B	I	N	G	O
Supination	Adduction	Abduction	Eversion	Pronation
Inversion	Distal	Sagittal Plane	Opposition	Dorsiflexion
Posterior	Retraction	**FREE**	Circumduction	Medial
Frontal Plane	Hyperextension	Protraction	Internal Rotation	Plantarflexion
Proximal	Flexion	External Rotation	Lateral	Extension

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B	I	N	G	O
Circumduction	Depression	Medial	Inversion	Internal Rotation
Anterior	Retraction	Pronation	Frontal Plane	Hyperextension
Sagittal Plane	Adduction	**FREE**	Supination	Lateral
Inferior	Dorsiflexion	Extension	Plantarflexion	Synovial Joints
Posterior	Opposition	Proximal	Distal	Abduction

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B	I	N	G	O
Internal Rotation	Distal	Medial	Superior	Circumduction
Transverse Plane	Synovial Joints	Dorsiflexion	Anterior	Pronation
Opposition	Eversion	**FREE**	Adduction	Supination
Inversion	Posterior	Hyperextension	Frontal Plane	External Rotation
Plantarflexion	Proximal	Inferior	Abduction	Depression

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