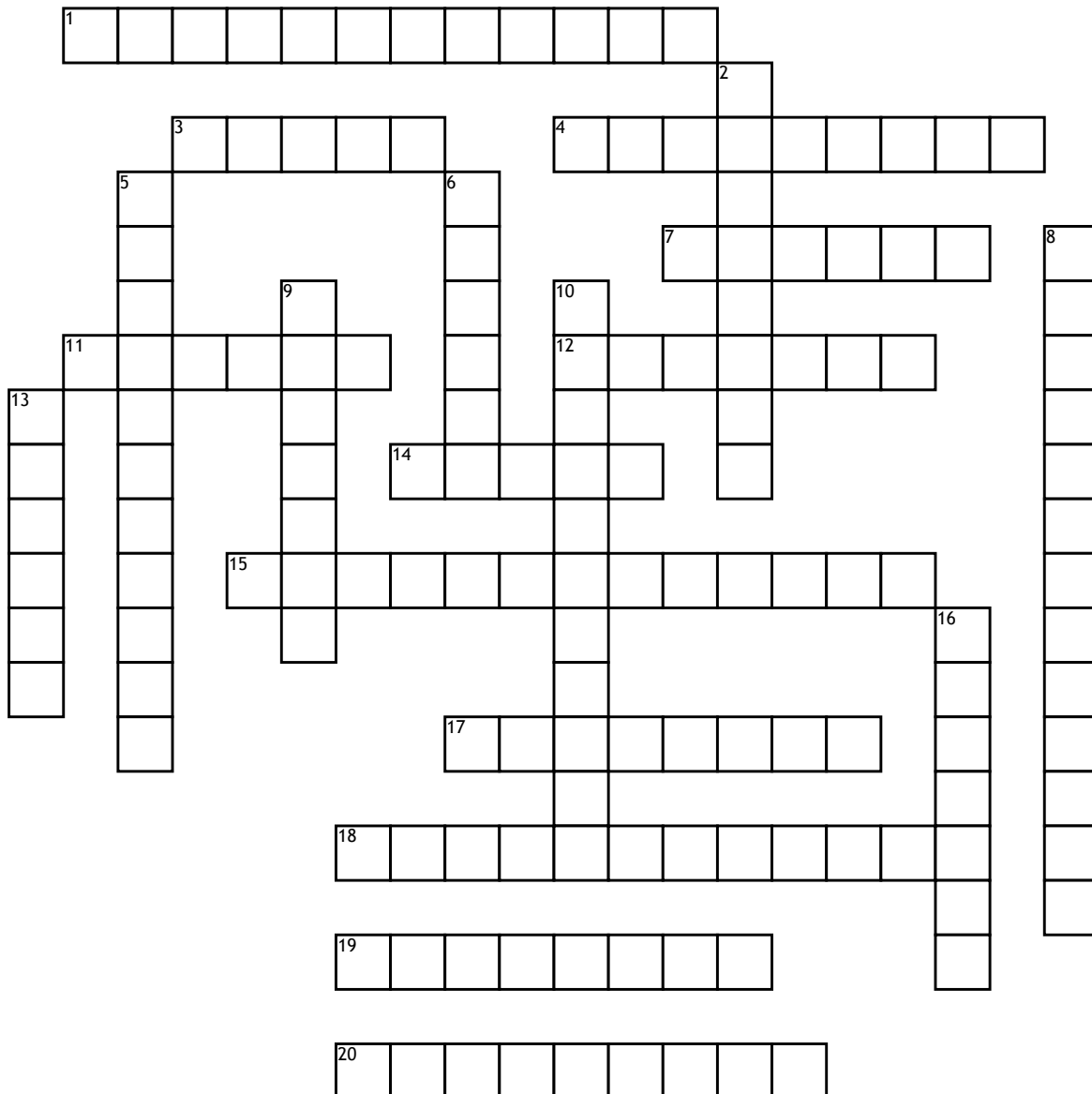


# Bones, Joints, and their movements



## Across

1. the action of raising the foot upwards towards the shin.

3. Two or more bones where the bones can only move along one axis to flex or extend.

4. Palm facing downwards

7. It refers to being toward the midline of the body.

11. it refers the chin

12. it refers the eyes

14. The \_\_\_\_\_ skeleton is the part of the skeleton that consists of the bones of the head and trunk of a vertebrate.

15. it refers the sole of the foot

17. it refers the armpit

18. The human \_\_\_\_\_ skeleton is composed of the bones of the upper limbs, the lower limbs, the pectoral girdle, and the pelvic girdle.

19. Away from the body.

20. It occurs when a joint moves a part of the body toward the midline in one plane.

## Down

2. It means towards the front of the body.

5. It is used to describe structures that are closer to the exterior surface of the body.

6. a triangular arrangement of bone that makes up the very bottom portion of the spine below the sacrum.

8. IT allows multidirectional movement and rotation.

9. They are situated proximally in the foot in the ankle area.

10. It refers the hip area

13. It refers to parts and places away from the torso.

16. It is located between the elbow joint and the shoulder.