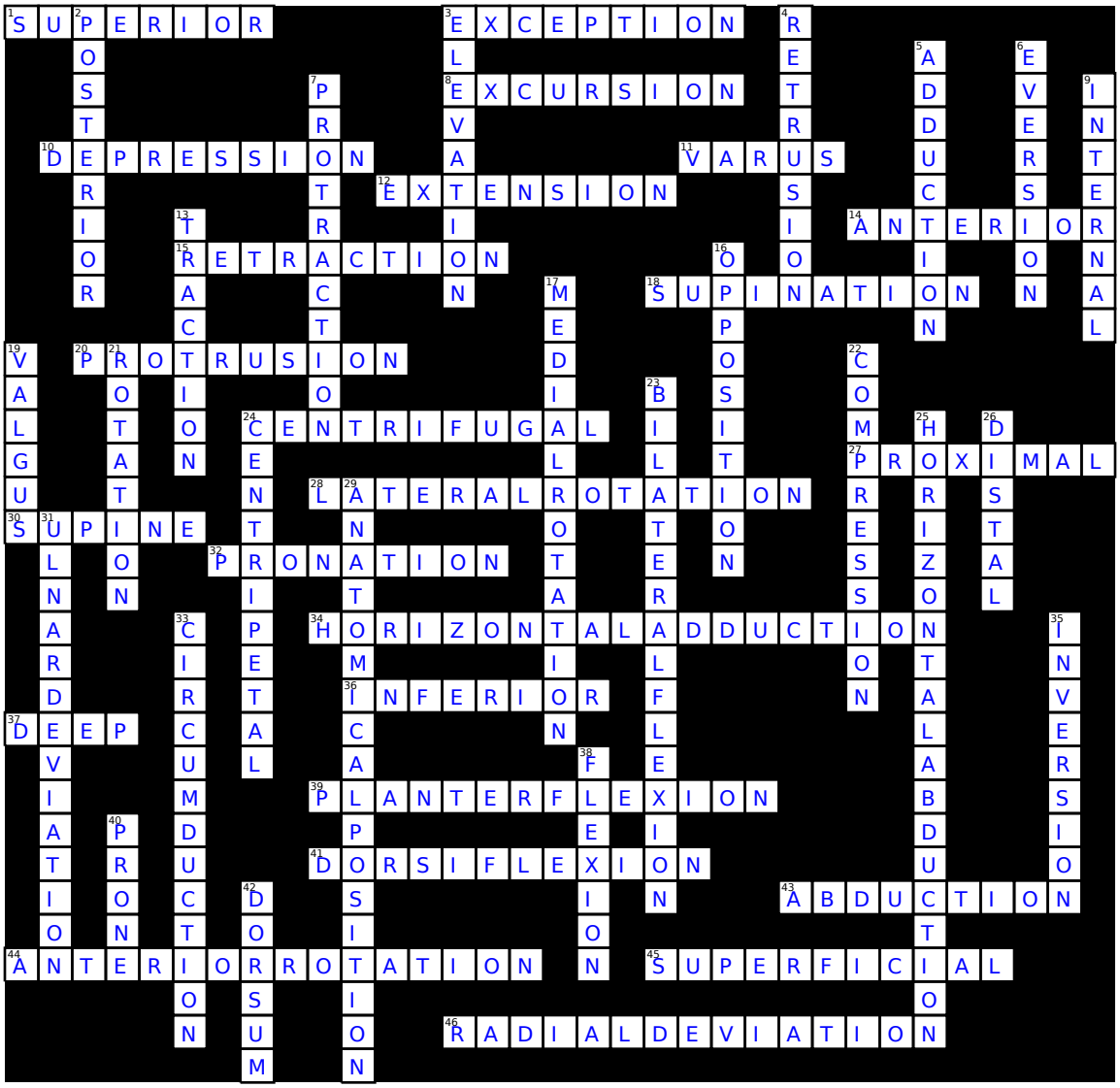
Action Dictionary

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