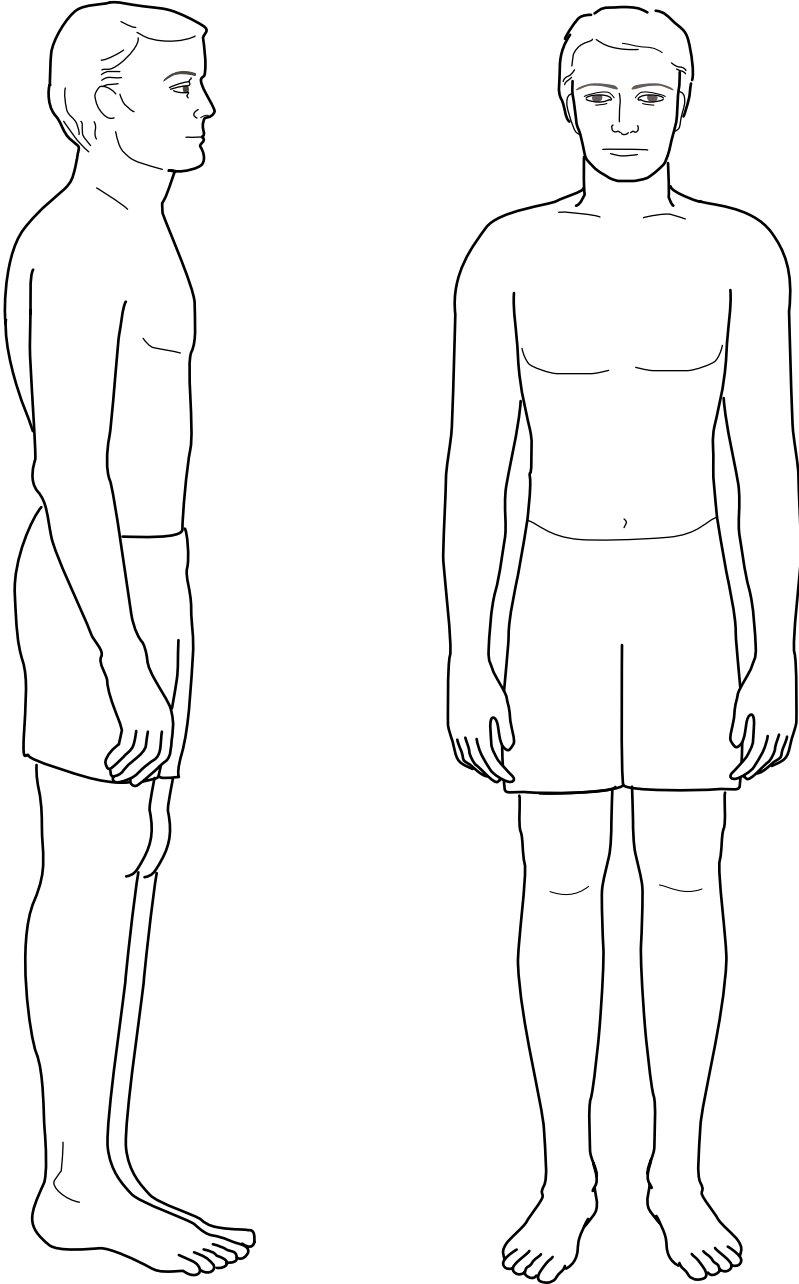


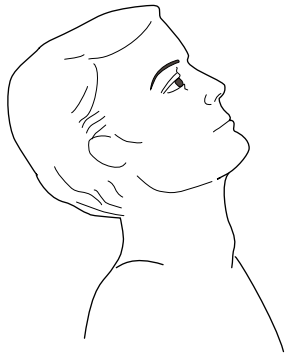
Physical Therapy Department

Body Motions



NEUTRAL POSITION

Motions of the Head and Neck



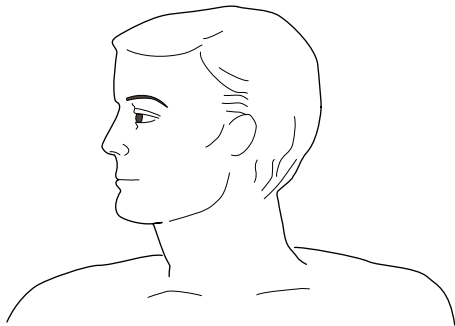
Bend head backward (look up).



