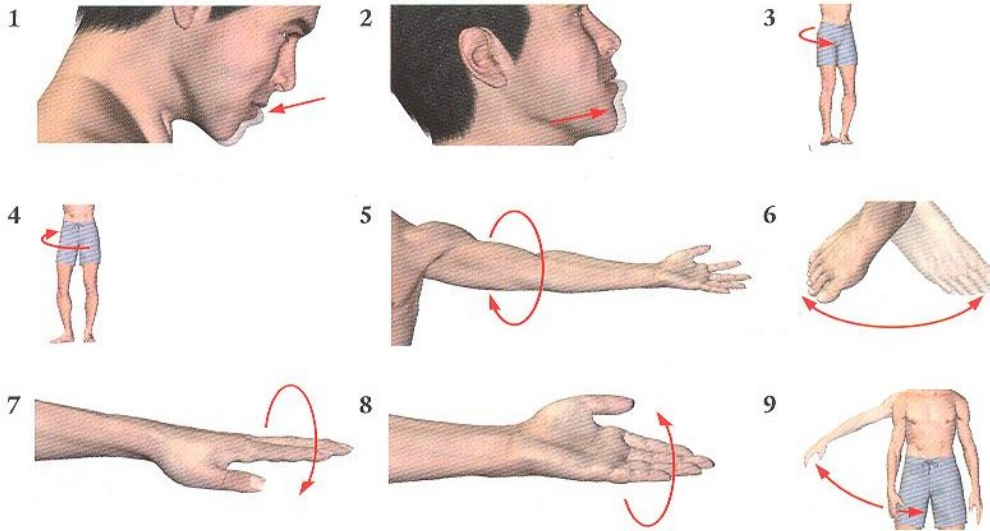


Patient speak

- 9 Look at the illustrations of joint movements (1–9) and match them with the correct medical term to describe them (a–k) and the appropriate instruction for the patient (A–K). Note that two of the illustrations link to more than one term and instruction.

Example: Picture 1: k (retraction) + B (Tilt [your head] forwards)

Joint movements



Medical terms

- a circumduction
- b abduction
- c adduction
- d retraction
- e pronation
- f supination
- g internal rotation
- h external rotation
- i eversion
- j inversion
- k protraction

Patient instructions

- A Lift [your arm] up.
- B Tilt [your head] forwards.
- C Move [your feet] out.
- D Make small circles with [your arm].
- E Rotate [your hip] inwards.
- F Put [your arm] back down.
- G Move [your feet] in.
- H Turn [your palm] down.
- I Rotate [your hip] outwards.
- J Turn [your palm] up.
- K Tilt [your head] backwards.

- 10 Using patient-friendly instructions, carry out simple examinations on a partner to assess these parts of the musculoskeletal system.

- head, jaw and neck
- spine
- shoulders and elbows
- wrists and hands
- hips and knees
- ankles and feet