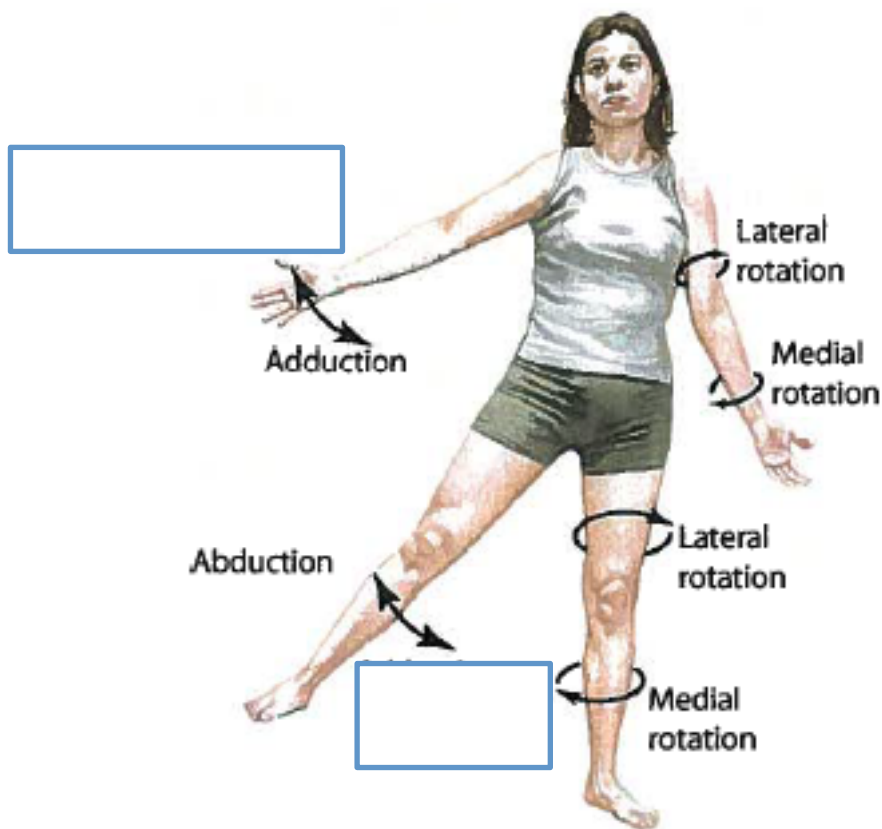


Body Movement Vocabulary

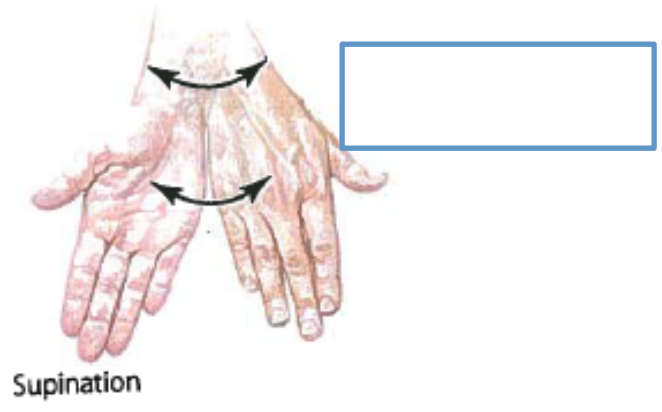
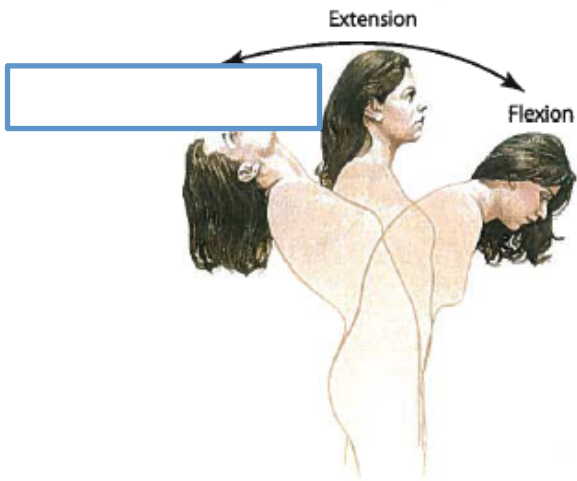
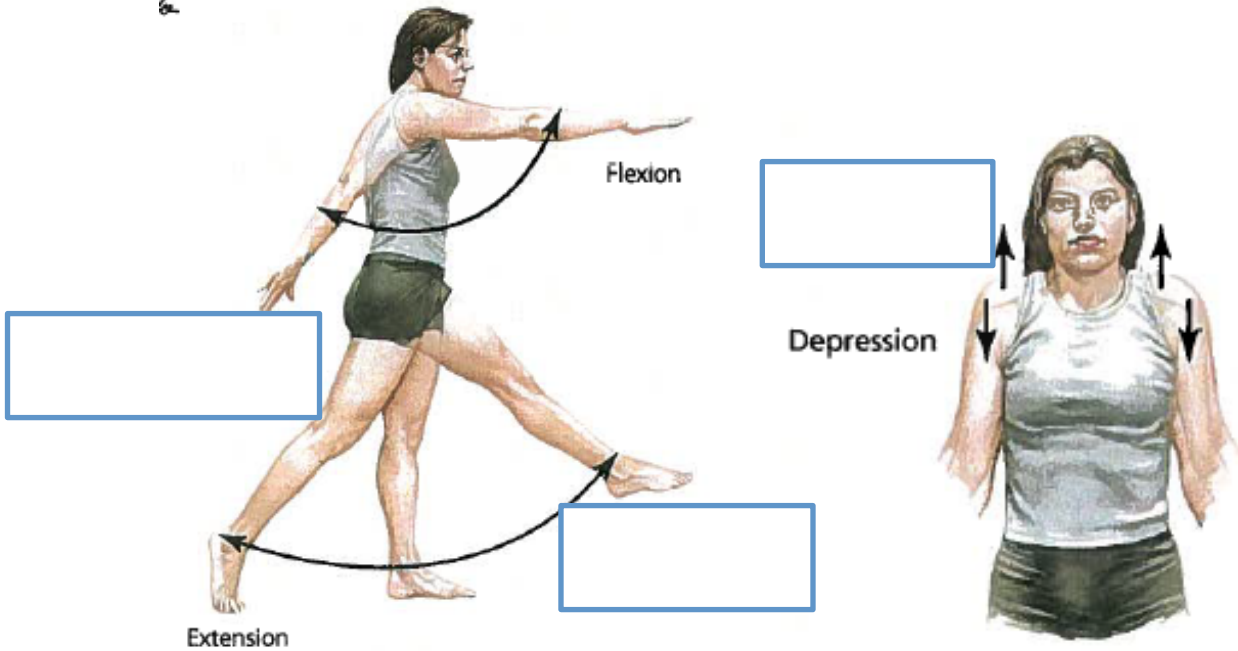
Movement	Description
1)	away from the body trunk
2)	towards the body trunk
3)	The front portion of the human body.
4)	The back portion of the human body.
5)	Towards the midline of the body.
6)	Towards the sides of the body.
7)	A body part above another body part.
8)	A body part below another body part.
9)	A decrease in the angle between two bones.
10)	An increase in the angle between two bones.

