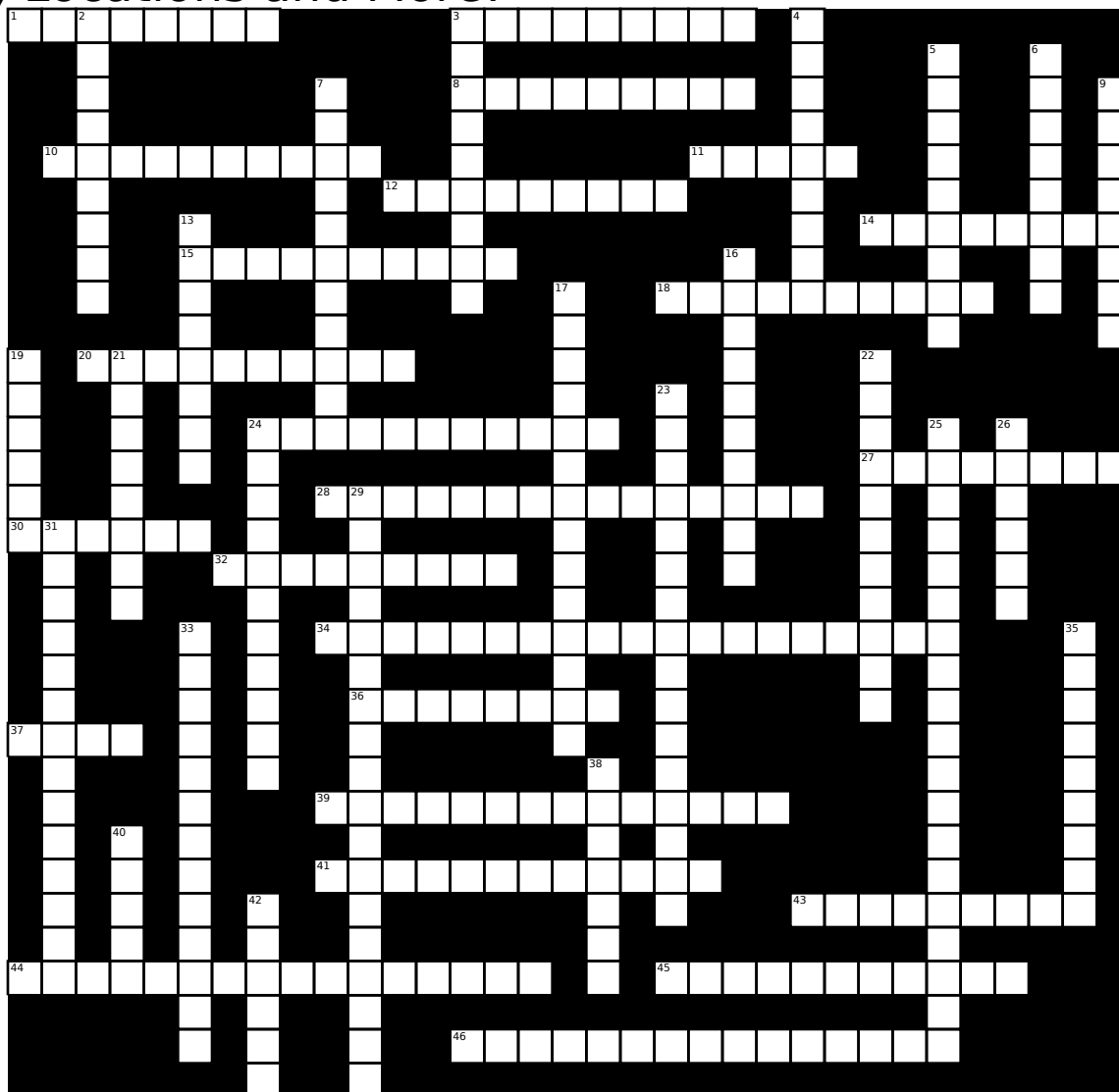


Action Dictionary

MassageNerd.com

Actions, Locations and More!



Across

- 1 Toward the head or upper part of a structure
- 3 Finger or toe movements
- 8 Moving the jaw from side to side
- 10 Moving a body part inferiorly
- 11 Angulation inward and toward the midline of the body
- 12 Movement in which the angle between two bones is increased
- 14 Nearer to or at the front portion of the body
- 15 Movement backward in a plane parallel to the ground
- 18 Movement of the forearm in which the palm is turned anteriorly
- 20 Moving anteriorly (eg: chin out)
- 24 A movement away from the center of the body. This term is applied to movements made from the heart, or in the direction of the arterial blood current
- 27 Closer to the point of origin
- 28 The anterior surface of the distal segment moves outwards
- 30 Means lying on your back
- 32 Movement of the forearm in which the palm is turned posteriorly
- 34 Movement of the arm across the chest
- 36 Away from the head or lower part of a structure
- 37 Away from the surface of the body
- 39 Moving the bottom of the foot to the floor
- 41 Moving the dorsum (top of the foot) of the foot upward
- 43 Movement away from the midline of the body
- 44 Rolling the hip forward
- 45 Near the surface of the body
- 46 Abduction of the wrist away from the midline

Down

- 2 Nearer to or at the back of the body
- 3 Moving of a body part superiorly
- 4 Moving posteriorly (eg: chin in)
- 5 Movement toward the midline of the body
- 6 Movement of the sole of the foot laterally at the ankle joint
- 7 Movement forward in a plane parallel to the ground
- 9 Located away from the surface of the body
- 13 To pull a specific area to increase in size or volume
- 16 Movement of the thumb touching a finger on the same hand
- 17 The anterior surface of the distal segment moves inwards
- 19 Angulation outward and away from the midline of the body
- 21 Relates to the movement of a bone around its long axis
- 22 To press or squeeze a specific area to reduce in size or volume
- 23 Movement in which the angle between two bones is decreased sideways
- 24 A movement toward the center of the body. In relation to massage, the term is applied to movements made in the direction of the blood current in the veins
- 25 Movement of the arm away from the chest
- 26 Further away from the point of origin
- 29 The body is in an erect or standing posture with the arms at the sides and the palms, head and feet point forward
- 31 Adduction of the wrist toward the midline
- 33 Movement of a joint in a circle
- 35 Movement of the sole of the foot medially at the ankle joint
- 38 Movement in which the angle between two bones is decreased
- 40 Means to lie face down
- 42 The back; the back surface of any part