

A	Flexion
B	Extension
C	Hyperextension
D	Dorsiflexion
E	Plantar Flexion

A	Adduction
B	Abduction
C	Radial Deviation
D	Ulnar Deviation
E	Eversion

A	Supination
B	Pronation

A	Inversion
B	Lateral Flexion
C	Rotation
D	Horizontal Abduction
E	Horizontal Adduction