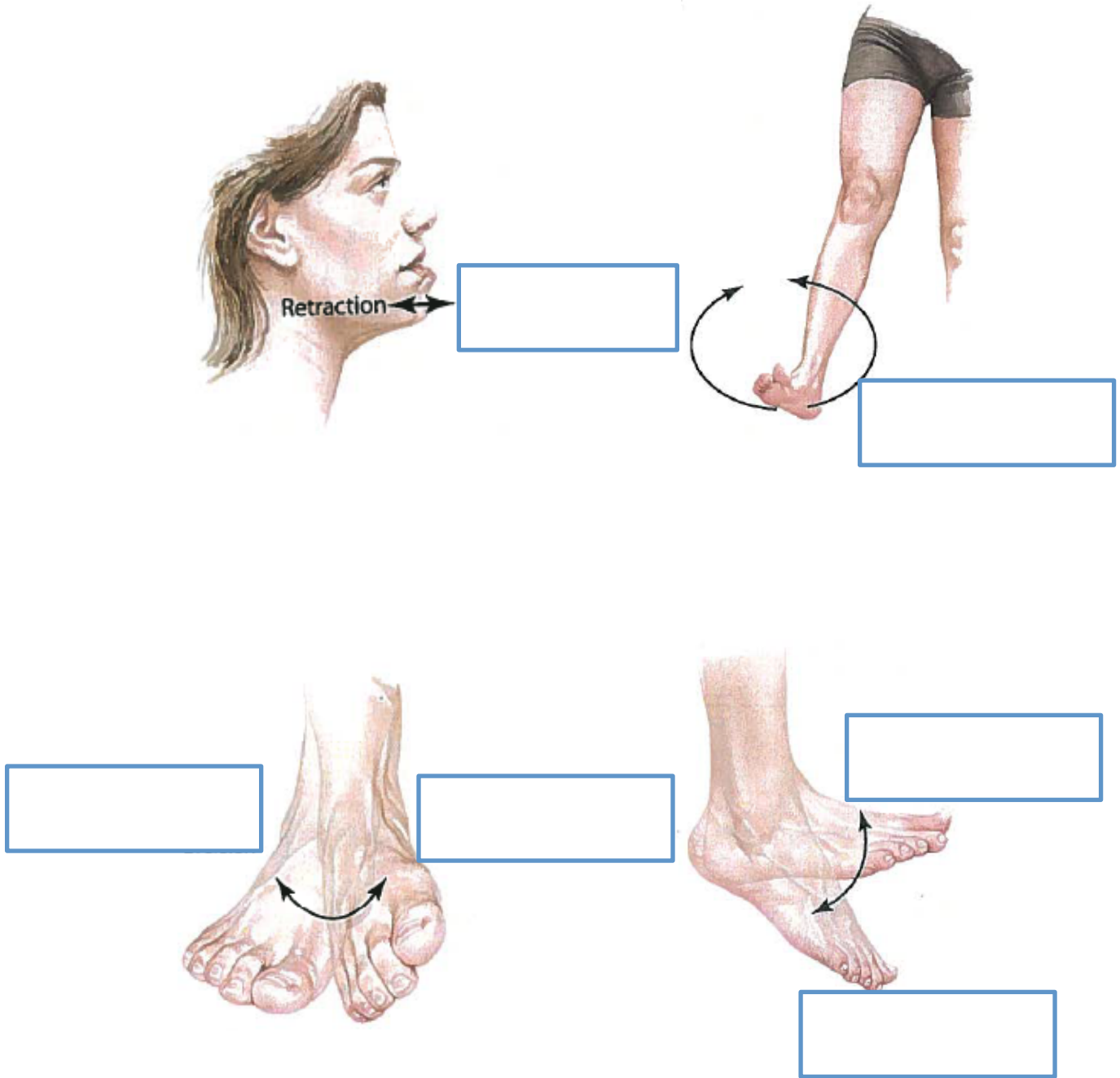
11)	Movement of a limb or body segment away from the midline of the body.
12)	Movement of a limb or body segment toward the midline of the body.
13)	Movement of a bone around its own long axis.
14)	The distal end of a segment moving in a circular fashion.
15)	Upward movement of a body part (usually applies to the Scapula).
16)	Downward movement of a body part (usually applies to the scapula).
17)	Turning in of the soles of the feet so that they face each other.
18)	Turning out of the soles so that they face away from each other.
19)	Bending the foot at the ankle so the toes move up toward the shin (toe raise).
20)	Bending the foot at the ankle so the toes point down (calf raise).

