

Pdf free Articulation and body movements

chapter 13 (Read Only)

define and identify the different body movements demonstrate the different types of body movements identify the joints that allow for these motions body movements are always described in relation to the anatomical position of the body upright stance with upper limbs to the side of body and palms facing forward refer to figure 9 12 as you go through this section find everything you need to know about the human body movements with our articles video tutorials quizzes and labeled diagrams body movements are always described in relation to the anatomical position of the body upright stance with upper limbs to the side of body and palms facing forward watch this video to learn about anatomical motions sports biomechanics is the science of understanding why the human body moves the way it does including when things aren't moving optimally or correctly below learn more about biomechanics and how it applies to training performance equipment and injury treatment and prevention body movements are always described in relation to the anatomical position of the body upright stance with upper limbs to the side of body and palms facing forward refer to figure 11 10 1 as you go through this section figure 11 10 1 movements of the body part 1 the musculoskeletal system locomotor system is a human body system that provides our body with movement stability shape and support it is subdivided into two broad systems muscular system which includes all types of muscles in the body skeletal muscles in particular are the ones that act on the body joints to produce movements what they are coronal plane sagittal plane transverse plane anatomical position body cavities bottom line three anatomical body planes can describe how your body moves when you engage 1 muscles attach to bones at locations called origins and insertions a skeletal muscle attaches to bone or sometimes other muscles or tissues at two or more places if the place is a bone that remains immobile for an action the attachment is called an origin body movements there are general anatomical terms that can be used to describe most movements the body makes most terms have a clear opposite and so are treated in pairs these pairs include flexion extension abduction adduction circumduction no opposite elevation depression internal medial rotation external lateral rotation the list below describes such skeletal movements as normally are possible in particular joints of the human body the body movements in humans are of the following types flexion lateral flexion dorsiflexion plantarflexion extension hyperextension abduction adduction transverse abduction the human body is a biological machine made of body systems groups of organs that work together to produce and sustain life sometimes we get lost while studying about cells and molecules and can't see the forest for the trees it can be helpful to step back and look at the bigger anatomical picture body movements are always described in relation to the anatomical position of the body upright stance with upper limbs to the side of body and palms facing forward refer to link as you go through this section watch this video to learn about anatomical motions what motions involve increasing or decreasing the angle of the foot at the ankle define the different types of body movements identify the joints that allow for these motions synovial joints allow the body a tremendous range of movements each movement at a synovial joint results from the contraction or relaxation of the muscles that are attached to the bones on either side of the articulation overview movement disorders are a group of nervous system conditions that affect movement they can cause either increased movements or reduced or slow movements these movements may be under the person's control known as voluntary or the movements may not be under the person's control known as involuntary your brain is an essential organ all of your emotions sensations aspirations and everything that makes you uniquely individual come from your brain this complex organ has many functions it receives processes and interprets information your brain also stores memories and controls your movements define the different types of body movements identify the joints that allow for these motions synovial joints allow the body a tremendous range of movements each movement at a synovial joint

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