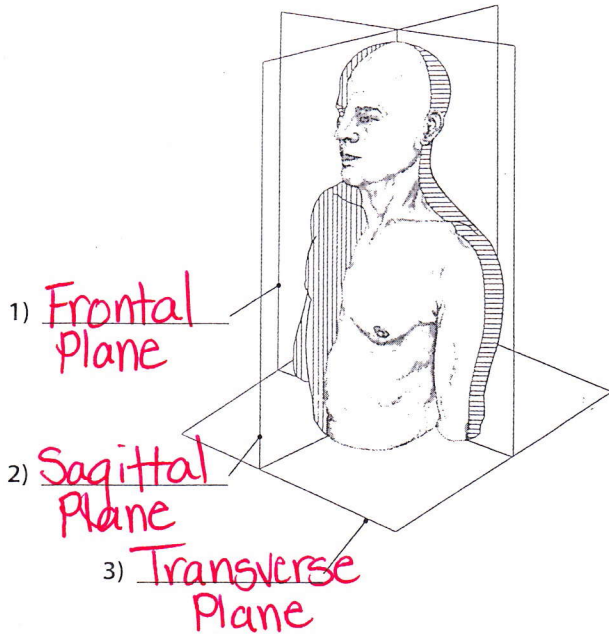


*Key*



Please identify the following planes, directions and positions.



The elbow is

8) Proximal

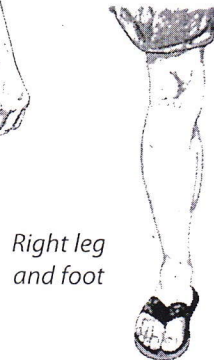
to the wrist.



The wrist is

9) Distal

to the elbow.



The head is

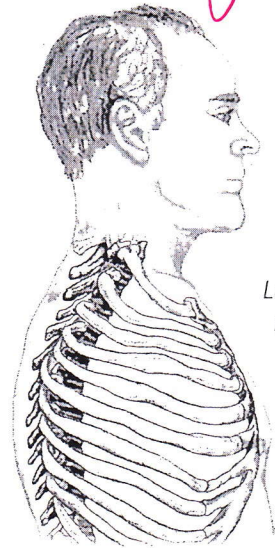
4) Superior

to the abdomen.

The abdomen is

5) Inferior

to the head.



The spine is 6) posterior to the sternum.

The sternum is 7) anterior to the spine.

The big toe is

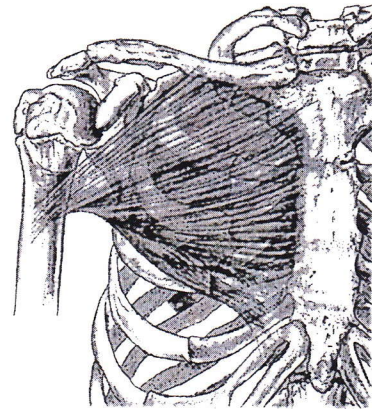
10) medial

to the last (pinkie) toe.

The last (pinkie) toe is

11) lateral

to the big toe.



The pectoralis major muscle is

12) superficial

to the ribs. The ribs are

13) deep

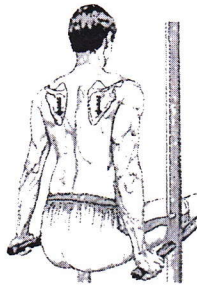
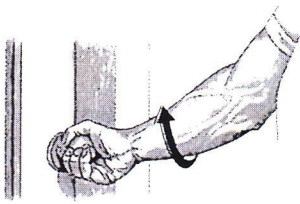
to the pectoralis major muscle.

**CHOICES**

- |          |             |
|----------|-------------|
| Anterior | Posterior   |
| Deep     | Proximal    |
| Distal   | Sagittal    |
| Frontal  | Superficial |
| Inferior | Superior    |
| Lateral  | Transverse  |
| Medial   |             |



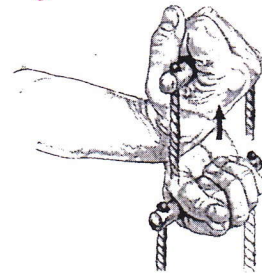
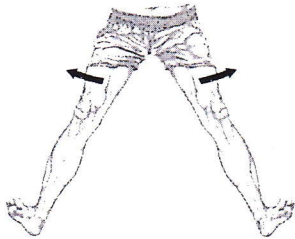
Please identify the movement and its location.



