

GENERAL DEFINITIONS

ABDUCTION- MOVING A BODY PART AWAY FROM THE MIDLINE.

AC JOINT- ACROMIO-CLAVICULAR JOINT

ACUTE- SEVERE; ALSO RAPID OR BRIEF

ADDUCTION- MOVING A BODY PART TOWARD THE MIDLINE

ADHESION- A STICKING TOGETHER OR BINDING OF TISSUE FIBERS

ANALGESIC- REDUCES PAIN AND INCREASES LOCAL CIRCULATION

ANATOMY- THE STUDY OF STRUCTURE OR FORM

ANTAGONIST- TO OPPOSE ONE ANOTHER; EX. BICEPS AND TRICEPS

ANTERIOR- FRONT OF THE BODY

ARTHRITIS- INFLAMMATION OF A JOINT

ARTICULATION- WHERE BONES COME TOGETHER TO FORM A JOINT

ATROPHY- DECREASE IN MUSCLE OR TISSUE SIZE

AVUSION- A TEARING AWAY OF A BONE OR PART OF A BONE BY EXTREME FORCE THROUGH ITS CONNECTIVE ATTACHMENT

BURSITIS- INFLAMMATION OF A BURSA

CALCANEOUS- HEEL BONE

CARPAL- BONES IN THE WRIST

CARTILAGE- FIBEROUS TYPE OF MATERIAL WHICH SERVES AS A CUSHION, JOINT FILLER, OR GIVES CONTOUR TO CERTAIN PARTS OF THE BODY

