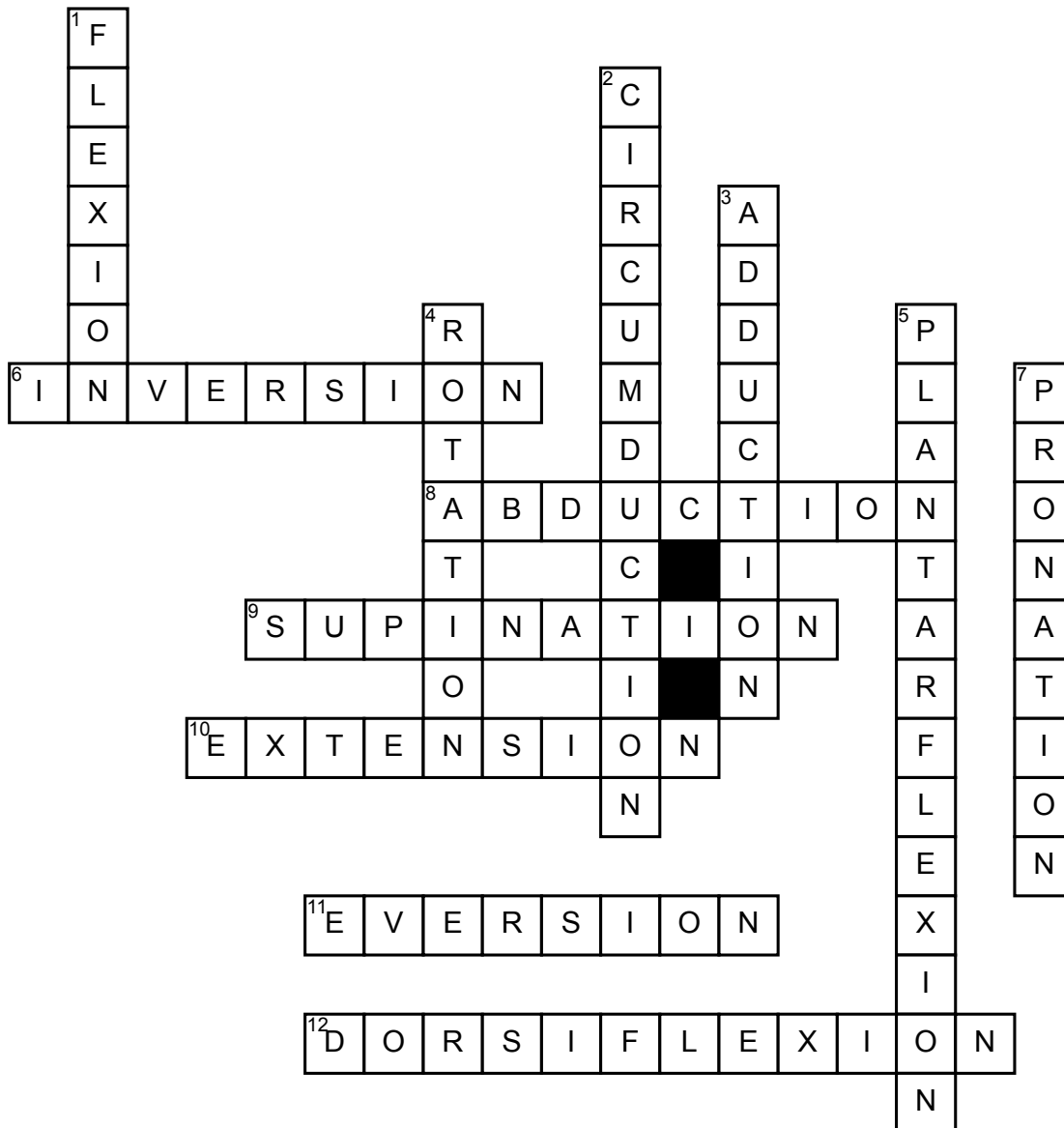


# Movements of synovial joints



## 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 the 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 malm faces posteriorly, opposite of supination