

The actual extension of the shoulder, according to some anatomy text-books, is to carry it straight back by the action of the posterior deltoid, *teres major*, *infra spinatus*, *latissimus dorsi*, *triceps*.

Flexions of this joint, on the other hand, is to carry the arm (humerus) forward and inward by the action of the pectorals, anterior deltoid, *biceps*, *subscapularis*.

Abduction carries the arm away from the body, laterally. Adduction, of course, brings it back to the side of the body. Needless to say, if giving a command, in which you wish a patient to carry his arm straight up sideways, or forward, he will fully understand what you require if you do say, "Extend the arm sideways, forwards, or upwards," or "Stretch (or raise) the arm out straight in line with shoulder to front or side," and so on. To him there is no need of going into the phraseology. To instructors, however, who have to study the physiology of movements, these few explanations of flexions and extensions, as they concern him, may be useful.

As both shoulder and hip joints have circumduction and rotation (also abductions and adductions, as explained with the shoulder), and they are probably understood, it is only necessary to say that rotation is simply the rotation of the head of the humerus within the socket, and circumduction is the circular move made, for instance, if one stood on the left foot, then with the other leg straight, made a large circle on the ground with the right foot. The terms elevation or depression are too universally understood to need explanation.