EVERSION

INVERSION

HIP ABDUCTION

HIP ADDUCTION

HIP EXTERNAL ROTATION

HIP INTERNAL ROTATION
LATERAL FLEXION

PRONATION

SHOULDER ABDUCTION

SHOULDER ADDUCTION

SHOULDER EXTENSION

SHOULDER EXTERNAL ROTATION
SHOULDER FLEXION

SPINAL EXTENSION

SPINAL FLEXION

SPINAL FLEXION

SPINAL FLEXION

SPINAL ROTATION

SUPINATION