• **Movement Terms.** These terms help describe the movement of a body part at a joint. See Appendices E and F for specific motions and the normal ranges of those motions.
  
  - **Flexion.** Most often refers to motion at a joint that bends a body part (such as a limb).
  - **Extension.** Most often refers to a motion at a joint that straightens a body part.
  - **Abduction.** A joint motion that moves a body part away from the midline of the body in the coronal plane, except when referring to fingers, toes, or the thumb. When the fingers or toes abduct, they move away from the midline of the hand or foot. The thumb abducts when it moves away from the palm of the hand.
  - **Adduction.** A joint motion that moves a body part toward the midline of the body in the coronal plane, except when referring to fingers, toes, or the thumb. The fingers and toes adduct when they move toward the midline of the hand or foot. When the thumb adducts, it moves toward the palm of the hand.
  - **Horizontal Abduction.** A joint motion at the shoulder that occurs when the shoulder is flexed and results in the arm being pulled away from the midline in the transverse plane.
  - **Horizontal Adduction.** A joint motion at the shoulder that occurs when the shoulder is flexed and results in the arm being pulled toward the midline in the transverse plane.
  - **Internal Rotation.** Also referred to as *medial rotation*. A joint motion that turns the anterior surface of a body part medially, or toward the midline of the body, in the transverse plane.