1) Supination of the forearm

2) scapular depression

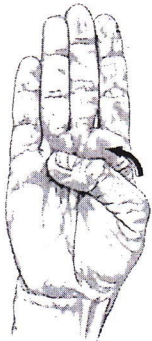
3) mandibular depression (jaw)



4) Hip Abduction

5) Shoulder Adduction

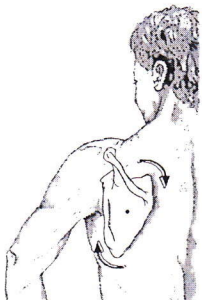
6) Wrist Flexion



7) Thumb Flexion

8) (Foot) Inversion

9) Trunk/spinal Rotation



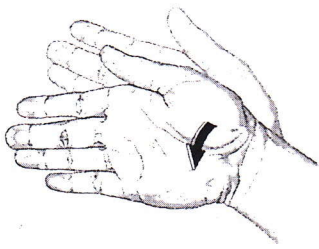
\*10) Upward Rotation of Scapula

\*11) Posterior tilt of Pelvis

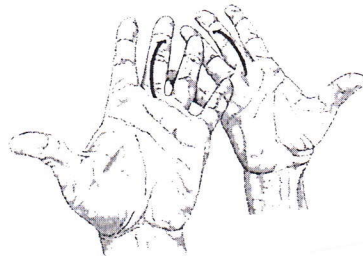
\*12) Mandibular Lat. deviation (jaw)



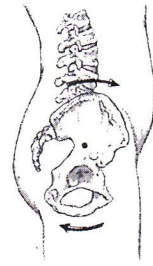
Please identify the movement and its location.



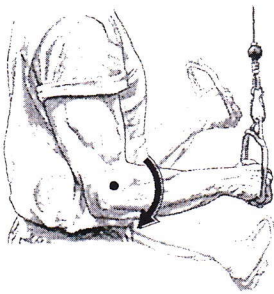
13) Ulnar Deviation or Adduction



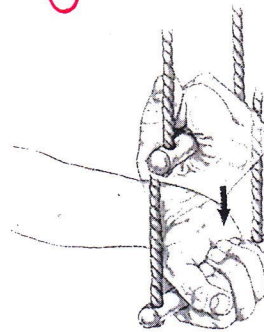
14) Finger Extension



15) Anterior tilt of Pelvis



16) Elbow Extension



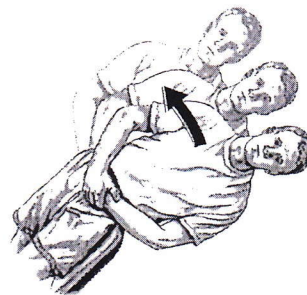
17) Wrist Extension



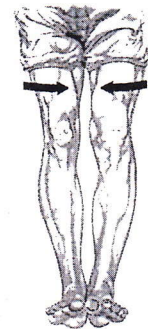
18) Scapular Elevation (Shoulder)



19) Mandibular Elevation (Jaw)



