

Dance 2320: Joints categorized by movement

Shoulder

flexion
extension, hyperextension
abduction
adduction, hyperadduction
internal rotation
external rotation
horizontal flexion
horizontal extension

Shoulder Girdle

elevation
depression
protraction
retraction
upward rotation
downward rotation

Elbow

flexion
extension

Forearm (radio-ulnar)

pronation
supination

Wrist

flexion
extension
inversion
eversion

Fingers

flexion
extension, hyperextension
abduction
adduction

Hip joint

flexion
extension, slight hyperextension
abduction
adduction, adduction, hyperadduction
internal rotation
external rotation

Knee

flexion
extension
very slight internal and external rotation

Ankle

plantar flexion
dorsiflexion

Foot

pronation
supination
inversion
eversion

Cervical vertebrae

flexion
extension
rotation right and left
lateral flexion right and left
protraction
retraction

Thoracic vertebrae

flexion
extension
rotation right and left
lateral flexion right and left

Lumbar vertebrae

flexion
extension
rotation right and left
lateral flexion right and left