21)	Movement of the body part so that it is face up or forward.
22)	Movement of the body part so that it faces down or back
23)	A posterior (backward) movement (e.g. pulling your shoulder blades together and back).
24)	An anterior (forward) movement (e.g. rounding your shoulders forward).

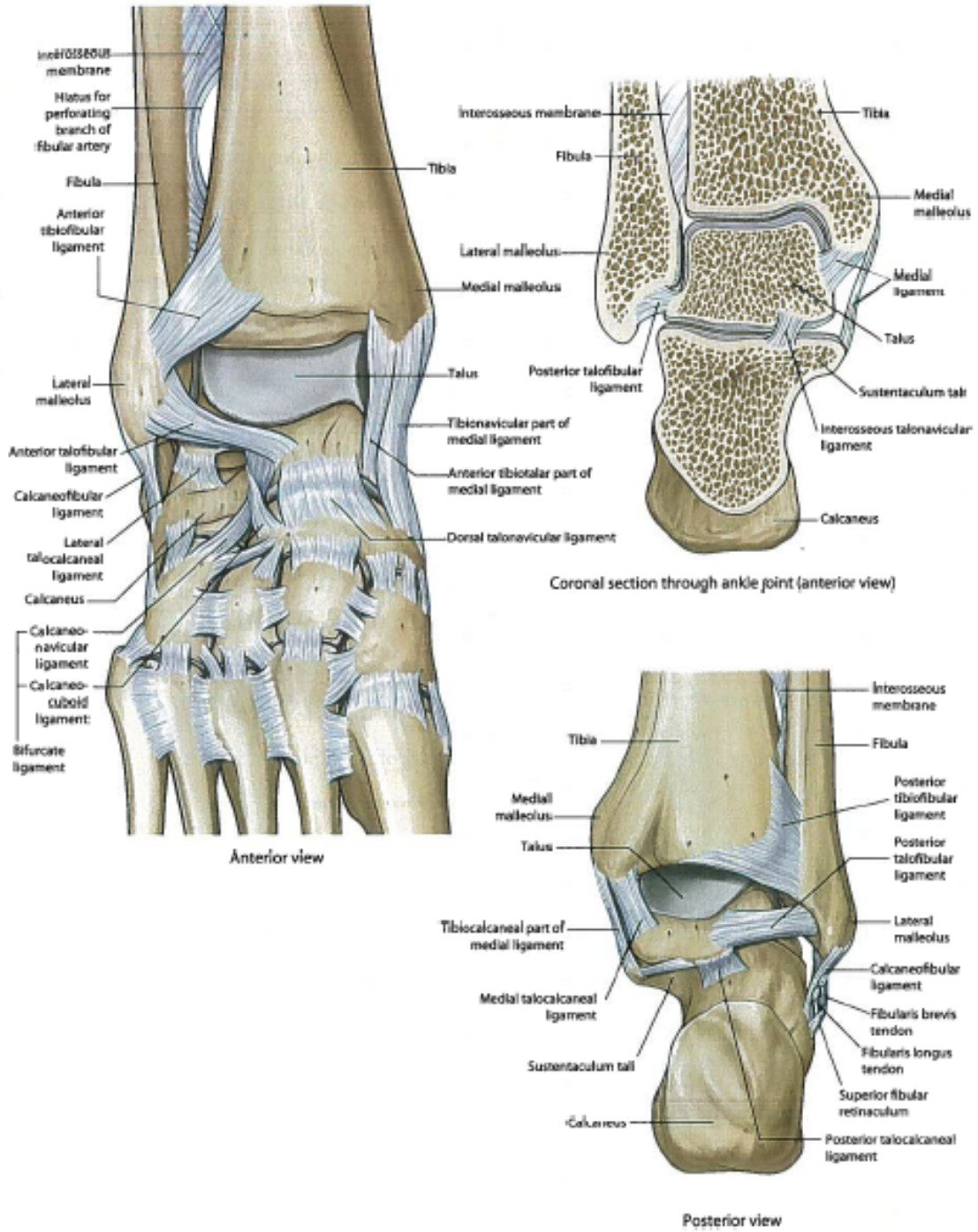


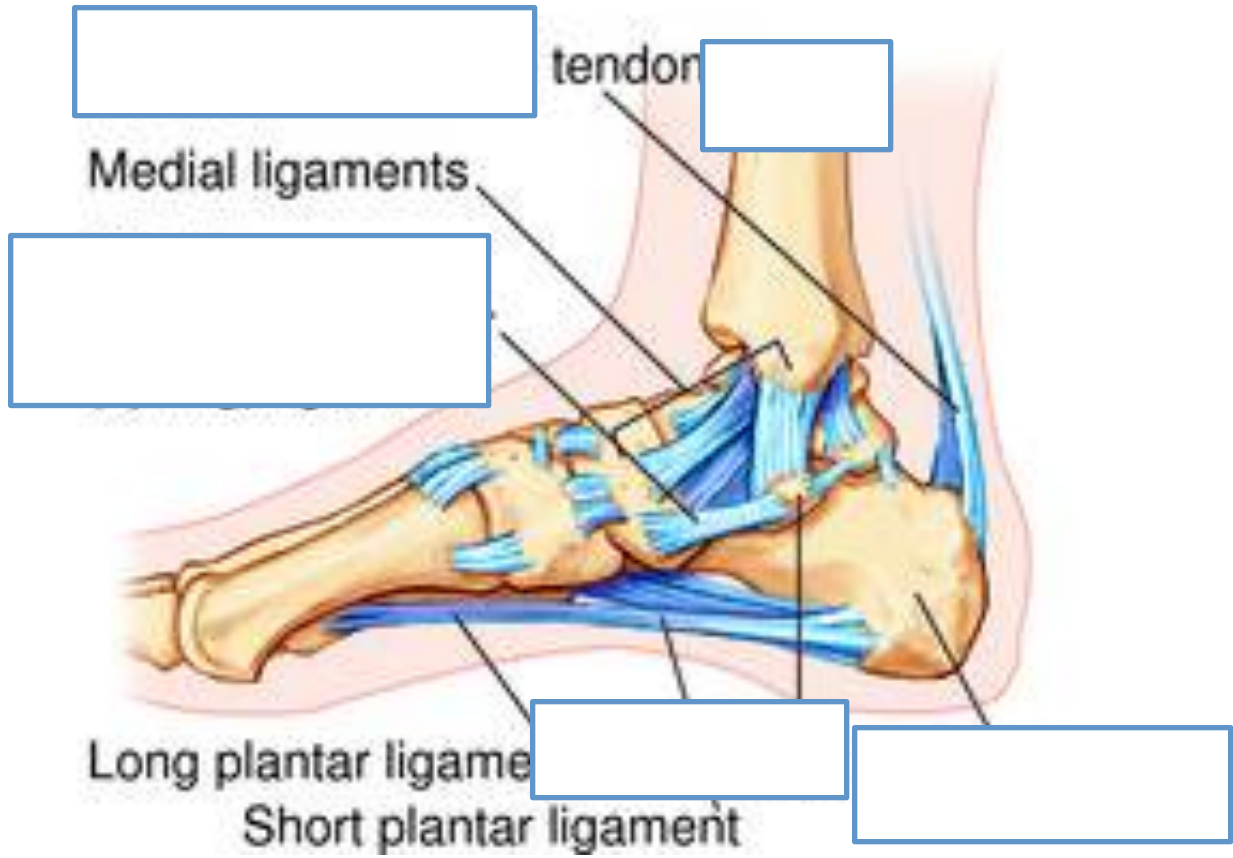
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Ligaments of the Right Ankle Joint





Ankle Taping

The Closed Basketweave Technique





Body Movement Vocabulary

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This position can best be described as a standing posture, head looking forward, arms at the side and palms facing forward (supinated). The skeleton, in anatomical position, can then be divided into planes of movement that describe the pattern of movement occurring.

