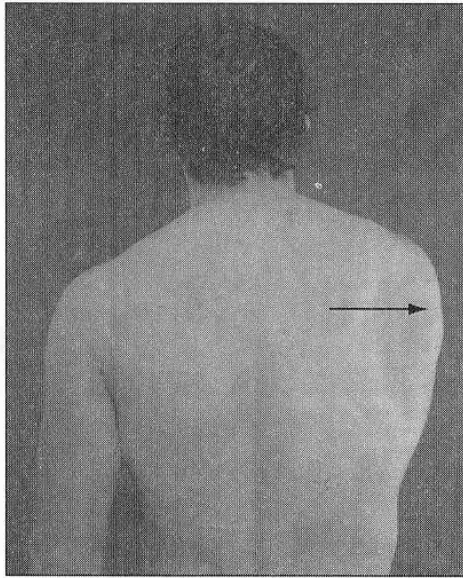


a.

b.

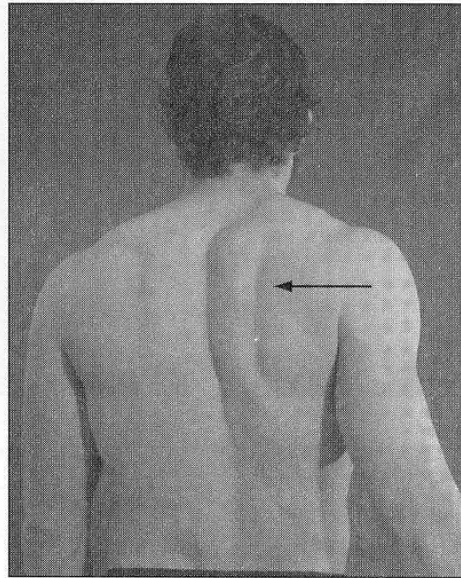
c.

Figure C.6 Range of shoulder joint (glenohumeral) motion: (a) starting position; (b) abduction; (c) sideward-upward elevation of arm (combining abduction of arm and upward rotation of scapula).



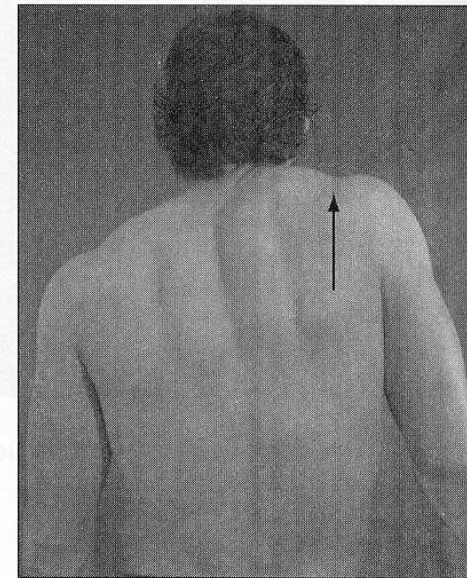
Abduction
(protraction)

A



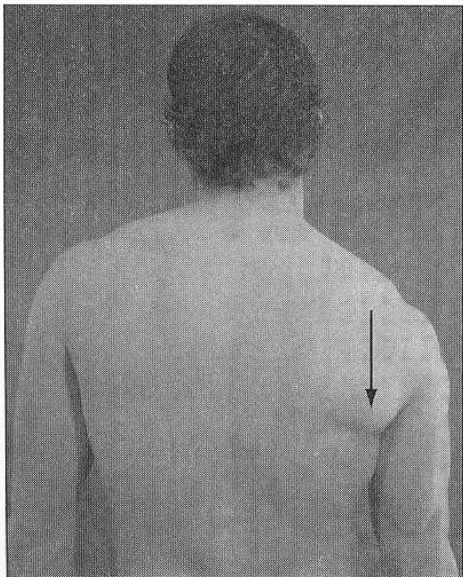
Adduction
(retraction)

