

Glossary of terms

Anterior: front
Posterior: back
Inferior: below
Superior: above

Supine lying: lying on back
Prone lying: lying on front

Adduction: bringing closer to body
Abduction: taking away from the body
Flexion: Bending of limb or spine
Extension: Straightening of limb or spine
Lateral: nearer the outside
Lateral rotation: turning the body part outwards
Medial: nearer the middle
Medial rotation: turning body part inwards
Side flexion: bending to side (right or left)

Distal: further away from body
Proximal: closer to body

Hypotonus: reduced muscle activity (contraction)
Hypertonus: increased muscle activity (contraction)
Spasticity: unintentional hypertonus (usually flexor in arm and extensor in leg)
Flaccidity: unintentional hypotonus
Contracture: shortening structures resulting in reduced range of movement

Tendon: connection of muscle to bone
Ligament: connect bone to bone
Bursae: fluid filled sacs protecting tendons at bony points
Humerus: upper arm bone
Scapula: shoulder blade
Glenoid: socket on scapula into which the top of the humerus sits
Gleno-humeral joint: shoulder joint
Clavicle: collar bone
Acromion: top of scapula that attaches to clavicle
Acromioclavicular joint: joint between acromion and scapula
Shoulder girdle: humerus, scapula and clavicle collectively
Subluxation: partial dislocation of a joint