

1. Pertains to the
middle of the body.

Medial

2. Pertains to the
back of the body.

Posterior

3. Movement away
from the body.

Abduction

4. Pertains to the side of the body.

Lateral

5. Over extension
or stretching of
muscle fibers.

Strain

6. Movement
towards the
midline of the
body.

Adduction

7. Partial or total
rupture of
ligaments.

Sprain

8. Inflammation of the tendon.

Tendonitis

9. Muscle that is
the prime mover of
a particular
movement.

Agonist

10. Pertains to the front of the body.

Anterior

11. Muscle that
relaxes but still
resists the action of
the prime move.

Antagonist