B

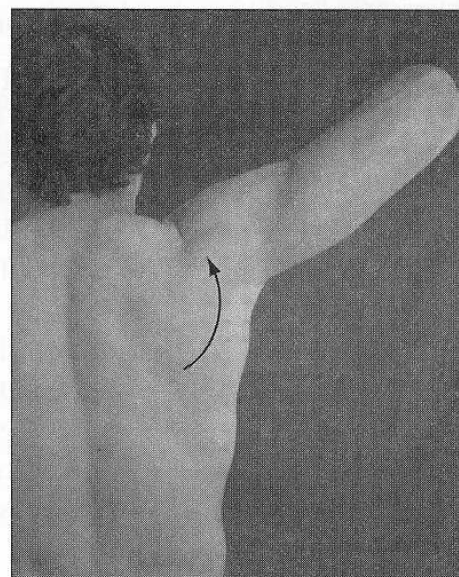


Elevation

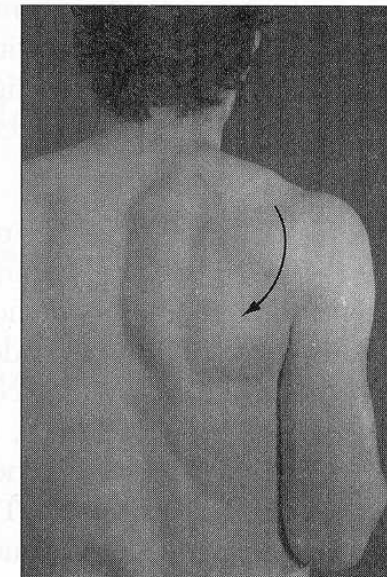
C



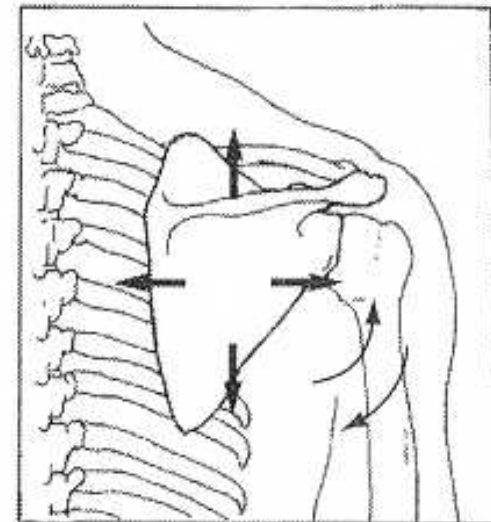
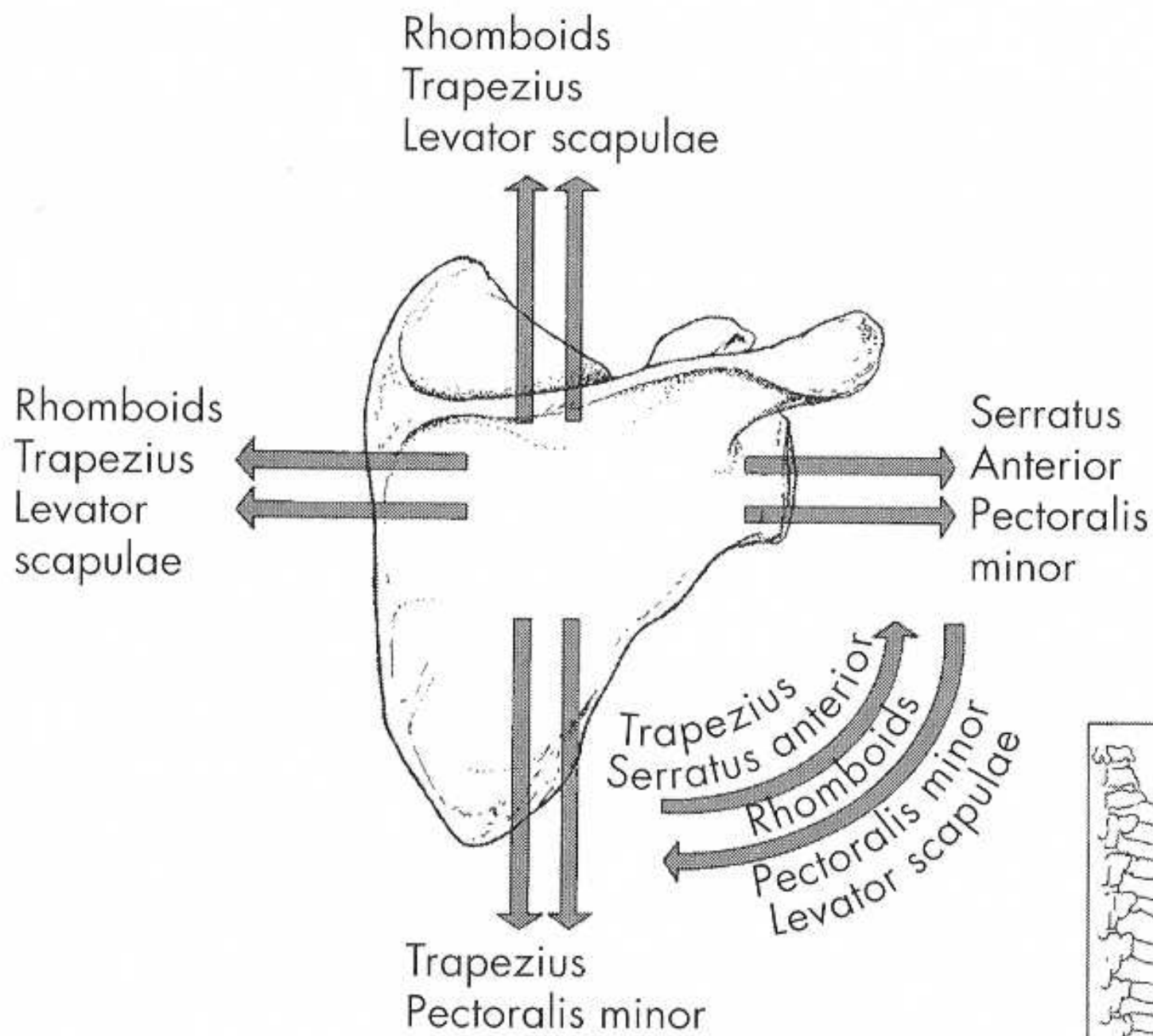
Depression