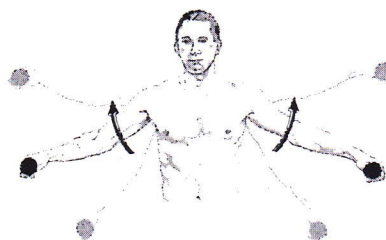
20) Lateral Flexion of Spine/Trunk



21) Hip Adduction



22) Hip Extension



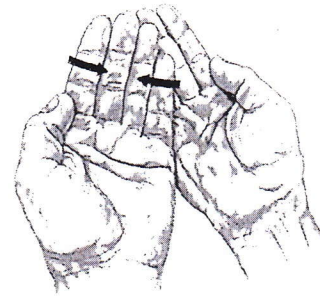
23) Shoulder Abduction



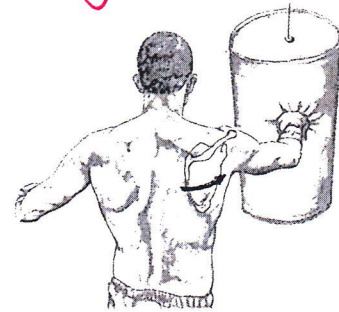
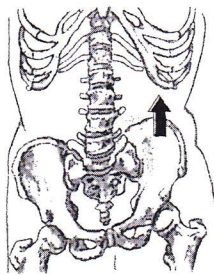
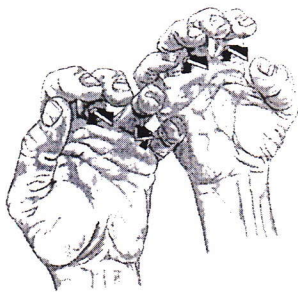
24) Neck Extension



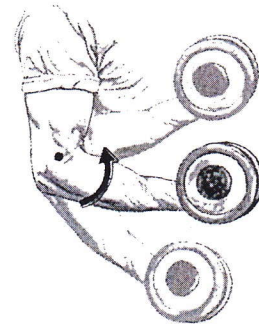
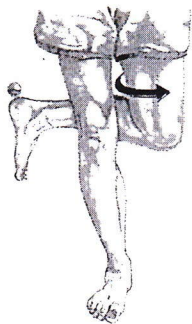
Please identify the movement and its location.



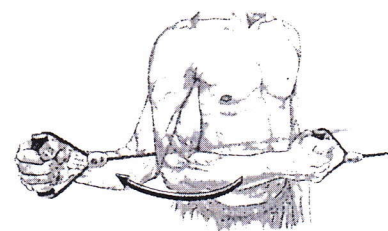
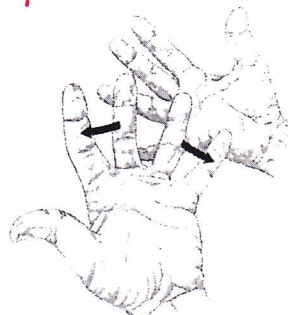
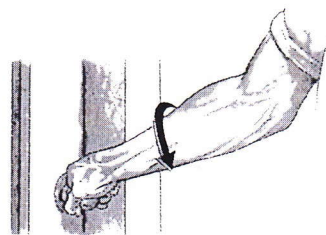
- 25) Scapular Retraction (Shoulder)
- 26) Lateral Flexion of Neck/ Cervical Spine
- 27) Finger Abduction



- 28) Finger Flexion
- 29) Pelvic Elevation (Hip)
- 30) Scapular Protraction



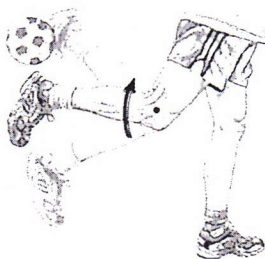
- 31) Ext./Lat. Rotation of Hip
- 32) Hip Flexion
- 33) Elbow Flexion



- 34) Forearm Pronation
- 35) Finger Abduction
- 36) Shoulder Ext. Rotation

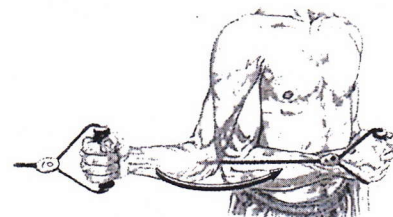
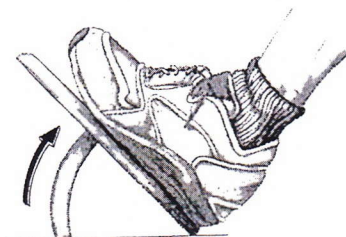
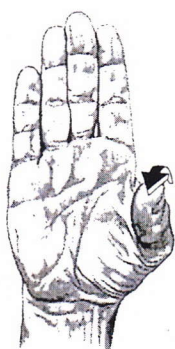


Please identify the movement and its location.



