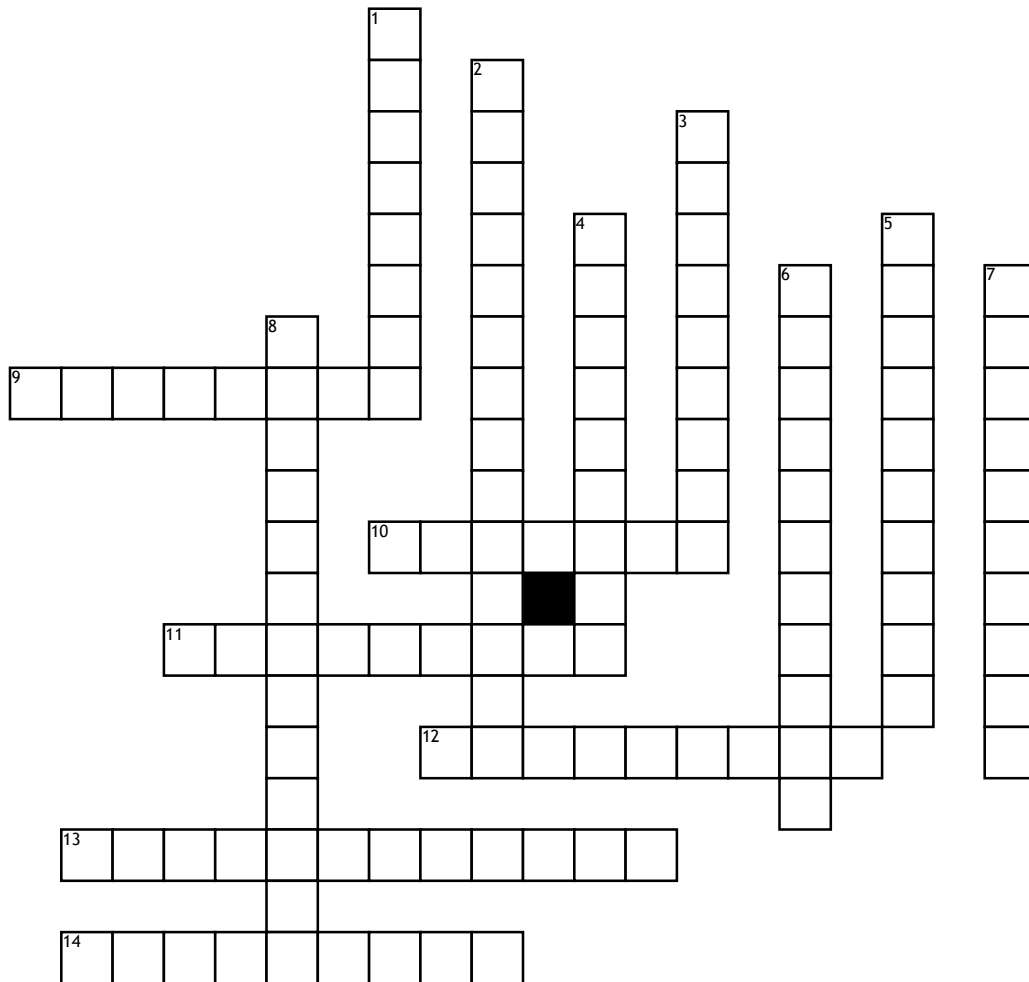


Name: _____

Date: _____

Muscle Actions



Across

- 9. Process of turning out
- 10. Process of decreasing the angle of a joint
- 11. Process of carrying away from the midline
- 12. Process of turning in
- 13. Process of bending back
- 14. Process of stretching out

Down

- 1. Process of a bone turning on its axis (like a wheel)
- 2. Lower the foot; pointing the toes away from the shin.
- 3. Process of carrying towards the midline
- 4. Turning the palm or medial side of the foot downward

- 5. Process of pulling backward; the backward movement of a muscle
- 6. Process of pulling forward; the forward movement of a muscle.
- 7. Turning of the palm or medial side of the foot upward
- 8. Process of carrying around.

Word Bank

Eversion	Rotation	Retraction	inversion	Adduction
abduction	Circumduction	Supination	Dorsiflexion	Flexion
extension	Pronation	Protraction	Plantar flexion	