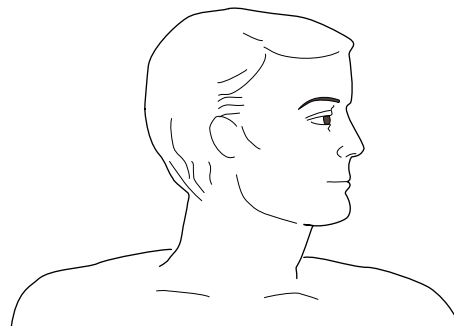
Bend head forward (look down).



Bend head so that ear is moved toward shoulder.



Turn head to look over shoulder.



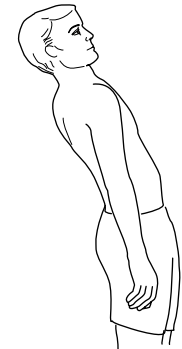
Motions of the Body Trunk



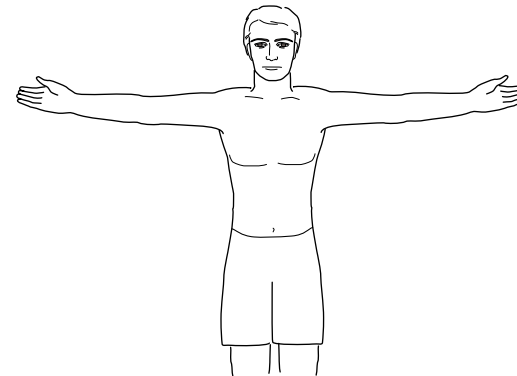
Bend forward from the waist.



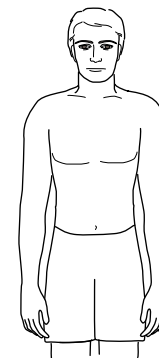
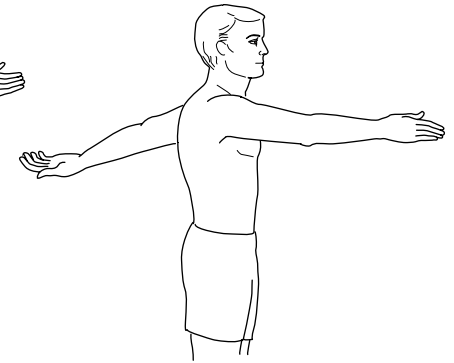
Straighten from bent position to neutral position.



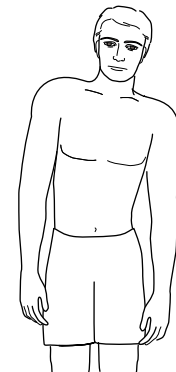
Move trunk backward from the waist.



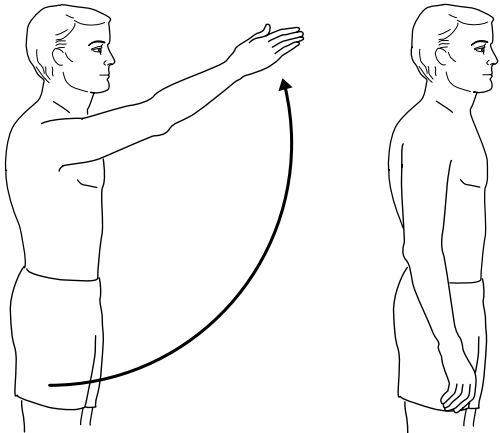
Standing upright with arms outstretched, level with shoulders, twist to side as far as you can. Repeat to the opposite side.



Arms at your side, bend from the waist sideways sliding your hand down side of your leg toward your knee. Repeat to the opposite side.

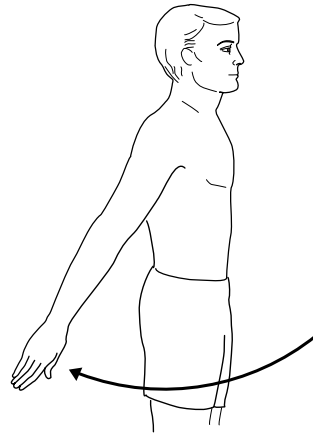


Motions of the Shoulder

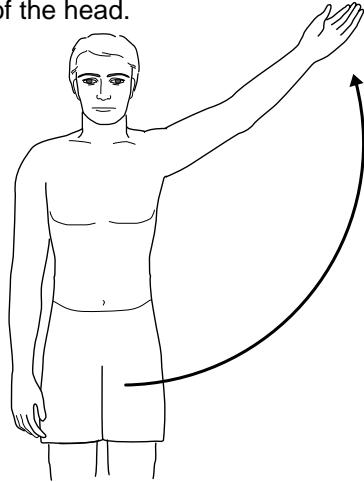


Move arm forward and upward until it is along the side of the head.

