

Name: _____

Date: _____

Warm-Up: Muscle Movement, Types & Names B p 197 - 202)

Matching

Match the following:

- Ⓐ pronation
- Ⓑ rotation
- Ⓒ dorsiflexion
- Ⓓ flexion
- Ⓔ adduction
- Ⓕ circumduction
- Ⓖ abduction
- Ⓗ supination
- Ⓘ extension

- _____ 1. Type of movement that decreases the angle of the joint
- _____ 2. Type of movement that results when the forearm rotates laterally so that the palm faces anteriorly
- _____ 3. The movement of a limb toward the body midline
- _____ 4. Type of movement that increases the angle of the joint
- _____ 5. The movement of a bone around its longitudinal axis
- _____ 6. The movement of a limb away from the body midline
- _____ 7. Type of movement that results when the forearm rotates medially so the palm faces posteriorly

Essay

- 8. **List** the **seven (7) criteria** that are used in naming muscles and *give an example* of each.