

# Anatomical Planes of Movement *(from pp52-53)*

*\*Resulting movement is parallel to divide thru body*

Frontal plane - Divide the body from one side to the other so you had a **front and a back**



**Abduction**  
**Adduction**  
**Lateral flexion**  
**Inversion**  
**Eversion**

Saggital plane - Divide the body front to back so you had a **left and a right side**



**Flexion**  
**Extension**  
**Hyper-extension/flexion**  
**Dorsi-flexion**  
**Plantar flexion**

Transverse Plane - Divide the body across your trunk so there was a **top and a bottom half**



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**Internal Rotation**  
**External Rotation**  
**Horizontal Abduction**  
**Horizontal Adduction**  
**Supination**  
**Pronation**

TO UNDERSTAND WHY THIS INFORMATION IS IMPORTANT, READ:

**The Litmus Tests of Function - Tri-Planar Movement**  
by *Tim Jones*

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