



Glossary

Muscle tension: Muscle tension refers to a condition in which muscle of body remain semi contracted for a period of time.

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

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

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

Subcutaneous tissue: Those tissues beneath the skin also called the hypodermis.

Pisiform bone: Pisiform bone is a pea shaped bone that is found in the wrist.

Scapula: the scapula is commonly referred as shoulder blade. It connects the humerus bone of the arm to the collar bone.

Supination: it refers to the movement of arm when palm facing upward.

Pronation: It refers to the movement of arm when palm facing downward.

Flexion: It refers when the angle between two bones decrease.

Extension: It refers when the angle between two bones increase.