CERVICAL- OF THE NECK; MAINLY THE FIRST SEVEN VERTEBRAE IN THE NECK

CHONDROMALACIA- SOFTENING OF CARTILAGE OR WEARING AWAY OF A BONE AT ITS ARTICULATION

CHRONIC- OF LONG DURATION; REPEATION

CLAVICLE- COLLARBONE

CONDYLE- A ROUNDED PROTUBERANCE AT THE END OF A BONE FORMING AN ARTICULATION

CONGENITAL- FROM BIRTH

CONTRAINDICATION- TO WARN AGAINST A PARTICULAR TREATMENT

CONTRAST- THE ALTERNATION USE OF HOT AND COLD

CONTUSION- BRUISE

CRYOKINETIC- TREATMENT WITH COLD AND MOVEMENT

CRYOTHERAPY – TREATMENT BY USE OF COLD

DISLOCATION- DISPLACEMENT OF A JOINT

DISORIENTATION – THE STATE OF BEING INCONIZANT OF TIME OR OF PERSONS

DISTAL – FARTHEST FROM THE CENTER, FROM THE MEDIAL LINE, OR THE TRUNK

DORSAL – UPPER SURFACE OF THE FOOT

DORSI FLEXION - ANKLE MOVEMENT BRING THE TOES TOWARD THE SHIN

ECCHYMOSIS - DISCOLORRATION DURE TO BLOOD ACCUMULATION UNDER THE SKIN AND UNDER TISSUE

EDEMA – ABNORMAL ACCUMULATION OF FLUID, IN TISSUES OR CAVITITES

EFFUSION – NOT LOCALIZED SWELLING

EVERSION – TURNING THE SOLD OT THE FOOT OUTWARD

EXTENSION – STRAIGHTENING AT A JOINT OR INCREASING THE ANGLE BETWEEN TWO BONES

FEMUR – THE THIGH BONE; THE LONGEST BONE IN THE BODY

FIBULA- A CALF BONE; SMALL LATERAL BONE IN THE CALF

FLEXION- BENDING AT A JOINT OF DECREASING THE ANGLE BETWEEN TWO BONES

FRACTURE- BROKEN BONE

HEMATOMA- SWELLING COMPOSED OF BLOOD; INTERNAL BLEEDING ASSOCIATED WITH CONTUSIONS

HUMERUS- UPPER ARM BONE

HYDROTHERAPY- TREATMENT BY USE OF WATER

ILIAC CREST- THE TOP PART OF THE HIP

INFERIOR- BELOW / LESSER

INSERTION- WHERE A TENDON ATTACHES MUSCLE TO BONE

INTEROSSEOUS- BETWEEN TWO BONES

INVERSION-TURNING THE SOLE OF THE FOOT INWARD

ISOKENETIC- DYNAMIC. A FORM OF ISOTONIC EXERCISE IN WHICH MAXIMUM RESISTANCE IS PROVIDED THROUGH FULL RANGE OF MOTION

ISOMETRIC- STATIC; CONTRACTION OF MUSCLE WITHOUT MOVEMENT

ISOTONIC- DYNAMIC; A MUSCULAR CONTRACTION IN WHICH THE FIBERS SHORTEN IN LENGTH RESULTING IN MOVEMENT OF THE ADJOINING BODY PART

...**ITIS**- INFLAMMATION (SUFFIX)

KINETIC- PERTAINING TO MOTION

LATERAL- AWAY FROM THE MIDLINE OF THE BODY

LIGAMENT- TISSUE(S) THAT CONNECT BONE TO BONE

MEDIAL- TOWARD THE MIDLINE OF THE BODY

MENISCUS- INTERARTICULAR FIBROCARILAGE OF THE CRESENT SHAP FOUND IN CERTAIN JOINTS; EX. LATERAL AND MEDIAL MENISCI OF THE KNEE

MODALITY- METHOD OF APPARATUS FOR THERAPY

MYO...-MUSCLE (PREFIX)

NEUROLOGICAL- PERTAINING TO THE NERVOUS SYSTEM

PALPATION- EXAMINATION BY TOUCH

PATELLA- KNEECAP

PHALANGE- BONES OF THE FINGERS AND TOES

PLANTAR- THE SOLE OF THE FOOT

PLANTAR FLEXION- ANKLE MOVEMENT POINTING THE TOES DOWNWARD

POPLITEAL- CONCERNING THE POSTERIOR SURFACE OF THE KNEE

POSTERIOR- THE BACK OF A BODY PART

PRONATION- TURNING THE PALM DOWNWARDS

PROXIMAL- TOWARD THE BODY

OLECRANON- A LARGE PROCESS OF THE ULNA PROJECTING BEHIND THE ELBOW JOINT, FORMING THE BODY PROMINENCE OF THE ELBOW

OSTEO- BONE (PREFIX)

RADIUS- THE LATERAL FOREARM BONE

RECURVATUM- HYPEREXTENSION OF THE KNEE

RETINACULUM- A BAND OR MEMBRANE HOLDING ANY ORGAN OR PART IN ITS PLACE

SCAPULA- THE SHOULDER BLADE

SEPARATION- THE PROCESS OF DISCONNECTION, DISUNITING, OR SEVERING

SPRAIN- THE STRETCHING OR TEARING OF LIGAMENT(S)

STRAIN- TEARING OR STRETCHING OF MUSCLE TENDON OR TISSUE

STYLOID- BONEY PROMINENCE RESEMBLING A STYLUS OR POINTED INSTRUMENT

SUBLUXATION- TEMPORARY SELF-REDUCING DISLOCATION, (TEMPORARY)

SUPINATION- TURNING THE PALM UPWARD

TENDON- TISSUE THAT CONNECTS MUSCLE TO BONE

TENDONITIS- INFLAMMATION OF TENDON TISSUE

TIBIA- LARGE BONE OF THE LOWER LEG

THERAPY- TREATMENT OF A DISEASE OR PATHOLOGICAL CONDITION

THERMOTHERAPY- THE THERAPEUTIC APPLICATION OF HEAT

THORACIC-(12 BONES) PERTAINING TO THE CHEST OR THORAX

TUBEROSITY- AN ELEVATED ROUND PROCESS OF BONE

ULNA- MEDIAL FOREARM BONE

VALGUS- OUTWARD AND AWAY FROM THE MIDLINE OF THE BODY

VARUS- TURNED INWARD TOWARD THE MIDLINE OF THE BODY

VENTRAL- BOTTOM SURFACE; OPPOSITE OF DORSAL

VOLAR- RELATING TO THE PALM; OR SOLE OF FOOT

XIPHOID- A PROCESS ON THE LOWEST PORTION OF THE STERNUM