

## EVERSION



## INVERSION



Hip abduction

## HIP ABDUCTION



Hip abduction



## HIP ADDUCTION



Hip adduction



## HIP EXTERNAL ROTATION



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 ROTATION



SUPINATION



