



ABDUCTION



ADDUCTION



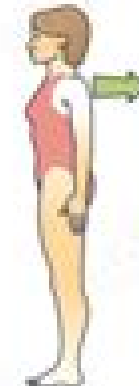
FLEXION



EXTENSION



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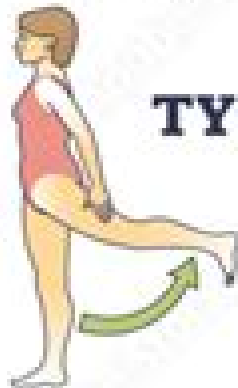


ELEVATION

TYPES OF BODY MOVEMENTS



FLEXION



EXTENSION



PLANTAR FLEXION



DORSIFLEXION



EVERSION



INVERSION



EXTENSION



FLEXION



ABDUCTION



ADDUCTION



FLEXION



LATERAL FLEXION



EXTENSION



ROTATION



EXTERNAL ROTATION



INTERNAL ROTATION

Body Code The Meaning In Movement

Annelies Wilder-Smith



Body Code The Meaning In Movement:

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