

Location & Movement Terminology Quiz

1. What is flexion and extension?

2. What is hyperextension?

3. What is meant by lateral? Medial?

4. Describe adduction and abduction.

5. What is meant by internal and external rotation?

6. What is the meaning of anterior and posterior?

7. What is meant by distal and proximal?

8. What is meant in anatomy by superior and inferior?

9. For what purpose related to asana has Andrey Lappa described movement differently?

10. What are the three planes of motion called? What type of movement happens in each?