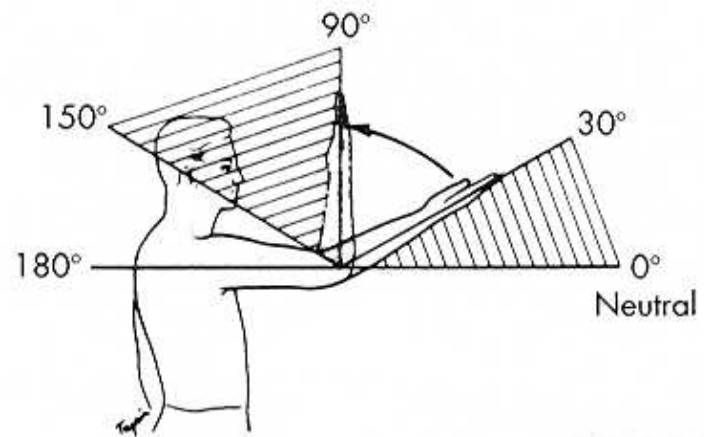
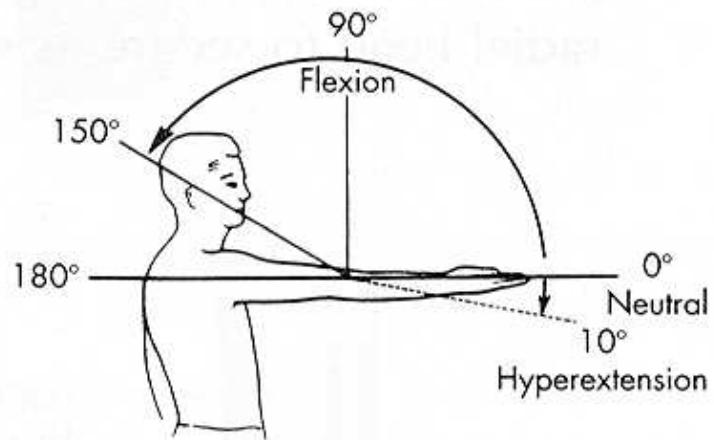


