

# Terminology

## Movement

**ABDUCTION:** Movement away from midline.

**ADDUCTION:** Movement towards midline.

**FLEXION:** Bending or closing movement.

**EXTENSION:** Straightening or opening a limb.

**DORSIFLEXION:** Flexion of the ankle.

**PLANTARFLEXION:** Extension of the ankle

## Position

**MEDIAL:** Nearer to midline of the body.

**LATERAL:** Further from midline of the body.

**ANTERIOR:** Front of body.

**POSTERIOR:** Rear of body.

**PROXIMAL:** Near the trunk.

**DISTAL:** Away from the trunk.

**OBLIQUITY:** Lateral tilt.

**TILT:** Angle in space in relation to vertical axis.

**ROTATION:** Twisting movement.

**SUBLUXATION:** Incomplete or partial dislocation

**DISLOCATION:** Displacement of a bone from a joint.

**SCOLIOSIS:** Lateral curvature of the spine.

**LORDOSIS:** Forward curvature of the lumbar spine.

**KYPHOSIS:** Convex curvature of the thoracic spine as viewed from the side

## Location and description of anatomical landmarks

**ACETABULUM:** Hemispherical socket that holds the head of the femur.

**ASIS:** Anterior Superior Iliac Spine.

**AXILLA:** The armpit.

**BRACHIAL PLEXUS:** Nerve grouping in area of armpit.

**COCCYX:** 2-4 fused vertebrae at the base of the spine.

**HAMSTRINGS:** Long muscles originating at the ischial tuberosity and inserting at the back of the knee joint.

**ISHIAL TUBEROSITIES:** Prominences upon which the body rests while sitting.

**OCCIPUT:** Curved posterior portion of the skull located at the base of the cranium.

**PELVIS:** Basin like structure that supports the spine and rests upon the lower extremities.

**POPLITEAL FOSSA:** Hollow area behind the knee.

**PSIS:** Posterior Superior Iliac Spine.

**SACRUM:** Broad, flat, triangular shaped bone, created from five fused vertebrae. An integral part of the pelvis.

**SCAPULA:** Flat triangular bone in the posterior shoulder that articulates with the humerus.

**SPINOUS PROCESS:** Posterior projections of the spinal columns vertebrae.