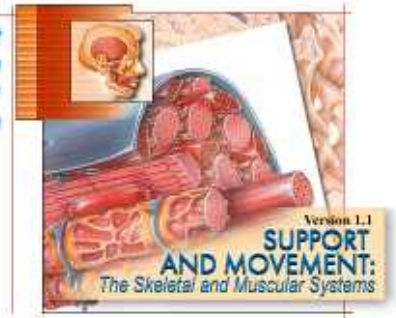


## Selected Muscles & Movements

### Directions:

- Click the "Contents" button,
- Open the *Muscular System* File,
- Click *Anatomy Overviews*,
- Click *Selected Muscles & Movement*

Thomas Lancraft  
Frances Frierson  
Carl Shuster  
Eric Sun



### Movements Produced at Synovial Joints

- Click the link to *Movements Produced at Synovial Joints*. Describe each of the following movements and provide a couple examples of each. Insure that you can identify each type of movement.



- Flexion* \_\_\_\_\_
- Extension* \_\_\_\_\_
- Hyperextension* \_\_\_\_\_
- Adduction* \_\_\_\_\_
- Abduction* \_\_\_\_\_
- Circumduction* \_\_\_\_\_
- Rotation* \_\_\_\_\_
- Supination* \_\_\_\_\_
- Pronation* \_\_\_\_\_
- Elevation* \_\_\_\_\_
- Depression* \_\_\_\_\_
- Protraction* \_\_\_\_\_
- Retraction* \_\_\_\_\_
- Inversion* \_\_\_\_\_
- Eversion* \_\_\_\_\_
- Dorsiflexion* \_\_\_\_\_
- Plantarflexion* \_\_\_\_\_











g. Breathing Muscles

**MUSCLES FOR BREATHING**



External intercostal

Internal intercostal

Diaphragm

Muscle Functions:

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