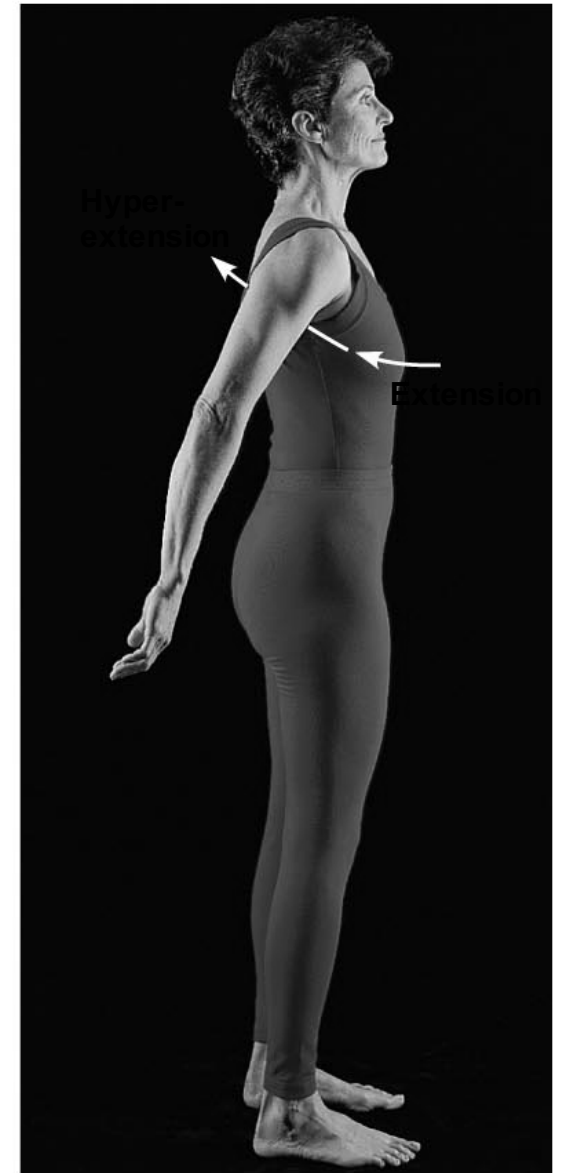


Figure 8.5c Movements allowed by synovial joints.



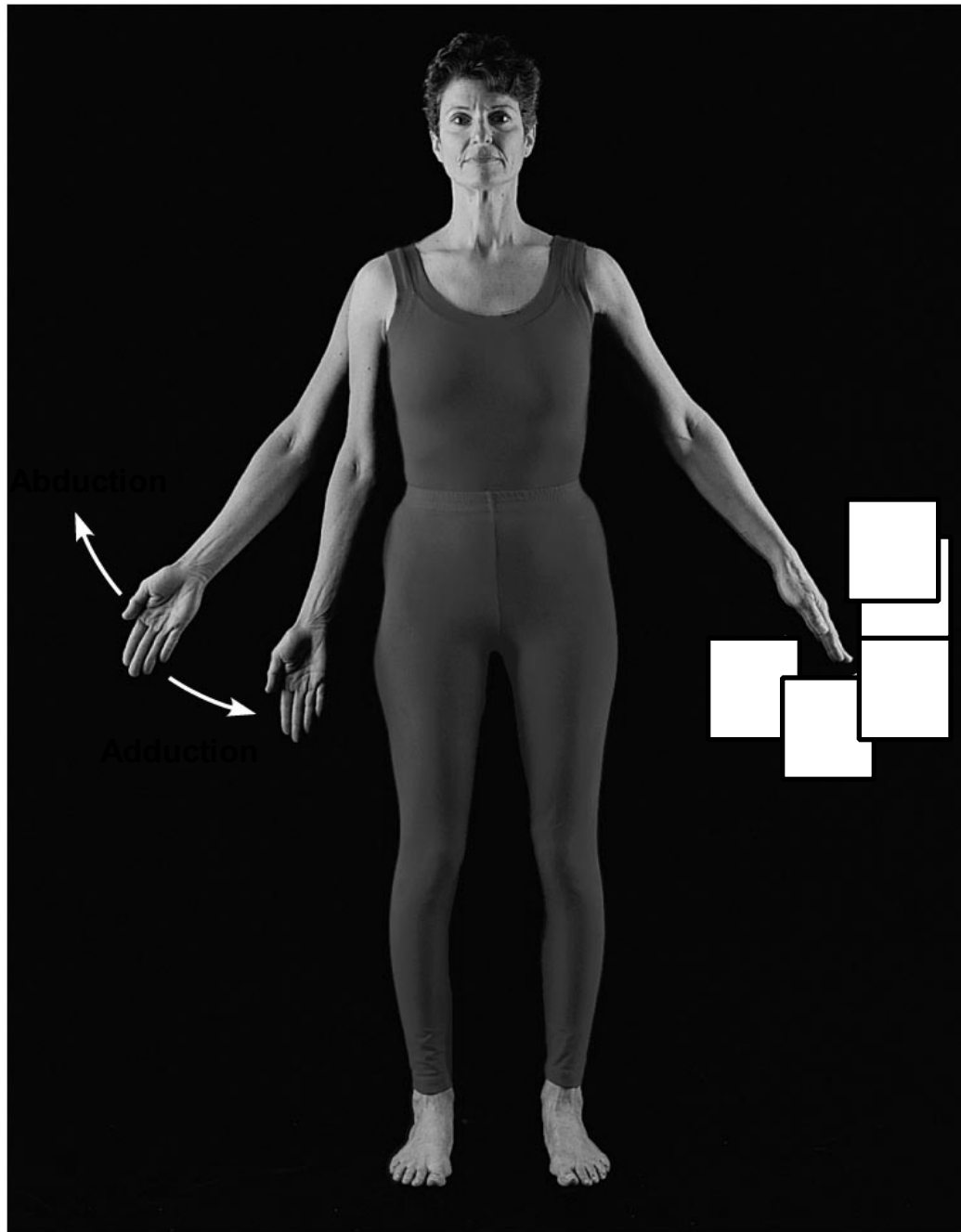
**(c) Angular movements: flexion, extension, and hyperextension of the vertebral column**

