



Medical Words Untangled

Abduction	Moving away from the midline
Active Movement	You move a part of your body
Adduction	Moving towards the midline
AFO's	A plastic splint for your foot and lower leg
Anterior	Infront
ASIS	The bony bits below your tummy
Assisted Movement	Someone helps you move a part of your body
Contractures	Loss in the range of movement
Core Stability	Control of the muscles in your Trunk
DAFO	A plastic splint for your foot and ankle
Extension	Straightening
Flexion	Bending
Gaiters	Wrap around splints to help keep legs or arms straight
High Tone	Stiffness in the muscles
Kyphosis	When the spine is curved forwards
Lateral	Out to the side
Limbs (upper & lower)	Arms & Legs
Lordosis	Increase in the curve of the lower back
Low Tone	Floppiness in the muscles
Medial	Towards midline
Medial Arch	The instep of the foot
Midline	The middle of the body between left and right
Muscle Tone	How floppy or stiff your muscles are
Passive Movement	Someone else moves a part of your body
Posterior	Behind
Postural Management	Keeping an eye on how children grow
Posture	The position your body is in
Prone	Lying on your tummy
Range of Movement	The amount a joint can move
Rotation	Turning one part of the body on another
Scoliosis	When the spine is 'S' shaped
Side flexion	Bending to the side
Standing Frame	Equipment to help weight bearing at the hips
Supine	Lying on your back
Sway Back	One kind of poor standing posture
TA's	Heel Cord
Trunk	The torso - body