

LOCOMOTOR AND NON-LOCOMOTOR

LOCOMOTOR MOVEMENTS

These are movements that allow you to move from one point in space to another. It is canded from two words, "locos" which means place and "motor" which means movement.



Preparatory movement:

STEP - It is defined as transfer of weight from one foot to the other.



Preparatory movement:

WALK - Series of steps
executed by both of your feet
alternately in any direction.

Preparatory movement:

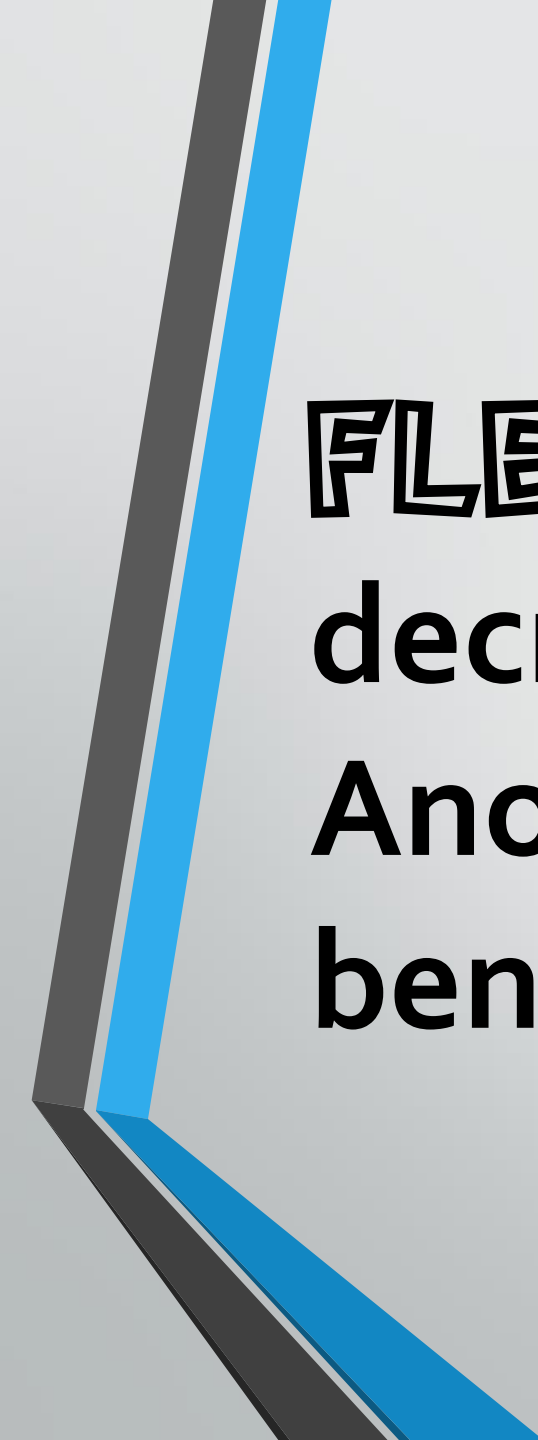
RUN - Series of walks executed quickly in any direction wherein only one foot stays on the ground while the other is off the ground.

Preparatory movement:


JUMP - This movement is simply described by having both feet lose its contact with the ground.

NON-LOCOMOTOR MOVEMENTS


These are movements that are performed in one point in space without transferring to another point.




FLEXION - It is the act of decreasing the angle of a joint. Another term for flexion is to bend.