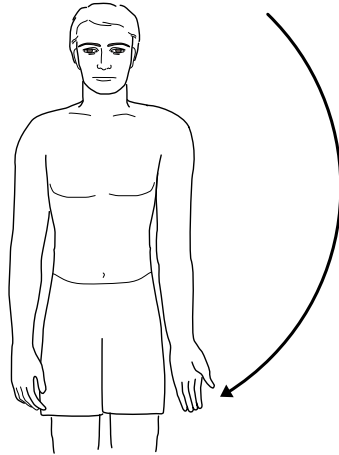
Return arm downward to the side after bending.



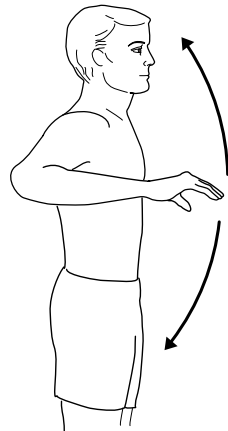
Move arm backward from the neutral position.



Move arm sideways away from the body to above the head.



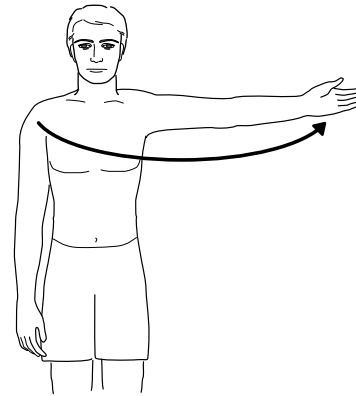
Return arm to the side after moving arm sideways away from the body to above the head.



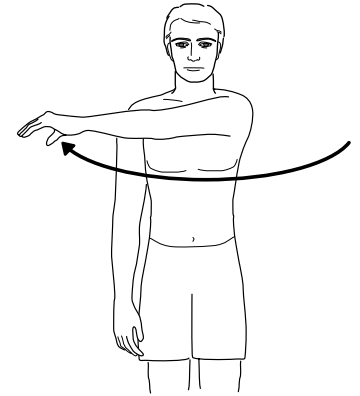
With arm at shoulder height, elbow bent to 90° angle, palm toward feet, turn upper arm until the palm and forearm face downward.

With arm at shoulder height, elbow bent to 90° angle, palm toward feet, turn upper arm until palm and forearm face backward.

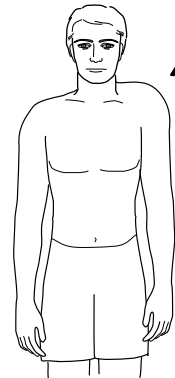
Motions of the Shoulder



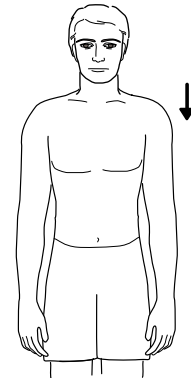
With arm at shoulder height, move arm back at this height as far as possible.



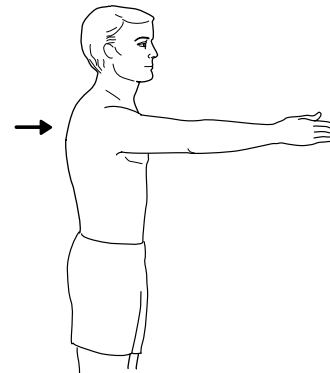
With arm at shoulder height, move arm across body toward other shoulder as far as possible.



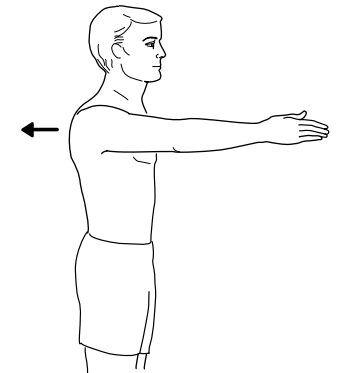
Lift shoulder toward the ear.



Lower shoulder toward the hip.