Body Divided into Planes

- 1) Sagittal plane (medial/lateral):** Divides the body into right and left.
- 2) Frontal plane (anterior/posterior):** Divides the body into front and back.
- 3) Transverse plane (horizontal):** Divides the body into upper and lower regions.

Body Movement Vocabulary

Distal away from the body trunk

Proximal towards the body trunk

Anterior: The front portion of the human body.

Posterior: The- back portion of the human body.

Medial: Towards the midline of the body.

Lateral: Towards the sides of the body.

Superior: A body part above another body part.

Inferior: A body part below another body part.

Flexion: A decrease in the angle between two bones.

Extension: An increase in the angle between two bones.

Abduction: Movement of a limb or body segment away from the midline of the body.

Adduction: Movement of a limb or body segment toward the midline of the body.

Rotation: Movement of a bone around its own long axis.

Circumduction: The distal end of a segment moving in a circular fashion.

Elevation: Upward movement of a body part (usually applies to the Scapula).

Depression: Downward movement of a body part (usually applies to the scapula).

Inversion: Turning in of the soles of the feet so that they face each other.

Eversion: Turning out of the soles so that they face away from each other.

Dorsiflexion: Bending the foot at the ankle so the toes move up toward the shin (toe raise).

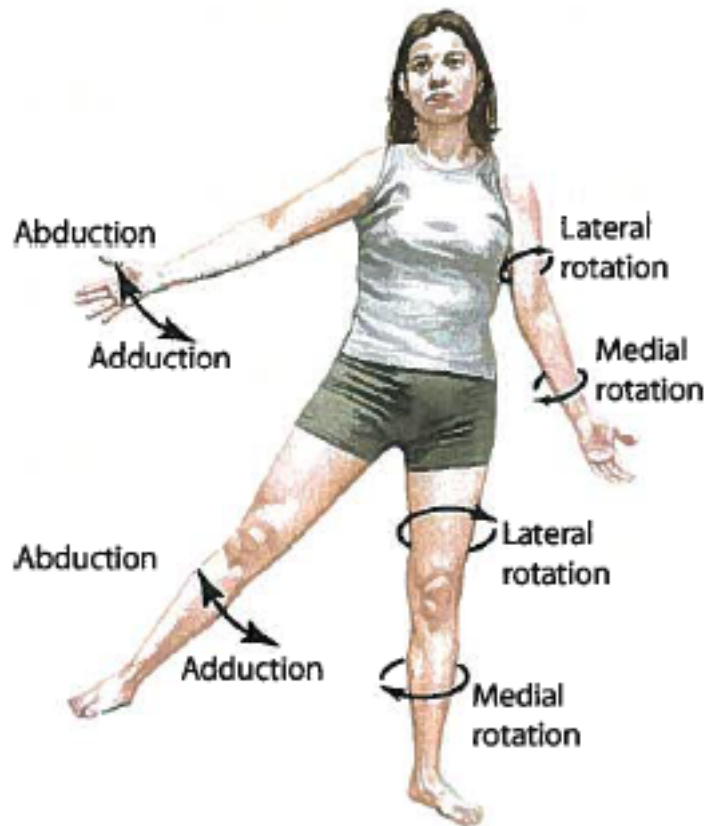
Plantarflexion: Bending the foot at the ankle so the toes point down (calf raise).

Supination: Movement of the body part so that it is face up or forward.

Pronation: Movement of the body part so that it faces down or back.

Retraction: A posterior (backward) movement (e.g. pulling your shoulder blades together and back).

Protraction: An anterior (forward) movement (e.g. rounding your shoulders forward).



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