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Babinski's reflex/sign: A test for upper motor neuron lesion. The test is performed by running a blunt object on the plantar aspect of the foot starting at the calcaneus and moving upward in an arc toward the great toe. In the adult, a positive test is indicated by extension of the great toe and splaying of the lateral toes. This response is opposite in the infant. *See* Nerve Tests—Cervical Spine (Appendix 13).

bacitracin: An antibacterial ointment.

bacteremia: Bacteria found in the blood.

bacteriostatic: Halting the growth of bacteria.

bacterium: A small unicellular microorganism that multiplies asexually through cell division.

bacteriuria: Bacteria in the urine indicating infection of the bladder or kidneys.

Baker's cyst: A synovial fluid swelling in the popliteal space first reported in 1877 by William Marrant Baker, MD (1839-1896).

balance: A state of equilibrium; a constant state of motion in which attempts are made to keep the center of gravity well within the base of support; ability to maintain posture either statically or dynamically.

ballistic stretching: A stretching technique that uses momentum to force the tissue beyond its normal range of motion. Not synonymous with dynamic stretching.

bandage: A piece of cloth, gauze, or other material used to hold a dressing in place or to immobilize an injured body part.

Bankart's lesion: An avulsion of the anterior glenoid labrum caused by anterior dislocation.

barbituates: A group of drugs from barbituric acid that depress activity of the central nervous system; most are used as sleeping pills; a strong dependence may be developed and barbituates can be fatal when taken with alcohol.