Figure 8.5d Movements allowed by synovial joints.



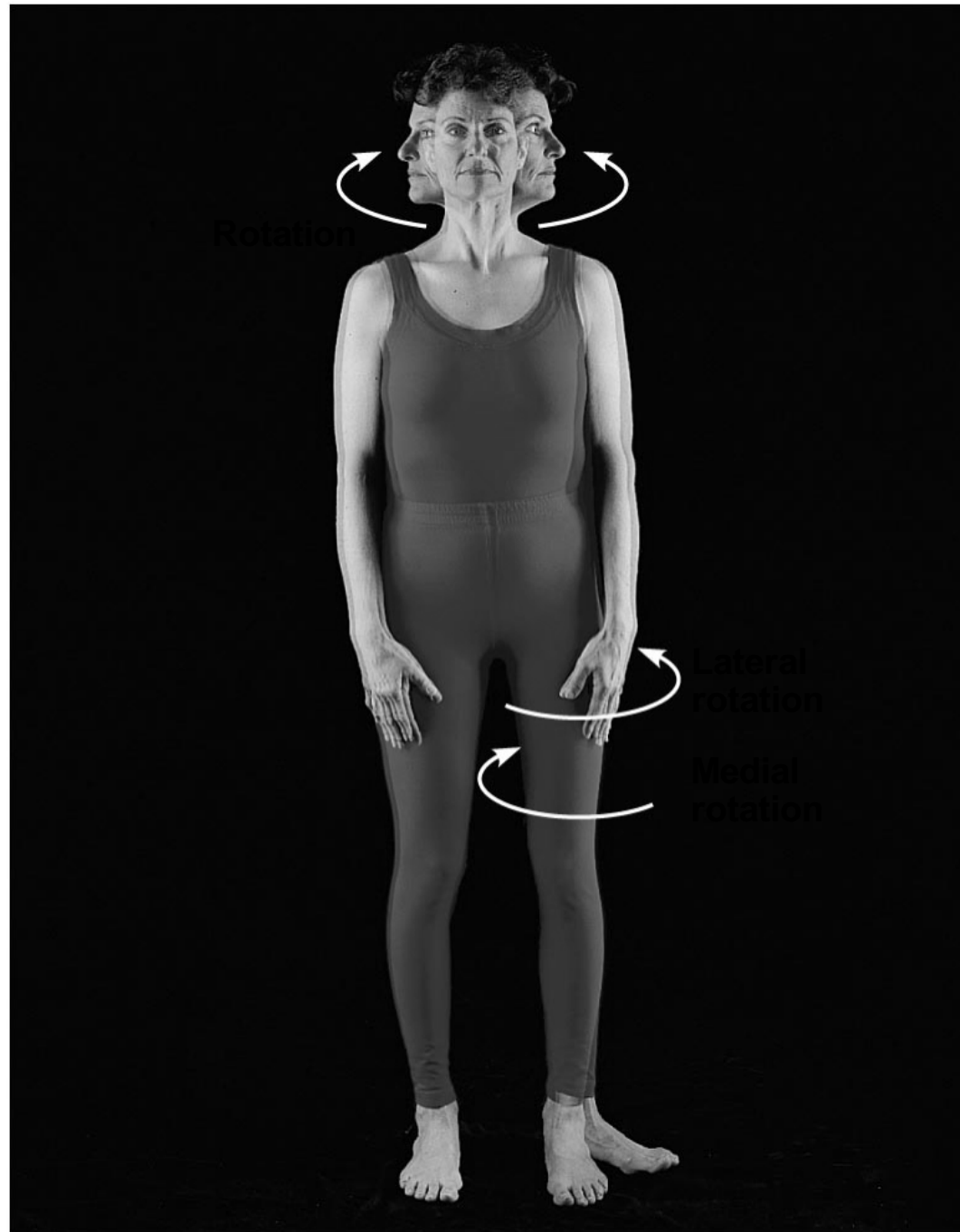
**Angular movements: flexion, extension, and hyperextension at the shoulder and knee**

