

# APPLY YOUR KNOWLEDGE

## Labeling

The previous section referred to a body that is static or apparently still. However some therapies such as stretching and rehabilitation exercises require movement. Label the following diagrams with the corresponding movement from the list of terms below.

Abduction  
Dorsiflexion  
External Rotation  
Plantar Flexion

Adduction  
Elevation  
Flexion  
Pronation

Circumduction  
Eversion  
Internal Rotation  
Supination

Depression  
Extension  
Inversion  
Translation