Upward rotation

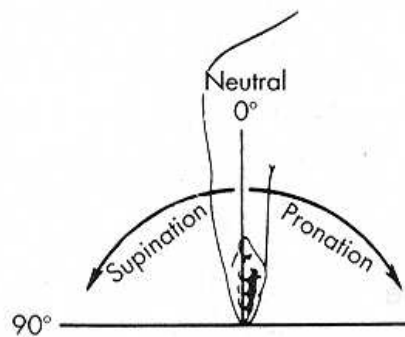


Downward rotation

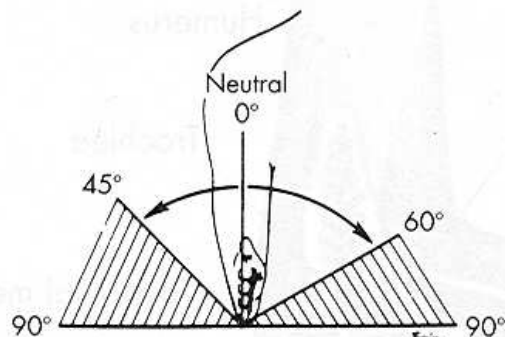




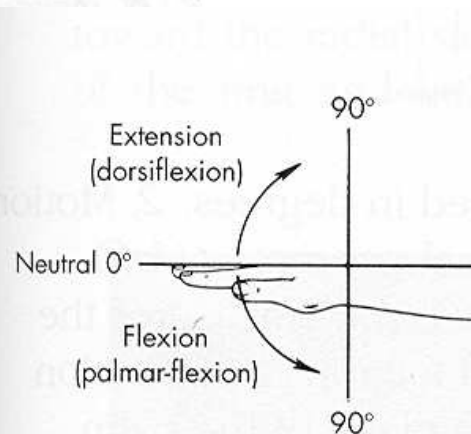
B



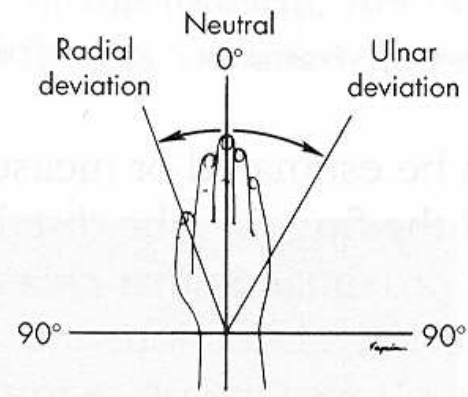
A



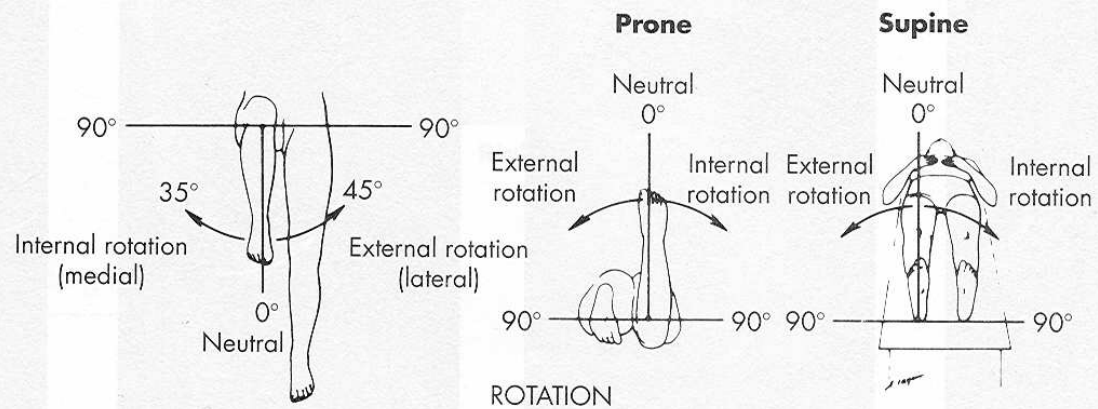
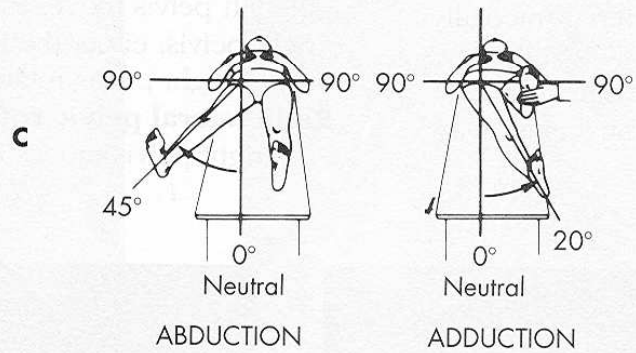
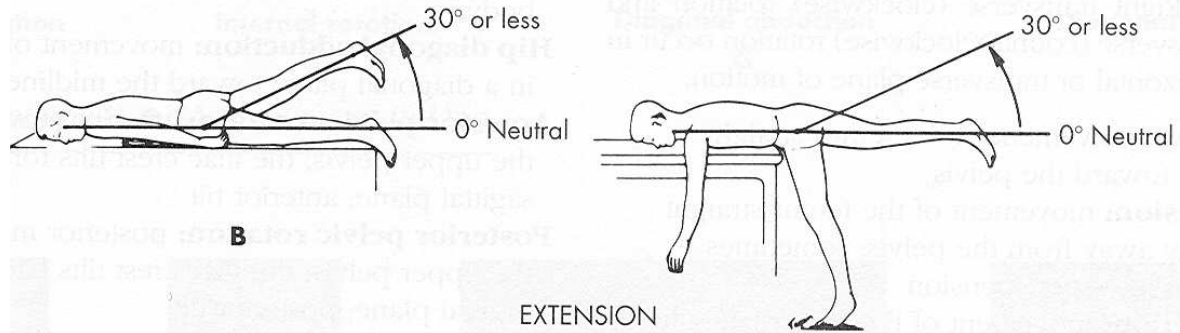
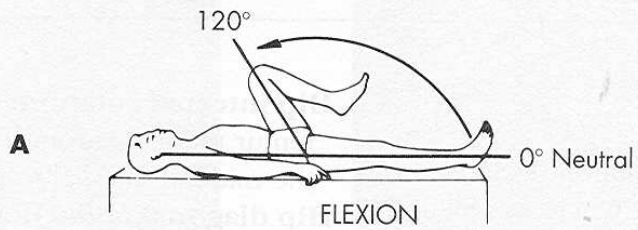
B

