



Glossary

- 1. Internal rotation:** Turning of a limb about its axis of rotation toward the midline of the body.
- 2. External rotation:** A movement at a joint that causes rotation of a limb or part of a limb around its long axis away from the midline of the body.
- 3. Dorsum:** The posterior or back part of a human body from the neck to the end of the toe.
- 4. Tarsal:** Small bones of the ankle and foot.
- 5. Proximal:** Situated near to the centre of the body or the point of attachment.
- 6. Distal:** Situated away from the centre of the body or the point of attachment.
- 7. Flexion:** Bending movement around a joint in a limb that decreases the angle between the bones of the limb at a joint.
- 8. Extension:** The angle between the bones increase.
- 9. Abduction:** The movement of a limb away from the midline of the body.
- 10. Adduction:** The movement of a limb towards the midline of the body.