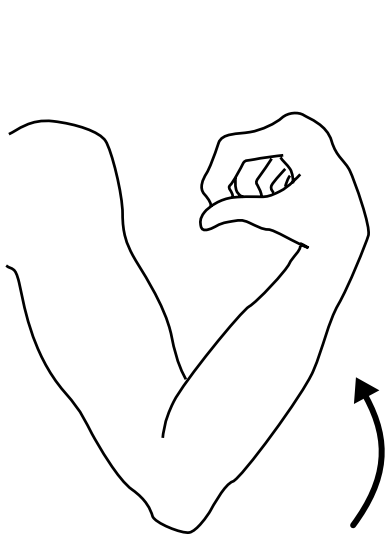


With arm in forward position at shoulder height, reach forward as far as possible.

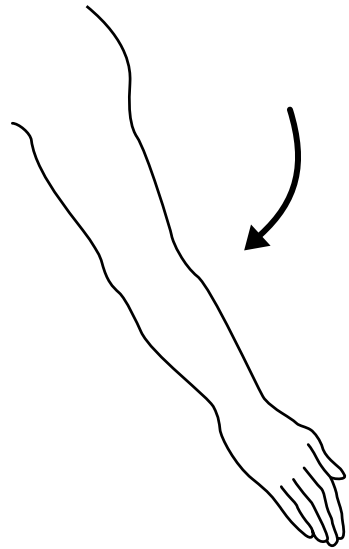


Draw arm and shoulder back from forward position as far as possible.

Motions of the Elbow



Bend elbow bringing forearm and hand toward shoulder.

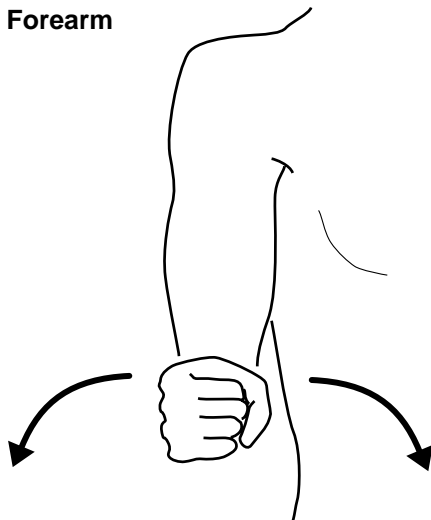


Return forearm and hand to neutral position (arm straight).

Motions of the Forearm

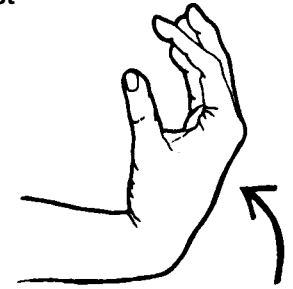
With elbow at waist bent to 90° angle, turn hand so that palm is facing up.

With elbow at waist bent to 90° angle, turn hand so that palm is facing down.

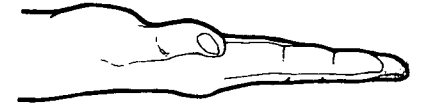


Motions of the Wrist

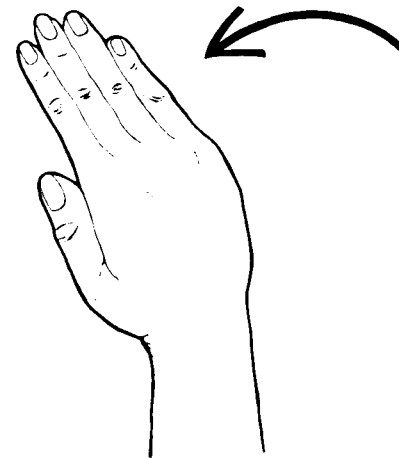
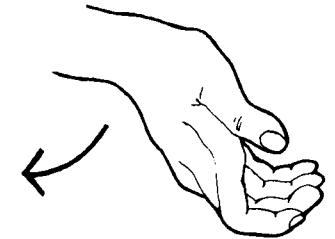
Bend wrist so that palm is toward forearm.



Straighten from bent position to a neutral position.



Move hand so that back of hand is moved toward forearm.

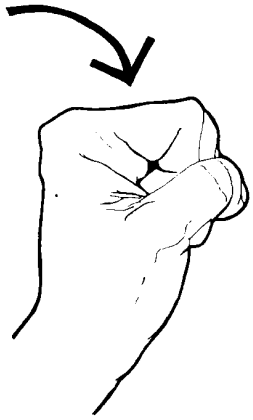


Move hand sideways so that thumb side of hand is moved toward forearm.