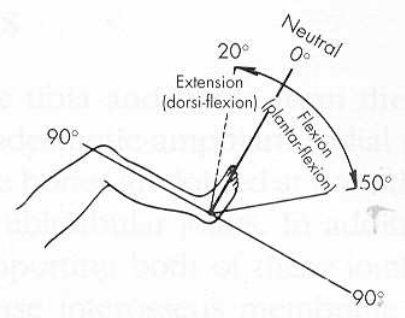
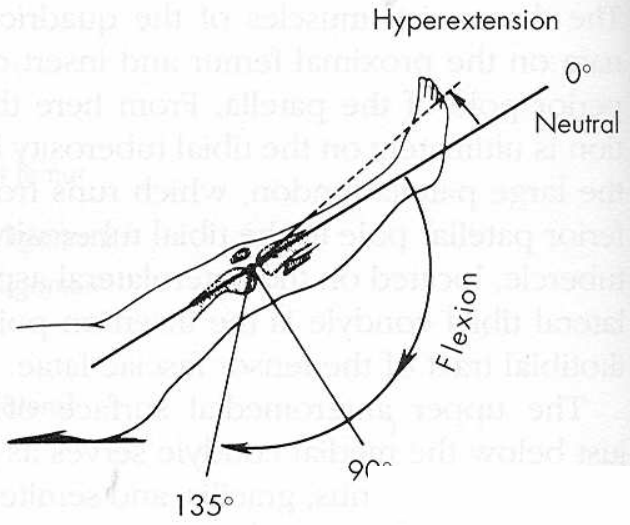


