

Name: _____

Date: _____

TYPES OF BODY MOVEMENTS

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

HYPEREXTENSION

OPPOSITION

INVERSION

EXTENSION

FLEXION

CIRCUMDUCTION

SUPINATION

ADDUCTION

EVERSION

DORSIFLEXION

PRONATION

ABDUCTION

ROTATION