Figure 8.5e Movements allowed by synovial joints.



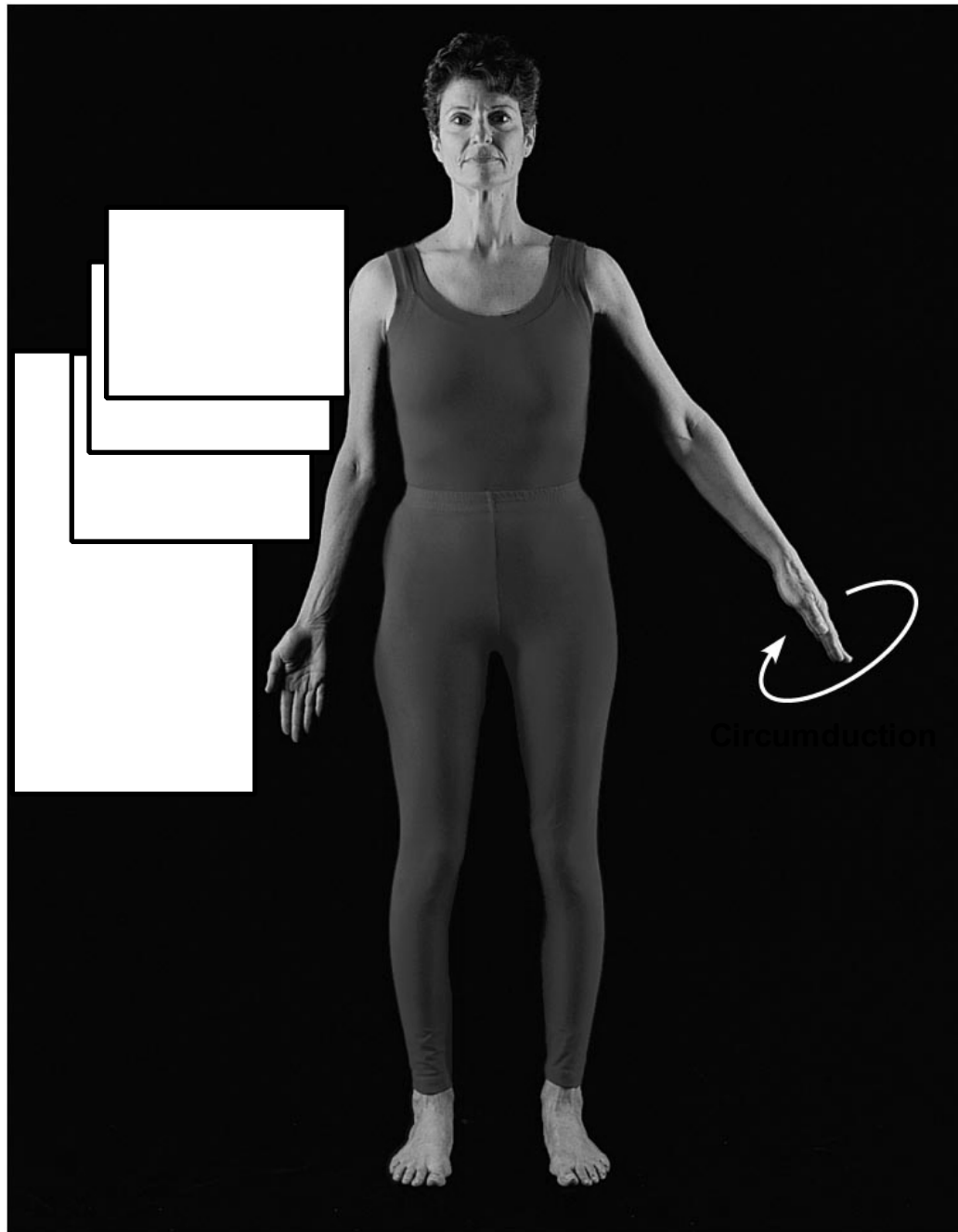
**(e) Angular movements: abduction, adduction, and circumduction of the upper limb at the shoulder**

