

B	I	N	G	O
Show the movements of the shoulder in the transverse plane-name them	Abduct your shoulder to 90 degrees and demonstrate internal and external rotation	Demonstrate lateral bend of the trunk	Raise your non dominant shoulder to 120 degrees of abduction	Flex your elbow to 90 degrees and then demonstrate first supination then pronation
Demonstrate first inversion then eversion	Show the movements of the shoulder in the frontal plane-name them.	Move your shoulder first in an against gravity motion and then in gravity eliminated motion	Demonstrate 4 motions of the shoulder that occur in the transverse plane	Raise the shoulder on your dominant side to 90 degrees of flexion
Show the motions of the wrist that happen in the frontal plane	Stand in anatomical position elbow in extension and demonstrate internal then external rotation	FREE	Demonstrate abduction of the hip then horizontal abduction of the hip	Demonstrate the movements of the forearm and state what plane they occur on
Demonstrate the movements of the wrist-name them	Raise your shoulder into flexion as high as you can then demonstrate wrist extension	Demonstrate walking with hips in external rotation	Demonstrate passive range of motion of the elbow on the person closest to you	Flex your knees without lifting your feet off the floor
Demonstrate motions on the sagittal plane in the shoulder and elbow	Demonstrate first horizontal adduction then horizontal abduction	Place both your hands around the upper arm of a classmate external rotate their shoulder	Turn your arms so your thumb is near to you abduct your shoulder then turn thumb away and abduct-which is easier?	Demonstrate full active range of motion of forearm and name the movements

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Demonstrate lateral bend of the trunk	Turn your arms so your thumb is near to you abduct your shoulder then turn thumb away and abduct-which is easier?	Flex your elbow to 90 degrees and then demonstrate first supination then pronation	Demonstrate first horizontal adduction then horizontal abduction	Raise the shoulder on your dominant side to 90 degrees of flexion
Demonstrate the movements of the wrist-name them	Demonstrate abduction of the hip then horizontal abduction of the hip	FREE	Demonstrate the movements of the forearm and state what plane they occur on	Abduct your shoulder to 90 degrees and demonstrate internal and external rotation
Demonstrate passive range of motion of the elbow on the person closest to you	Place both your hands around the upper arm of a classmate external rotate their shoulder	Show the movements of the shoulder in the transverse plane-name them	Demonstrate full active range of motion of forearm and name the movements	Raise your shoulder into flexion as high as you can then demonstrate wrist extension
Demonstrate walking with hips in external rotation	Flex your knees without lifting your feet off the floor	Show the motions of the wrist that happen in the frontal plane	Show the movements of the shoulder in the frontal plane-name them.	Demonstrate motions on the sagittal plane in the shoulder and elbow

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Demonstrate first horizontal adduction then horizontal abduction	Place both your hands around the upper arm of a classmate external rotate their shoulder	Demonstrate 4 motions of the shoulder that occur in the transverse plane	Flex your knees without lifting your feet off the floor	Demonstrate abduction of the hip then horizontal abduction of the hip
Show the movements of the shoulder in the transverse plane-name them	Demonstrate the movements of the wrist-name them	Demonstrate walking with hips in external rotation	Show the movements of the shoulder in the frontal plane-name them.	Flex your elbow to 90 degrees and then demonstrate first supination then pronation
Show the motions of the wrist that happen in the frontal plane	Demonstrate full active range of motion of forearm and name the movements	FREE	Raise your shoulder into flexion as high as you can then demonstrate wrist extension	Demonstrate passive range of motion of the elbow on the person closest to you
Stand in anatomical position elbow in extension and demonstrate internal then external rotation	Raise the shoulder on your dominant side to 90 degrees of flexion	Raise your non dominant shoulder to 120 degrees of abduction	Turn your arms so your thumb is near to you abduct your shoulder then turn thumb away and abduct-which is easier?	Demonstrate lateral bend of the trunk
Demonstrate the movements of the forearm and state what plane they occur on	Abduct your shoulder to 90 degrees and demonstrate internal and external rotation	Move your shoulder first in an against gravity motion and then in gravity eliminated motion	Demonstrate first inversion then eversion	Demonstrate motions on the sagittal plane in the shoulder and elbow