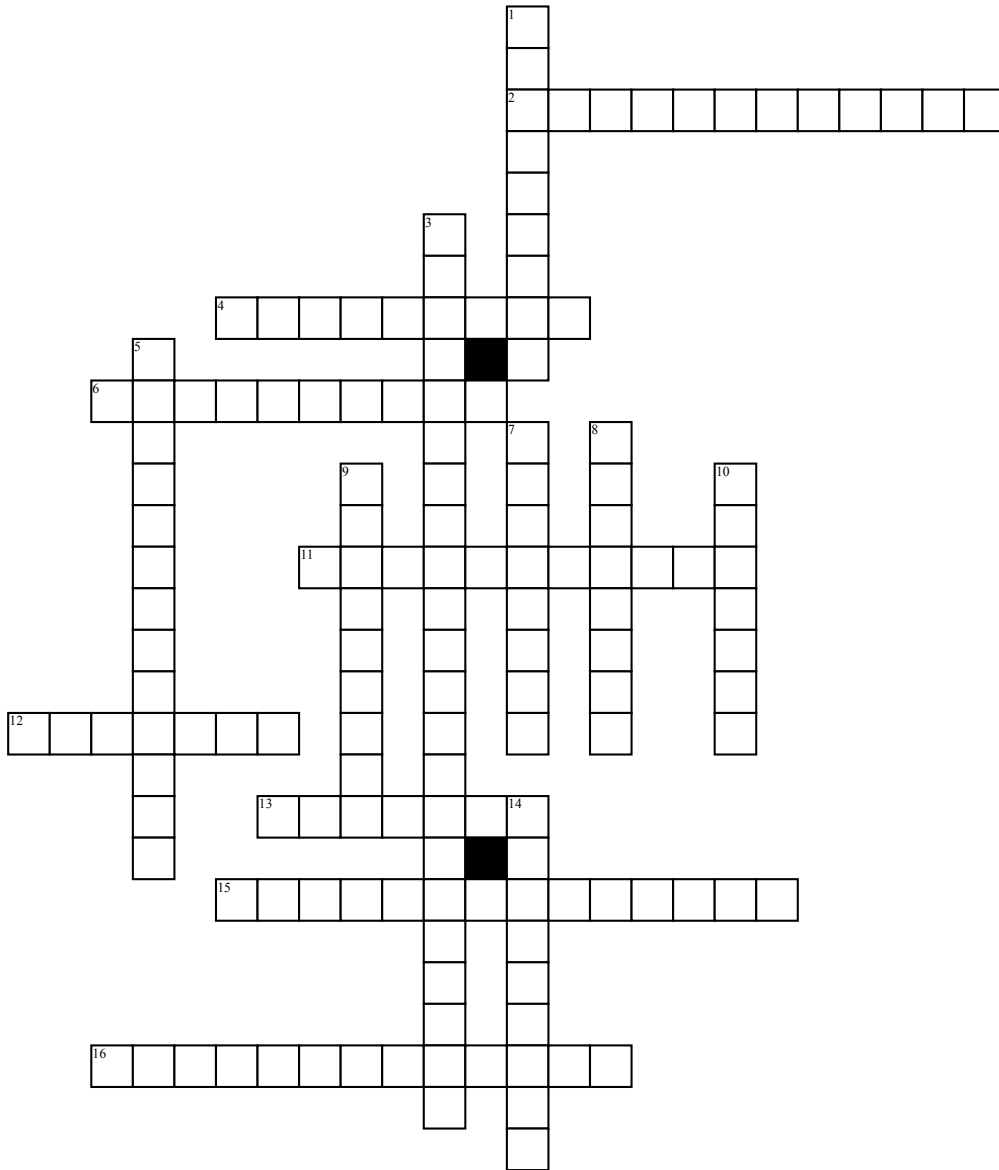


Body Mechanics Exercise and Activity



Across

- 2. Bending the toes and foot up at the ankles
- 4. Moving a body part toward the midline of the body
- 6. Turning upward
- 11. Lack of joint mobility caused by abnormal shortening of a muscle
- 12. Decrease in size or a wasting away of tissue

- 13. Brief loss of consciousness; fainting
- 15. Excessive straightening of a body part
- 16. Movement of a joint to the extent possible without causing pain (three words)

Down

- 1. Moving a body part away from the midline of the body
- 3. A drop in blood pressure when the client stands up (two words)

- 5. A decrease in size or a wasting away of muscle (two words)
- 7. Turning the joint
- 8. Foot falls down at the ankle (permanent plantar flexion)
- 9. Turning downward
- 10. Bending a body part
- 14. Straightening of a body part