

Body Mechanics Flash Cards

Directions:

1. Get a stack of index cards.
2. In groups of two create flash cards for the following concepts:
 - lateral
 - medial
 - superior
 - inferior
 - anterior
 - posterior
 - proximal
 - distal
 - sagittal plane
 - frontal plane
 - transverse plane
 - describe which movements occur in each plane
 - extension
 - flexion
 - abduction
 - adduction
 - elevation
 - depression
 - inversion
 - eversion
 - rotation
 - pronation
 - supination
 - horizontal flexion
 - horizontal extension
 - bones
 - long bones
 - short bones
 - flat bones
 - irregular bones
 - sesamoid bones
 - muscles
 - joints
 - fibrous joints
 - cartilaginous joints
 - synovial joints
 - hinge joints
 - ball and socket joints
 - condyloid joints
 - pivot joints
 - planar joints
 - saddle joints
 - describe which movements are allowed by each joint
 - parallel muscles
 - pennate muscles
 - describe how muscles, joints, and bones work together to allow movement of the body
 - describe the effects of pressure on the body
 - describe the effects of torque on the body
 - describe the effects of tension on the body
 - describe the effects of elasticity on the body
 - contractility
 - excitability
3. Quiz each other using the flashcards until both partners know all concepts.