

Anatomical Direction

Transverse plane

Plantar Flexion

Circumduction

DorsiFlexion

Median plane

Front plane

Superficial

abduction

adduction

extension

Inversion

Posterior

Pronation

Anterior

Eversion

Inferior

Proximal

Superior

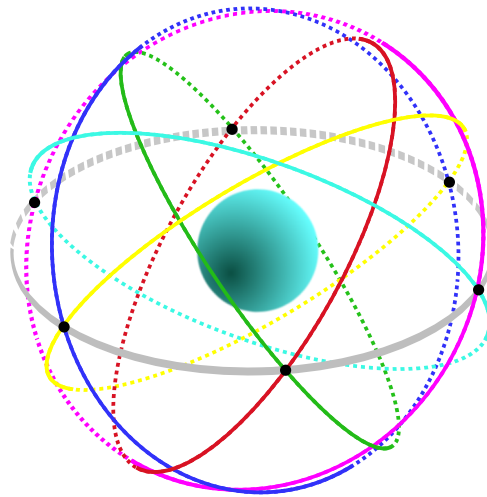
flexion

Lateral

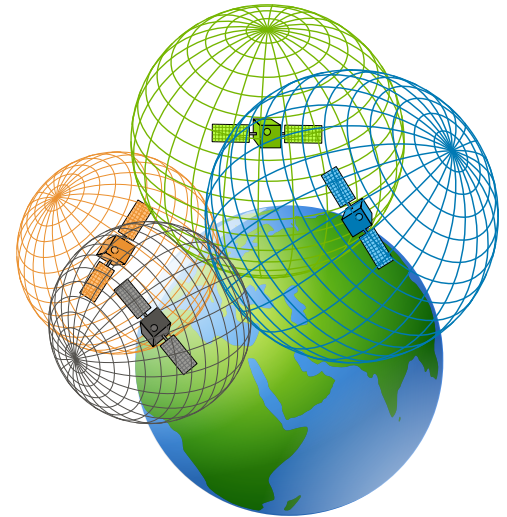
Distal

Medial

Deep



(a)



(b)

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