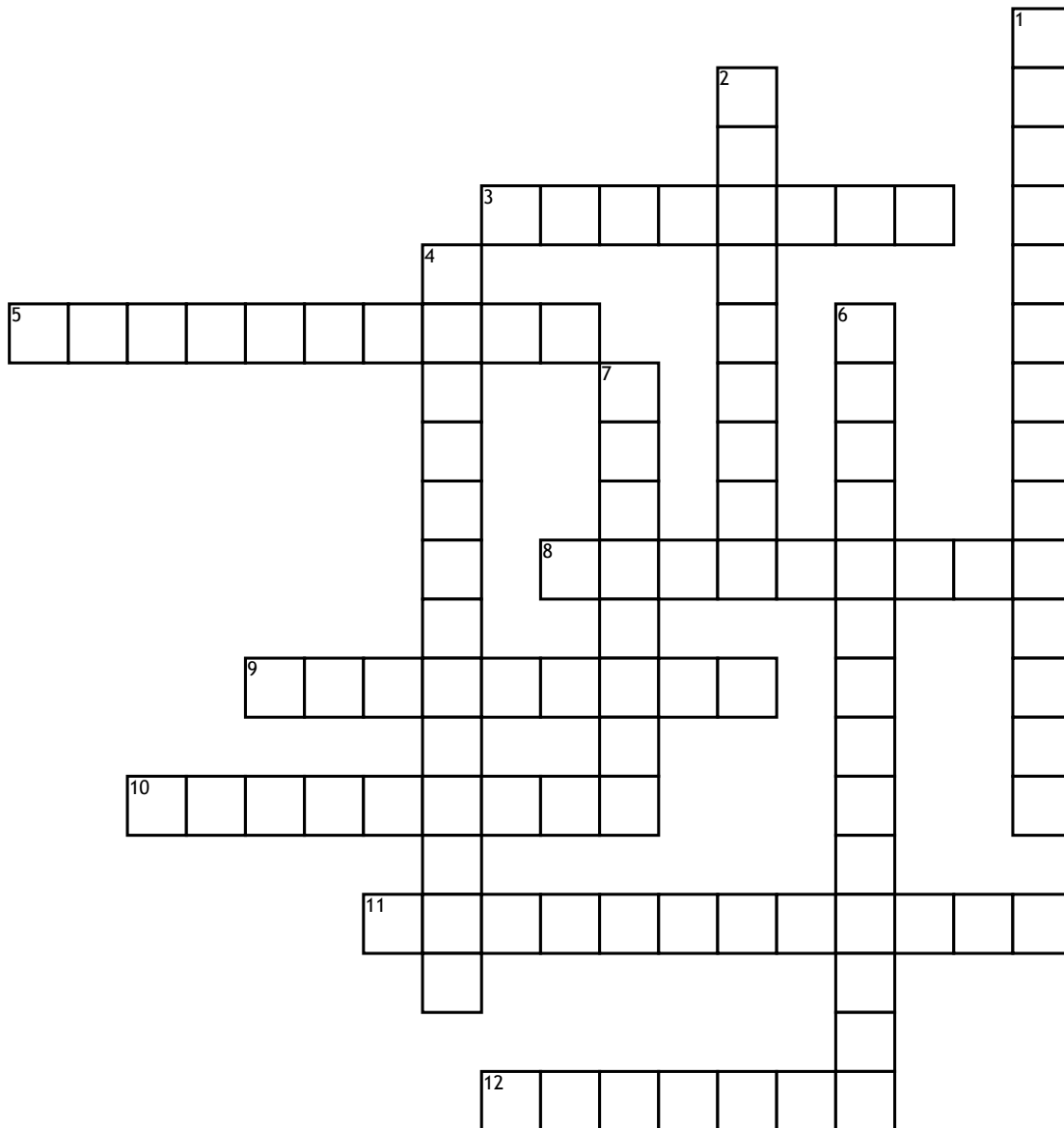


Range of Motion Exercises



Across

3. Turning in a circular motion around a fixed axis

5. Turning upward

8. Turning downward toward the ground

9. Moving a limb away from the body

10. Moving a limb towards the midline

11. Bending the foot towards the shin

12. Bending at the arm

Down

1. Extension of a limb or joint beyond its normal limits

2. Straightening the leg

4. moving a ball and socket joint in a circular motion

6. Point the toe down

7. Turn the sole of the foot to the outside