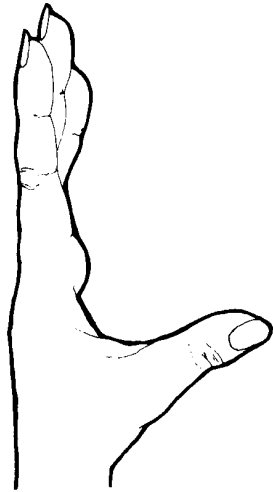


Move hand sideways so that little finger side of hand is moved toward the forearm.

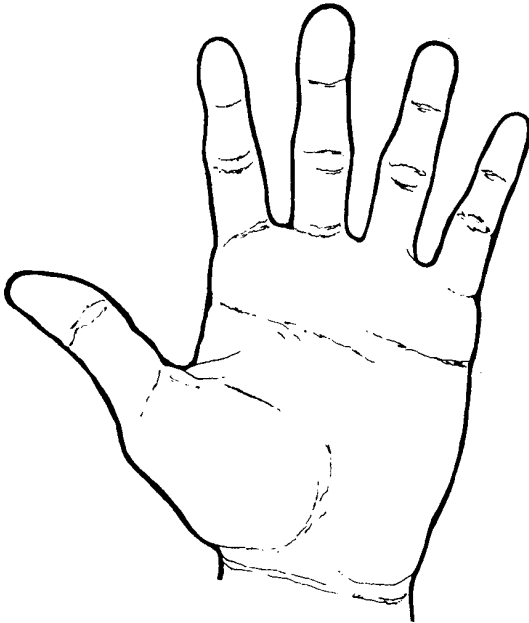
Motions of the Fingers



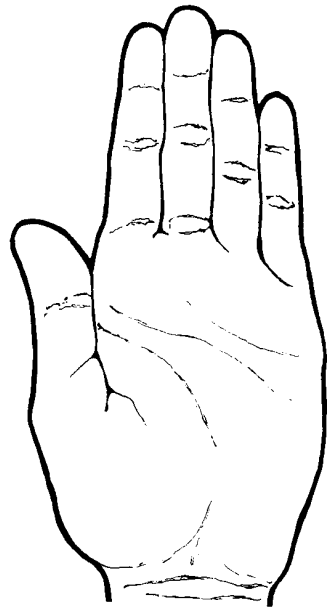
Bend fingers toward palm (make a fist).



Return fingers to neutral position (straighten fingers).

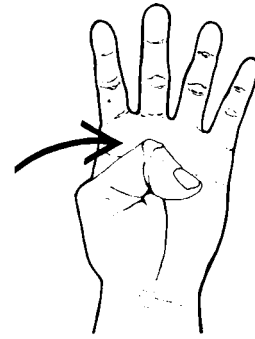


Spread fingers apart.

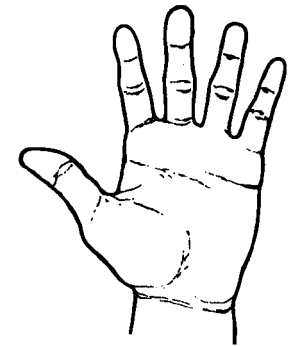


Move fingers together.

Motions of the Thumb



Bend thumb at all joints.

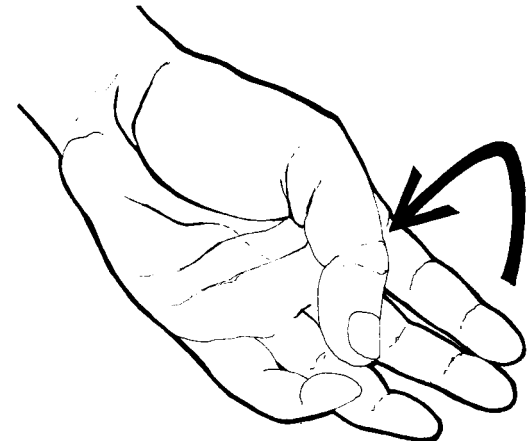


Straighten thumb.