A



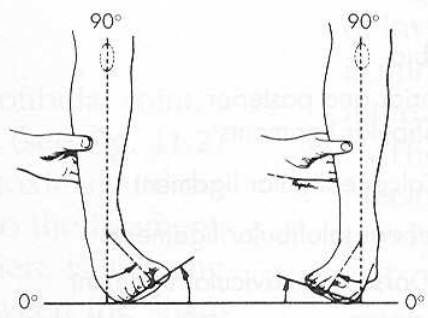
B





Ankle joint

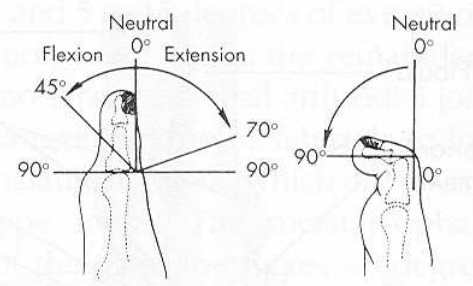
A



Inversion

Eversion

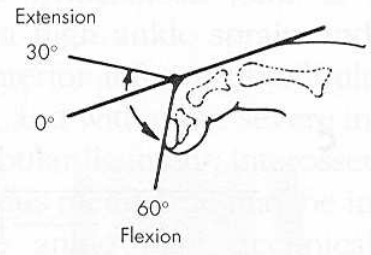
B



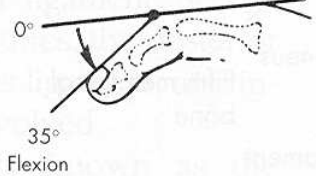
Metatarsophalangeal joint

Interphalangeal joint

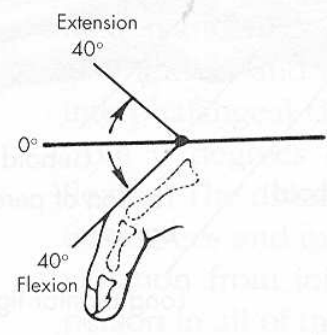
C



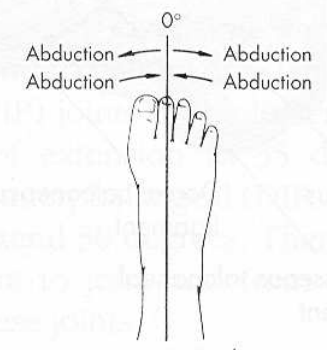
Distal interphalangeal joint



Proximal interphalangeal joint



Metatarsophalangeal joint



Toe spread

D

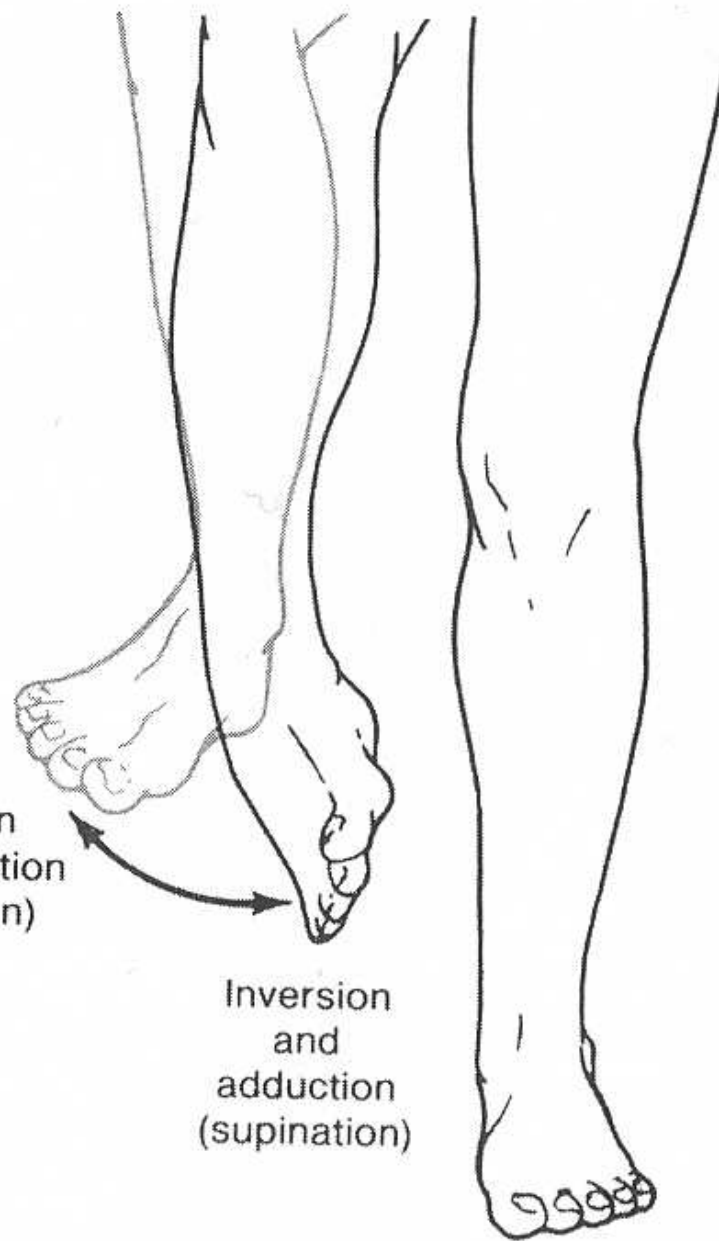
Dorsiflexion



Plantar flexion

a.

