

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Movement Terms

H V T S F L H I F I B J J I G Y Z H P Z K B P B  
N A G C N O I T A T O R L A N R E T X E A F D V  
S O T T H H E N L J N W S Z T L M Z O G M J C G  
X D I N S T D U P Z Z A P K U W J D V B C R A E  
T C H T O H I G R E S C Q P Z B N V E I Z Z D N  
R N T E C N R A O K O U S L I N P G R E U N N D  
Z X O J E A O B N U A O G C G G N C I K U O O I  
P N U I L X R I E B Z I F W P O U P N S A I I X  
Y C O R T O T T S K S U Y T T M J I V I I T X Y  
G T W I Z C B E O N U D X M D E R A E N A A E B  
X F S O T I A T N R E U H U F T I K R T B N L M  
N Z I H F A D R R S P T C S F C G J S E D O F Y  
O F N X O F N N T U I T X P D N R W I R U R R D  
I M A F K O O I K E I O L E O U U V O N C P A N  
X Y E I R I X W P O R C N I R X B M N A T W T O  
E E Y V T W C M N U Y O T Q T E X H K L I U N I  
L Z F A E Q A W N G S C D D S N P D D R O G A T  
F G T V R R G X X N U K V U K Q X Y U O N M L A  
A O X D Q F S Z T D N T P T W W T M H T T Z P V  
R B A H E M G I D X D A O X E J C F L A Z R B E  
L W Q F D D V A O I N N K U W A D U S T L J A L  
F B W F I U J N C N F S W I G H E J O I U K I E  
W P F S C X P D E P R E S S I O N D P O G N Q L  
Q V R A D T R R D O R S I F L E X I O N Y F E V

- |                   |                   |                 |                |
|-------------------|-------------------|-----------------|----------------|
| Internal rotation | External rotation | Plantar flexion | Hyperextension |
| Circumduction     | Dorsiflexion      | Protraction     | Retraction     |
| Supination        | Depression        | Pronation       | Extension      |
| Inversion         | Elevation         | Adduction       | Abduction      |
| Rotation          | Eversion          | Flexion         |                |