

Page 9 Actions

1. Extension of neck
2. Flexion of neck
3. Flexion of shoulder
4. Extension of shoulder
5. Extension of hip
6. Flexion of hip
7. Extension of spine
8. Flexion of spine
9. Flexion of elbow
10. Extension of elbow
11. Flexion of knee
12. Extension of knee
13. Flexion of wrist
14. Extension of of wrist
15. Flexion of fingers
16. Extension of fingers
17. Dorsiflexion
18. Plantar flexion
19. Fetal position

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1. Abduction of shoulder
2. Adduction of shoulder
3. Abduction of fingers
4. Adduction of fingers
5. Abduction of toes
6. Adduction of toes
7. Abduction (radial flexion) of wrist
8. Adduction (ulnar flexion) of wrist
9. Adduction of hip
10. Abduction of of hip
11. Adduction (retraction) of scapula
12. Abduction (protraction) of scapula
13. Inversion (adduction) of foot
14. Eversion (abduction) of shoulder

Page 11 Actions

1. Left rotation of vertebra
2. Right rotation of vertebra
3. Left rotation of neck
4. Right rotation of neck
5. Right rotation of spine
6. Left rotation of spine
7. Lateral (external) rotation of shoulder
8. Medial (internal) rotation of shoulder
9. Medial (internal) rotation of shoulder
10. Lateral (external) rotation of shoulder
11. Pronation
12. Supination
13. Lateral (external) rotation of hip
14. Medial (internal) rotation of hip
15. Medial (internal) rotation of hip
16. Lateral (external) rotation of hip
17. Lateral (external) rotation of hip
18. Medial (internal) rotation of hip
19. Lateral (external) rotation of knee
20. Medial (internal) rotation of knee

