



## Glossary

**Alternative medicine:** Any form of medicine that is outside of western medicine or conventional medicine.

**Aquatic massage:** a type of massage based on the therapeutic use of water pressure.

**Lymph node:** A lymph node is an oval or kidney shaped organ of a lymphatic system, present widely throughout the body

**Phalangeal joint:** the hinge joint between phalanges of the hand.

**Proximal:** Situated near to the centre of the body or the point of attachment.

**Distal:** Situated away from the centre of the body or the point of attachment.

**Flexion:** bending movement around a joint in a limb that decreases the angle between the bones of the limb at a joint.

**Extension:** the angle between the bones increase.

**Abduction:** the movement of a limb away from the midline of the body.

**Adduction:** the movement of a limb towards the midline of the body.