Figure 8.5f Movements allowed by synovial joints.



**(f) Rotation of the head, neck, and lower limb**

Figure 8.5e Movements allowed by synovial joints.



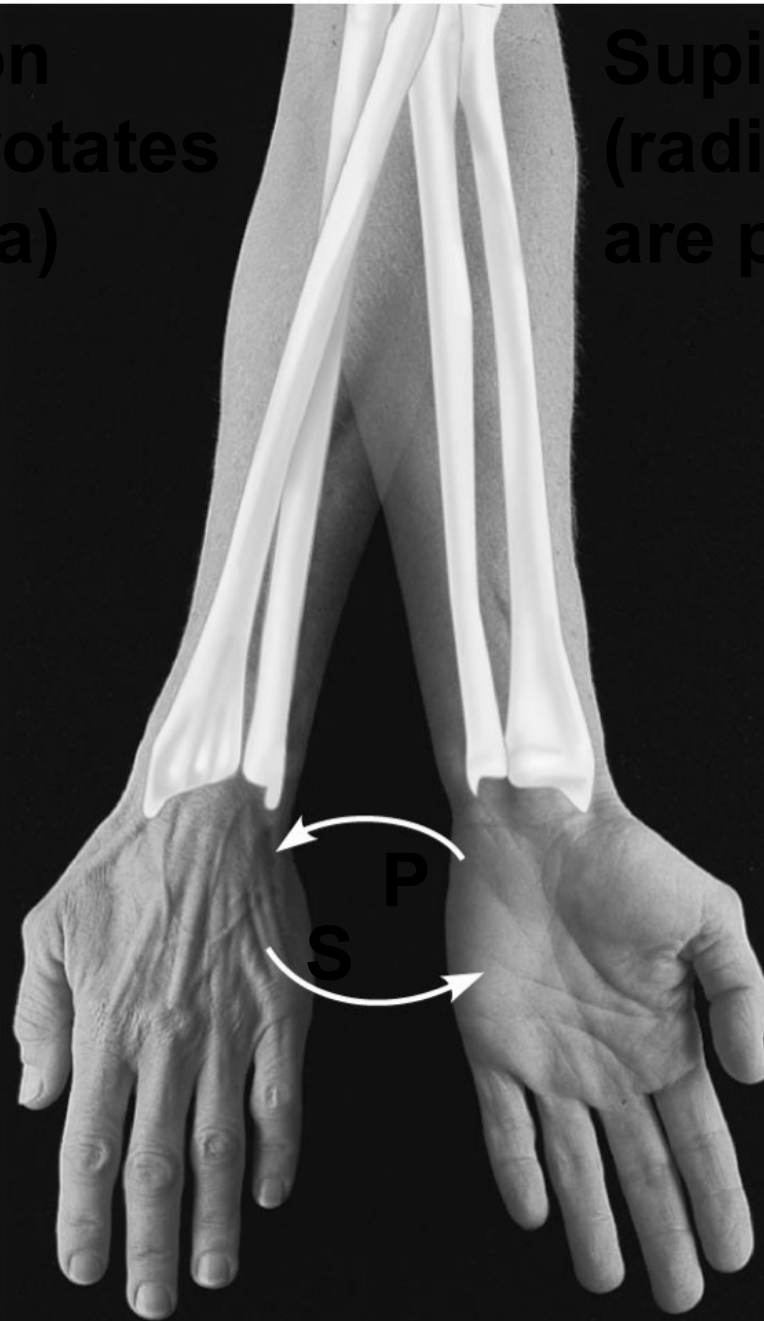
**(e) Circumduction of the upper limb at the shoulder**

Figure 8.6a Special body movements.