37) Spine/Trunk Extension 38) Knee Flexion

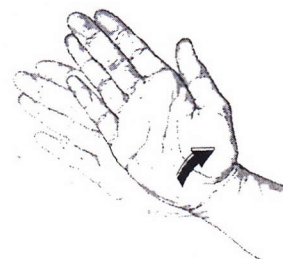
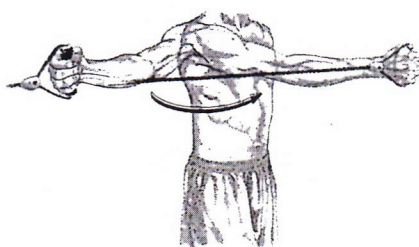
39) (Neck) Cervical Flexion



40) Thumb Abduction

41) (Ankle) Dorsiflexion

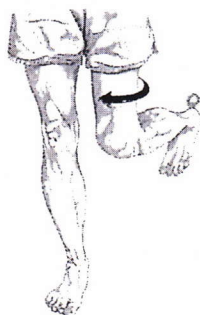
42) Shoulder Internal Rot.



43) Knee Extension

44) Shoulder Horizontal Adduction

45) Radial Deviation or Wrist Abduction



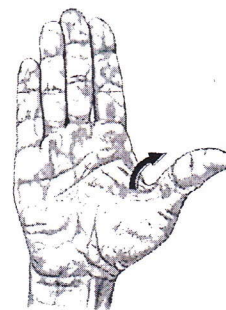
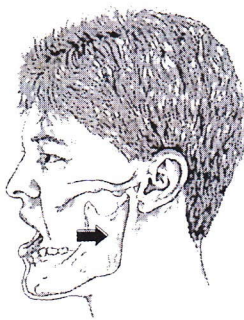
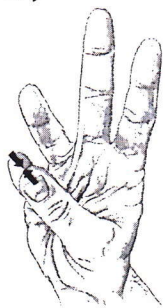
46) (Foot) Eversion

47) Hip Internal Rotation \*

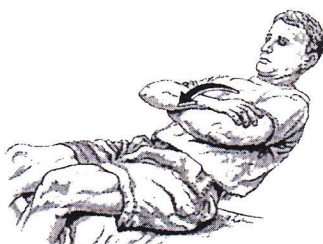
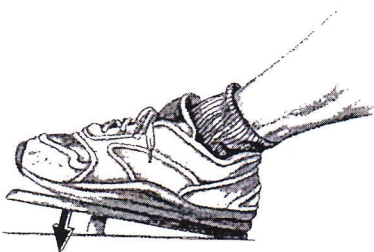
48) Mandibular Protraction (jaw)



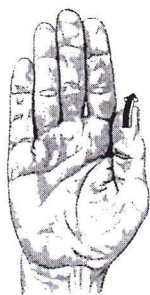
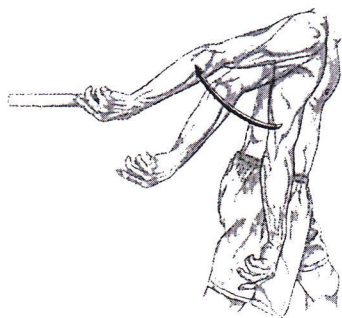
Please identify the movement and its location.



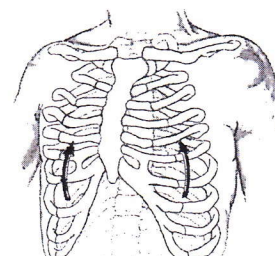
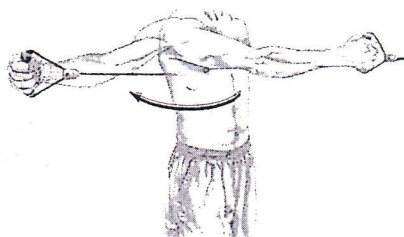
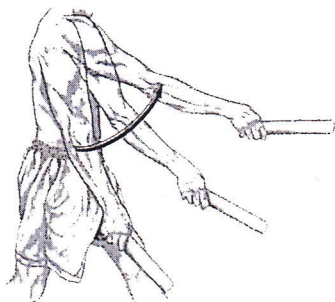
- 49) (Thumb) Opposition \* 50) Mandibular Retraction (jaw) 51) Thumb Extension



- 52) (Ankle) Plantar Flexion 53) Spine/Trunk Flexion \* 54) Scapular Downward Rotation



- 55) Shoulder Extension 56) Thumb Adduction 57) Neck/cervical Rotation



- 58) Shoulder Flexion 59) Shoulder Horizontal Abduction \* 60) Costal Elevation/Expansion (rib)