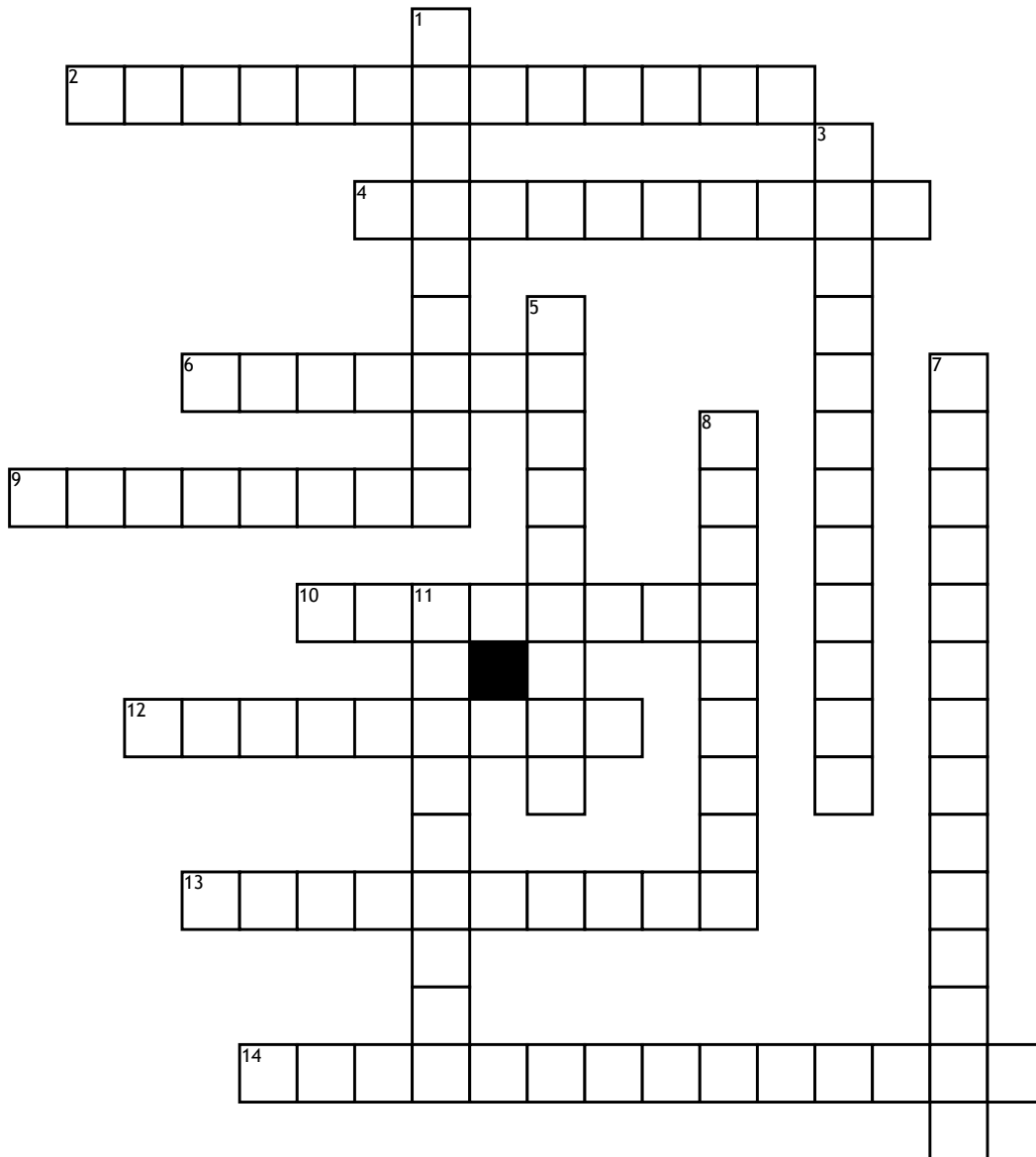


Name: _____

Date: _____

Muscle Movements



Across

2. moving the distal end of a bone in a circle while the proximal end stays fixed
4. forearm rotates laterally so the palm faces anteriorly
6. movement that decreases the angle of the joint and brings two bones closer together
9. movement of a bone around its longitudinal axis

10. evert the foot; turn the sole of the foot laterally

12. moving a limb away from the midline or medial plane of the body

13. bringing the thumb to the fingertips

14. pointing your toes

Down

1. movement of a limb toward the midline of the body

3. standing on your heels

5. invert the foot; turn the sole of the foot medially

7. extension greater than 180 degrees

8. forearm rotates medially so the palm faces posteriorly

11. movement that increases the angle of the joint and the distance between two bones or parts of the body