**Pronation**  
(radius rotates  
over ulna)

**Supination**  
(radius and ulna  
are parallel)

In proper  
anatomical  
position is our  
palm anterior or  
posterior?



**(a) Pronation (P) and supination (S)**

Figure 8.6b Special body movements.



**(b) Dorsiflexion and plantar flexion**

Figure 8.6c Special body movements.

Long distance runners use shoes to correct this.

Inversion



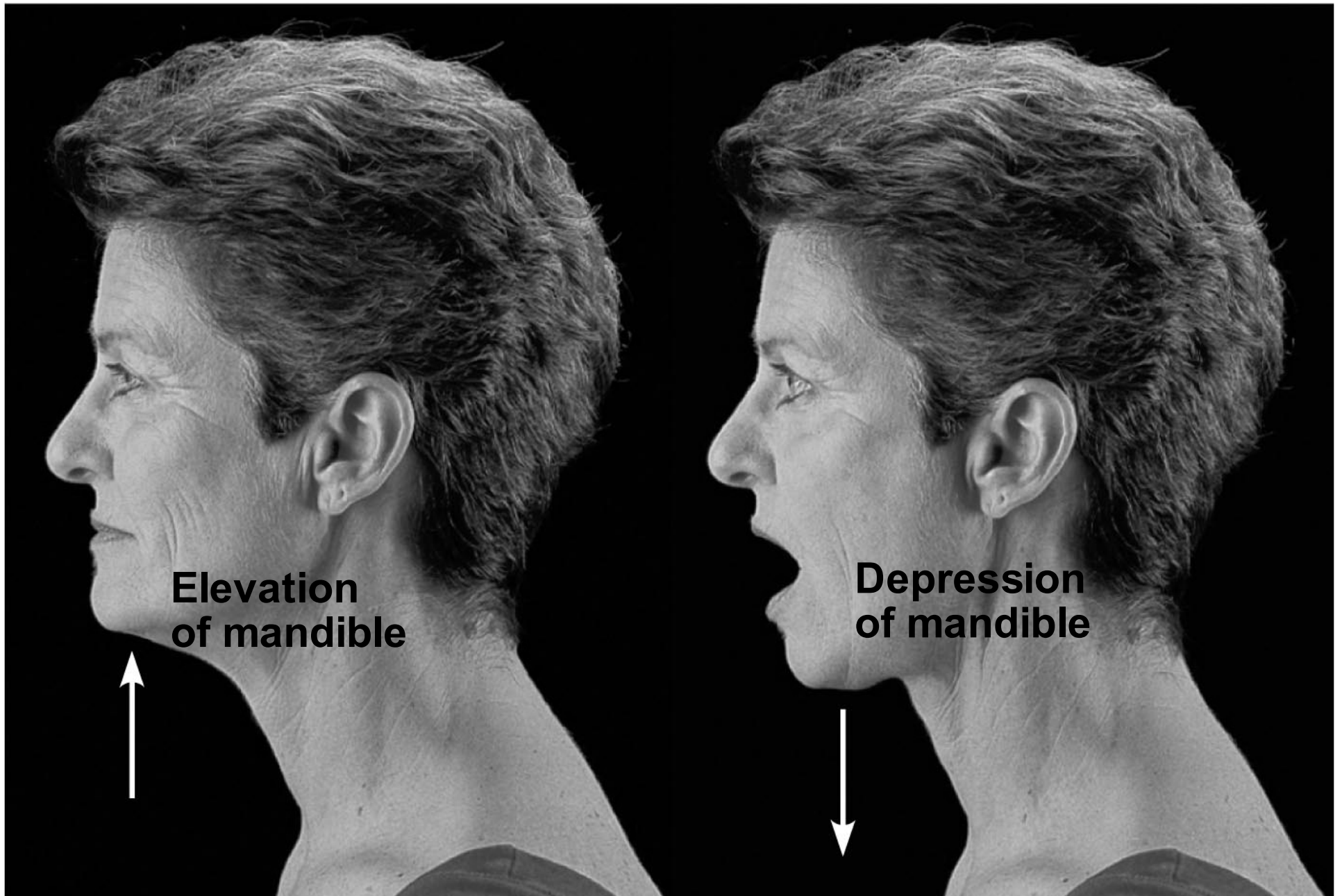
Eversion



## (c) Inversion and eversion



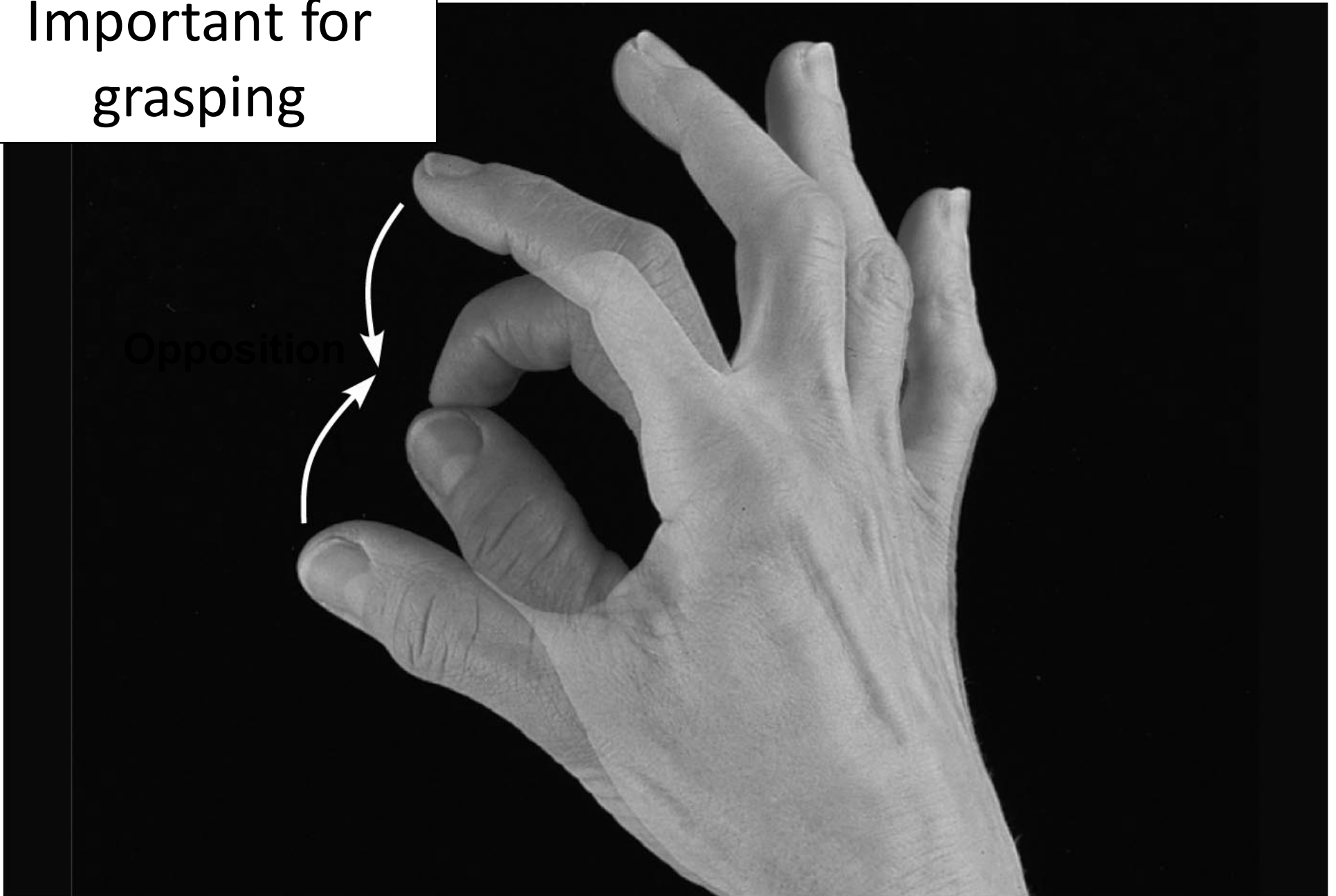
Figure 8.6e Special body movements.



**(e) Elevation and depression**

Figure 8.6f Special body movements.

Important for  
grasping



## **(f) Opposition**