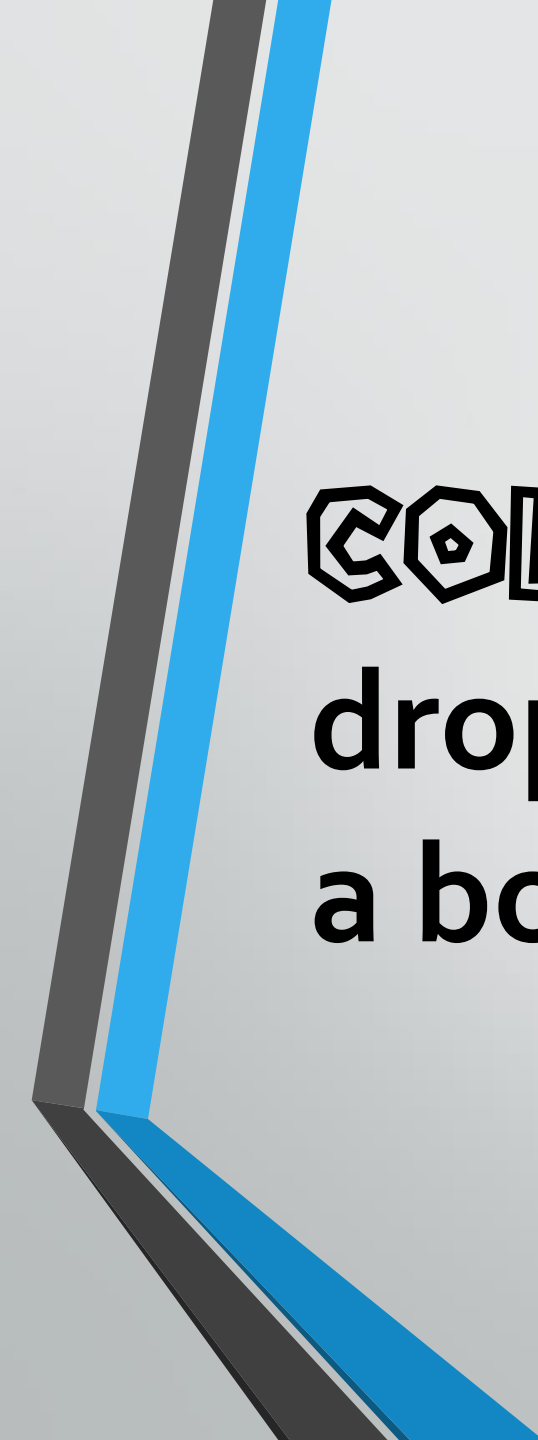
EXTENSION - This is the opposite of flexion. You are extending if you are increasing the angle of a joint. Stretching is another word for extension.



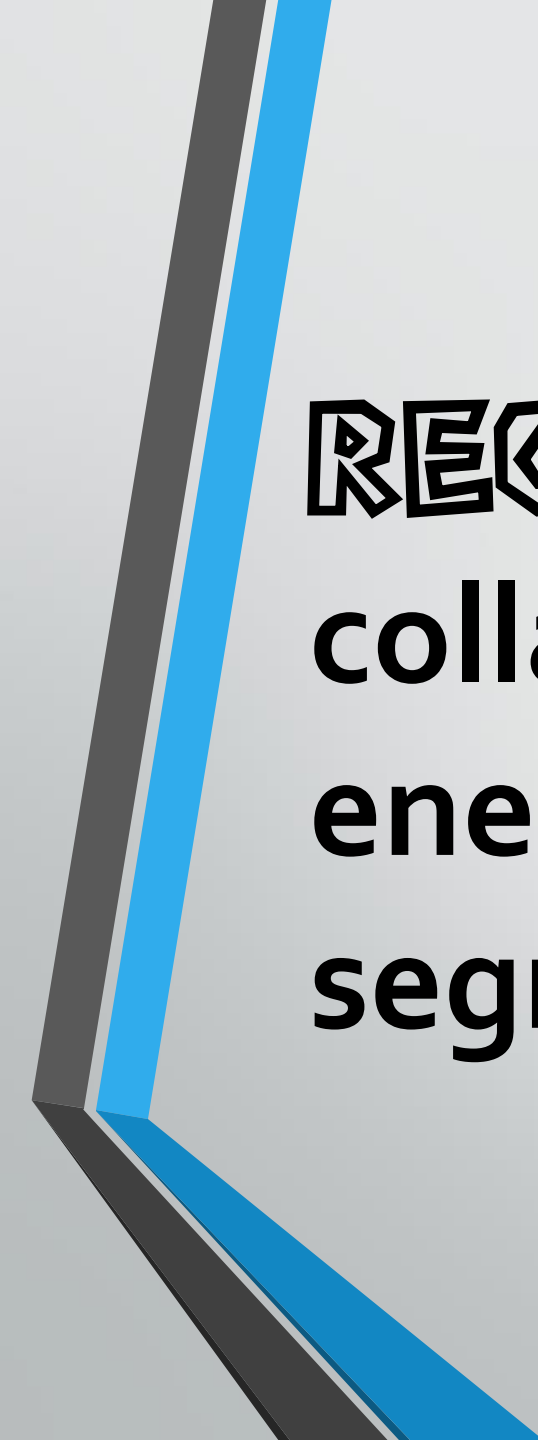
CONTRACTION - A muscle movement done when it shortens, narrows and tightens using sufficient amount of energy in the execution.



