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**SCHOOL OF HAIRDRESSING & APPLIED THERAPIES**

**Types of Joint Motion**

* **Abduction** - To draw away from the mid-line of the body
* **Adduction** -To draw towards the mid-line of the body
* **Flexion** - To bend into the body
* **Extension** - To straighten away from the body
* **Circumduction** – To move a limb in a circular manner
* **Rotation** - To turn around
* **Supinate** - Turn face or palm upwards
* **Pronate** – Turn face down or palm down
* **Plantar Flexion** – Downward movement of big toe
* **Dorsi-flexion** – Upward movement of big toe
* **Inversion** – turn inwards
* **Eversion** – turn outwards

***N.B The body must be in the anatomical position for the above definitions to be true.***