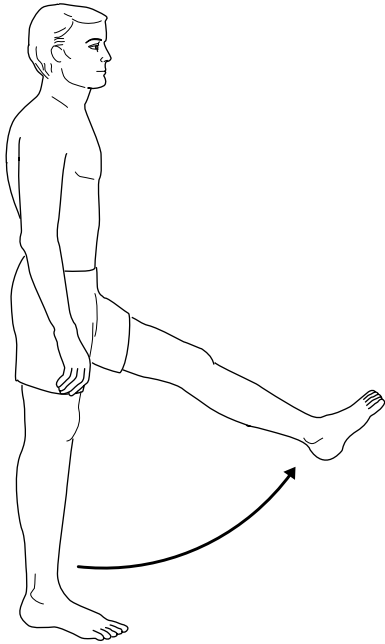
Palm up, move thumb up and away from palm.

Return thumb to position along side of first finger.

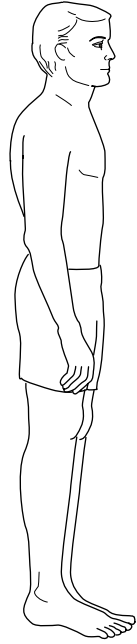


Move thumb out and around to touch little finger.

Motions of the Hip



Bend hip by moving the leg forward as far as possible.

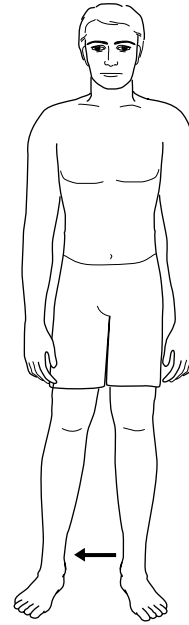


Return leg from the bent hip position to the neutral position.

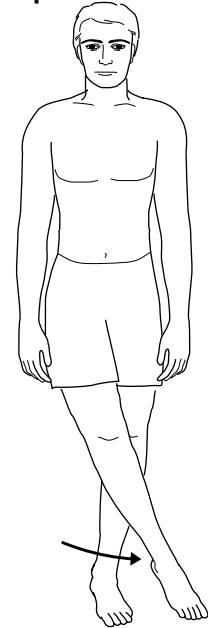


Move leg backward from the body as far as possible.

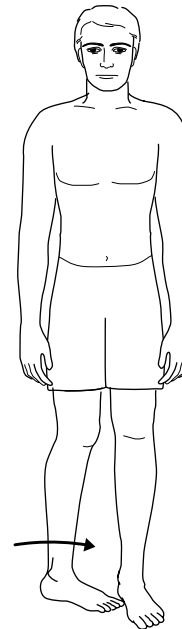
Motions of the Hip



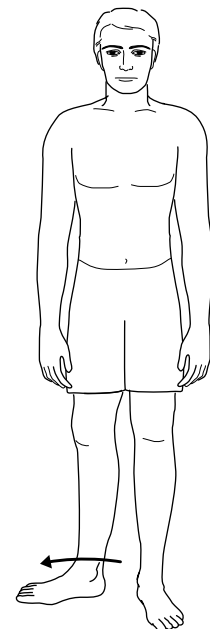
Move leg outward from the body as far as possible.



Return leg from the outward position to the neutral position and across the other leg as far as possible.



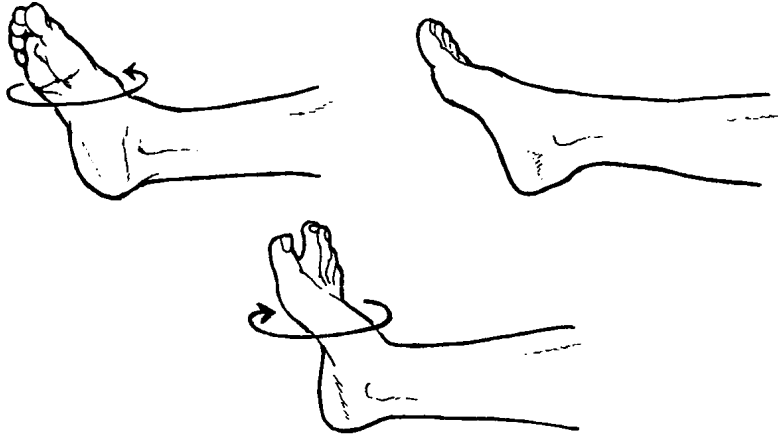
Turn leg in an inward motion so toes point in.



Turn leg in an outward motion so toes point out.

Foot Inversion/Eversion

With toes relaxed, move foot at the ankle, up and in, then down, then up and out.



Foot Planter/Dorsi Flexion

Move foot up at the ankle, as far as possible, then point toes down as far as possible.



Toes Flexion/Extension

Curl toes down, then straighten toes and pull them toward you.