RELEASE - A muscle movement opposite to contraction done when it let goes or let looses of being held into a shortening movement.




COLLAPSE - To deliberately drop the exertion of energy into a body segment.

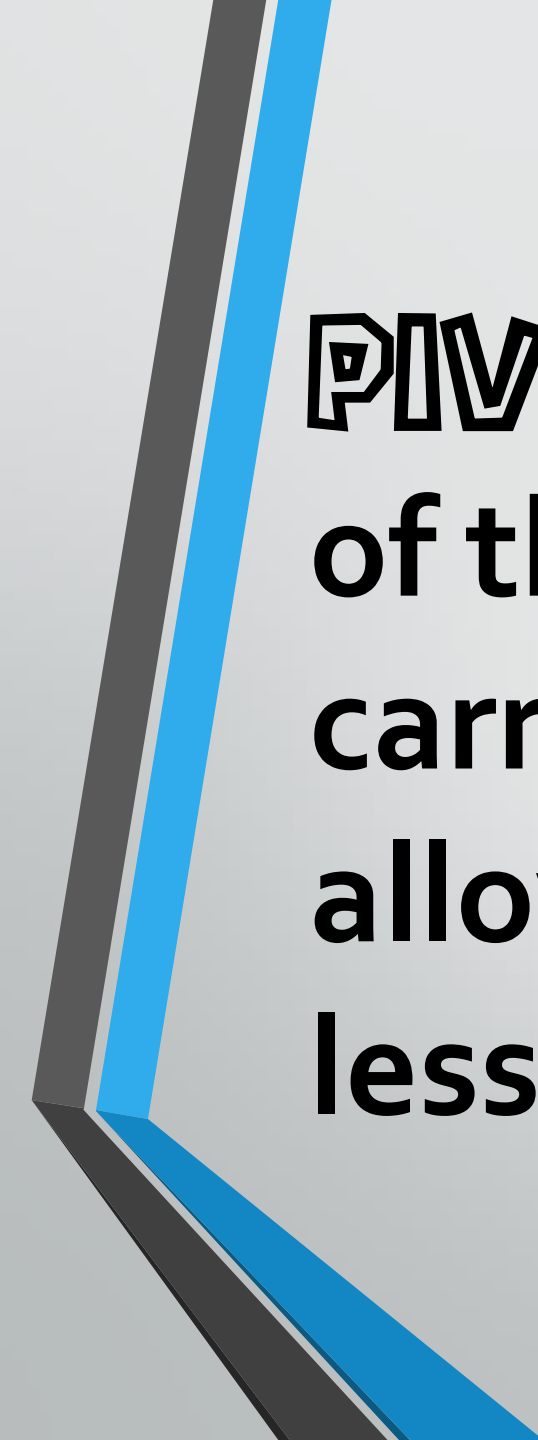


RECOVER - The opposite of collapse. This is to regain the energy exerted into a body segment.

ROTATION - To rotate is to move a body segment allowing it to complete a circle with its motion. It's not only limited to circumduction which is done in ball and socket joints. Rotation can also be done in wrists, waist, knees and ankles.



TWIST - To move a body segment from an axis halfway front or back or quarter to the right or left as in the twisting of the neck allowing the head to face right or left and the like.



PIVOT - To change the position of the feet or any body part that carries the body's weight allowing the body to face in a less than 360 degrees turn.

TURN - To move in a turning movement with a base of support, usually a pointed foot, the other raised, while equilibrium is maintained until the completion of the turn.

