

Planes & Axes – Extension Activity:

Every movement in the body takes place within a plane and around an axes. Use the table below to highlight the plane and axes for different actions.

Movement Action	Agonist Muscle	Plane	Axis
Flexion from the elbow			
Rotation from the wrist			
Adduction from the hip			
Rotation from the ankle			
Flexion from the hip			
Extension from the elbow			
Abduction from the shoulder			