



Figure 1-1. Frontal view.



Figure 1-2. Dorsal view.

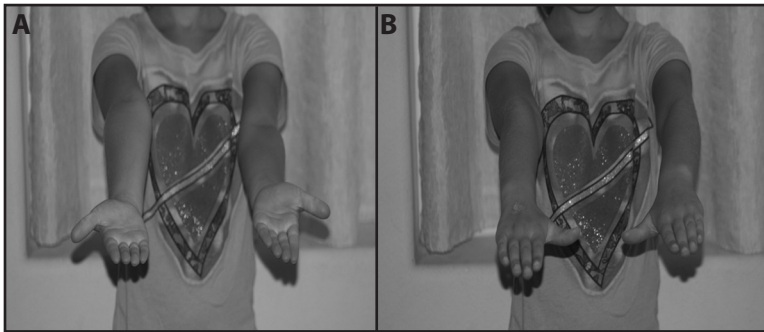


Figure 1-3. (A) Supination and (B) pronation.

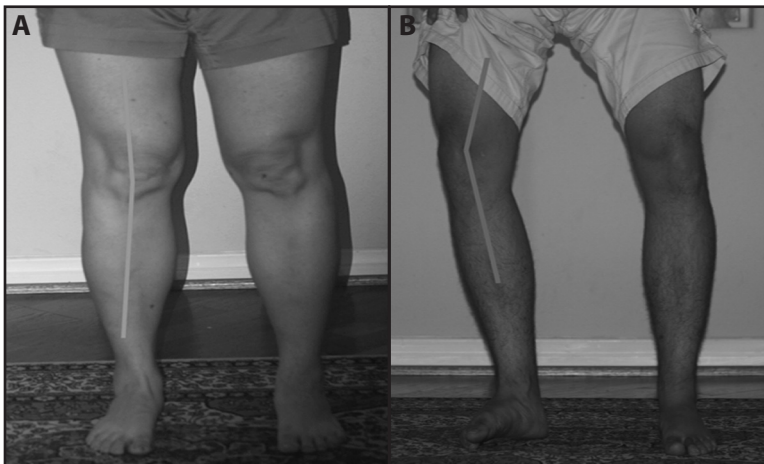


Figure 1-4. (A) Knee valgus and (B) knee varus.

- *Pronation/supination*—Pronation and supination refer to the position of the forearm or foot. Pronation means the hand is facing posteriorly and the foot is everted or flat. Supination means the hand is facing anteriorly and the foot is inverted or arched. (Figure 1-3).
- *Varus/valgus*—Valgus and varus refer to the position of the distal portion to the proximal portion. In the valgus position, the distal portion is lateral to the proximal portion. In the varus position, the distal portion is medial to the proximal portion (Figure 1-4).¹
- *Dorsi-/plantarflexion*—The motion of a segment in the dorsal direction is dorsiflexion, and the motion of a segment in the plantar direction is plantarflexion.²