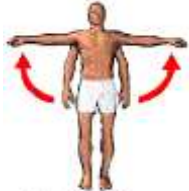
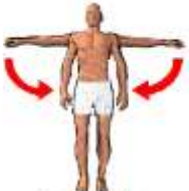
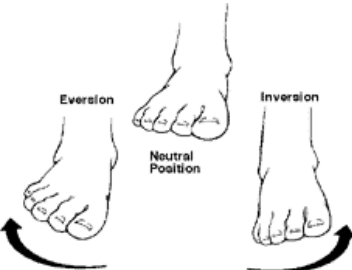
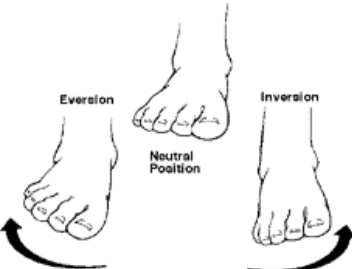
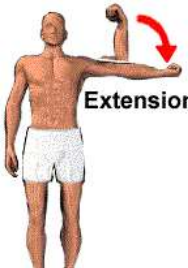





# Unit 14 – Bones & Muscles

Body Movement	Definition	Visual Image
<p><b>abduction</b></p>	<p>moving away from the midline</p>	 <p>Abduction</p>
<p><b>adduction</b></p>	<p>moving toward the midline</p>	 <p>Adduction</p>
<p><b>inversion</b></p>	<p>turning inward</p>	
<p><b>eversion</b></p>	<p>turning outward</p>	
<p><b>extension</b></p>	<p>moving a limb to a straight position</p>	 <p>Extension</p>
<p><b>flexion</b></p>	<p>bending a limb</p>	 <p>Flexion</p>

<b>pronation</b>	<b>turning the palm down</b>	
<b>supination</b>	<b>turning palm up</b>	
<b>rotation</b>	<b>turning around on its own axis</b>	

### Additional Terms to Know...

<b>alignment</b>	placing fractured bones into correct anatomical position
<b>ambulate</b>	able to walk
<b>ambulatory</b>	pertaining to walking
<b>deformity/deformed</b>	distortion of any part of the body
<b>dislocate/dislocation</b>	temporary displacement of a bone from its joint
<b>immobilize/immobilization</b>	making a part or limb so that it cannot be moved
<b>orthopod</b>	orthopedist
<b>reduce/reduction</b>	restoring a fractured bone to its normal position
<b>symmetry</b>	both sides being equal
<b>traction</b>	pulling force on a limb to return bone or joint to normal position
<b>CR</b>	closed reduction
<b>CRIF</b>	closed reduction internal fixation (fracture treatment)
<b>ORIF</b>	open reduction internal fixation (surgical fracture treatment)