Eversion
and abduction
(pronation)



Inversion
and
adduction
(supination)

b.

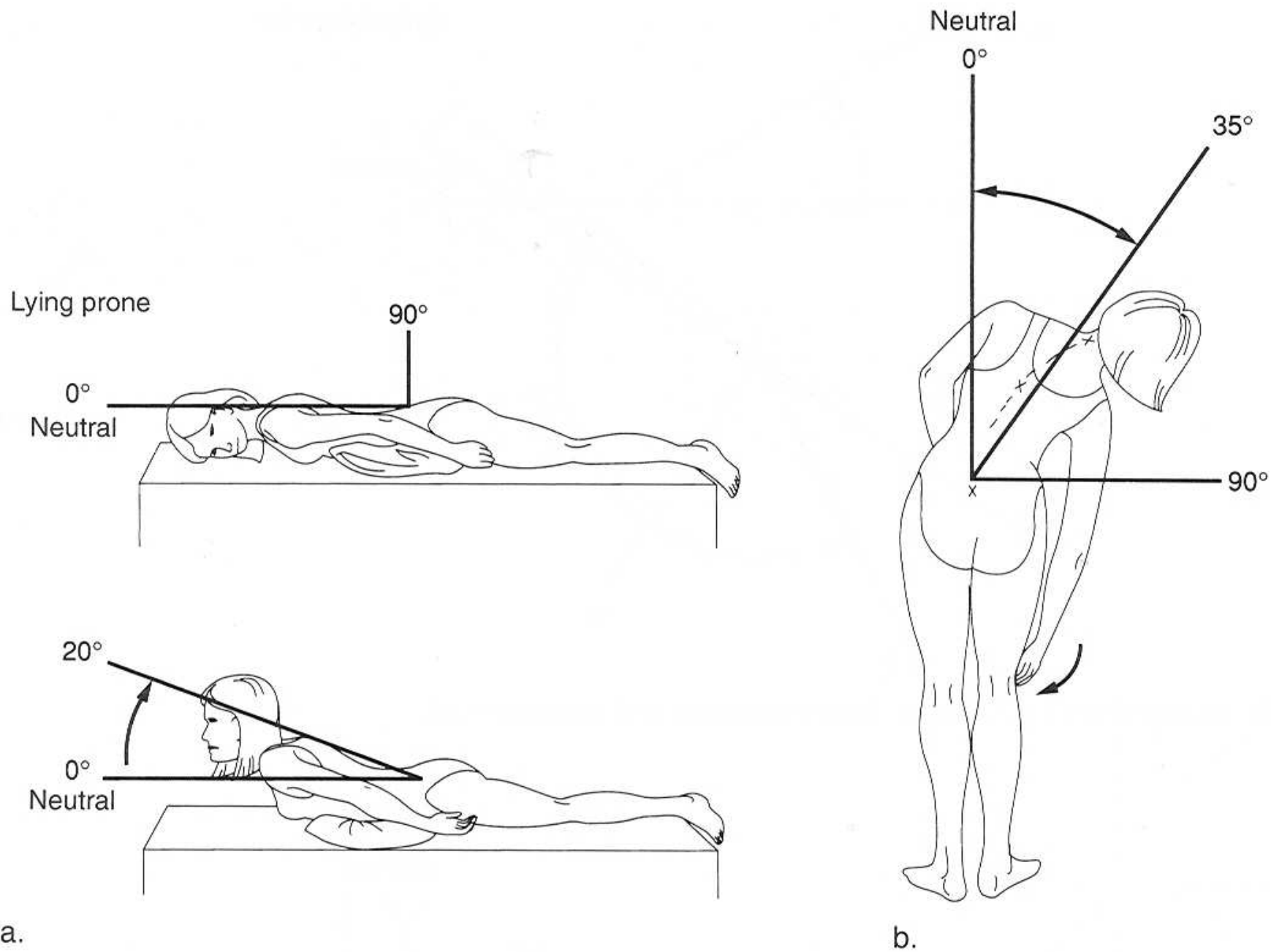


Figure C.11 Range of motion in the thoracic and lumbar spine: (a) hyperextension; (b) lateral flexion.