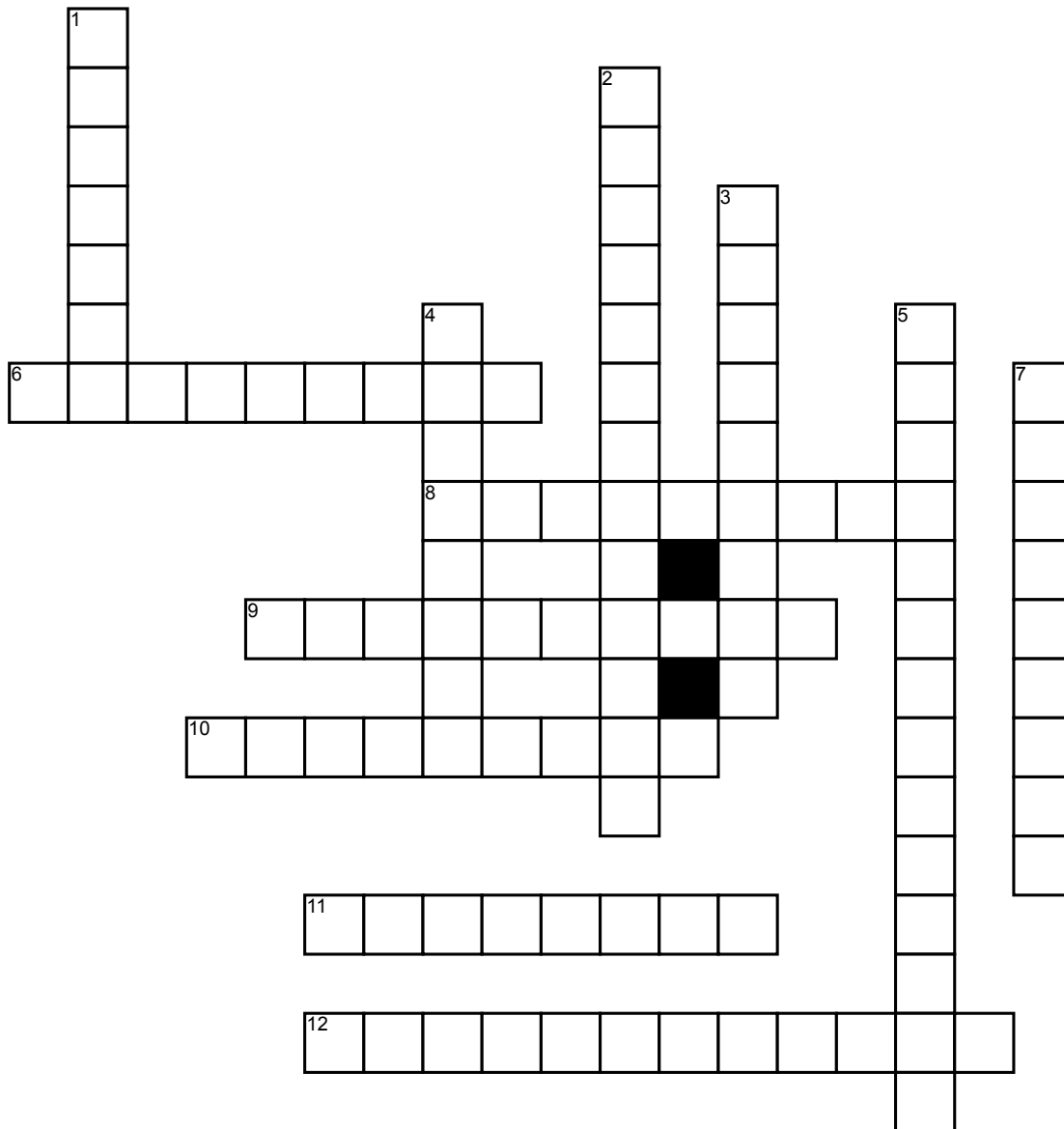


Movements of synovial joints



Across

- 6.** turns the sole of the foot medially, opposite of eversion
8. movement of a limb away from the mid-line of the body (mid-line of the body), opposite of adduction
9. rotation of the lower arm so that the palm faces forward as in anatomical position, opposite of pronation
10. a straightening movement that increases the angle of the joint, opposite of flexion

- 11.** turns the sole of the foot laterally, opposite of inversion
12. movement at the ankle that points the toes up, stand on heels, opposite of plantar flexion

Down

- 1.** a bending movement that decreases the angle of the joint bringing the two bones closer together, opposite of extension
2. moving a limb in a cone shape
3. movement of a limb toward the median plane (median plane), opposite of abduction

- 4.** turning of a bone along its own long axis, may be medial rotation (medial rotation) or lateral rotation (lateral rotation)
5. movement at the ankle that points the toes down, standing on tippy toes, opposite of dorsiflexion
7. rotation of the lower arm so that the palm faces posteriorly, opposite of supination