



## Humanics Ergonomics

### *Ergonomics Glossary*

#### **Ergonomics glossary of postures:**

- **Abduction:** Movement away from the midline of the body.
- **Adduction:** Movement toward the midline.
- **Circumduction:** A continuous circular movement of a limb.
- **Deviation of the wrist:** Placing the wrist side-ways towards the little finger (**ulnar deviation**) or towards the thumb (**radial deviation**).
- **Dorsal:** In the direction of the back of the hand.
- **Extension:** The act of straightening a joint; movement that brings the members of a limb into or toward a straight position.
- **Hyperextension:** Extreme or extensive extension of a joint beyond the straight position (more than 180°).
- **Extension of the elbow:** Opening the angle between the forearm and upper arm, as if straightening the arm.
- **Extension of the neck:** Bending the neck so that the head moves back, as if looking up.
- **Extension of the shoulder:** Placing the upper arm at shoulder back, e.g., to reach back.
- **Extension of the wrist:** Bending the wrist towards the back of the hand (dorsal direction).
- **Flexion:** The process of bending a limb or decreasing the angle between parts of the body.
- **Hyperflexion:** Extreme or extensive flexion of a joint beyond the normal bent position.
- **Flexion of shoulder:** Placing the upper arm (at the shoulder) forward,

reaching in front.

- **Flexion of the elbow:** Closing the forearm and upper arm angle, bending the arm.
- **Flexion of the neck:** Bending the head forward, as if looking down.
- **Flexion of the wrist:** Bending the wrist towards the palms (**palmar** direction) .
- **Lateral rotation:** Turning away from the midline of the body.
- **Medial plane:** Divides the body into left and right halves (also called **mid-sagittal** plane).
- **Medial rotation:** Turning toward the midline of the body.
- **Palmar:** In the direction of the palm of the hand.
- **Postural muscles:** Core muscles that support upright postures.
- **Pronation:** The downward turning of the palm. Twisting the hand and forearm in the direction of the thumb. The rotation of the forearm to position the palm downward.
- **Sagittal plane** (also called the **anterior/posterior** plane): An imaginary line that divides the body into right and left halves. Sagittal plane exercises lie on the frontal axis.
- **Seat reference point (SRP):** A point in the mid-sagittal plane where the seat back and seat pan intersect.
- **Shoulder abduction:** Placing the upper arm (at the shoulder) to the side and away from the body, as if reaching to one side.
- **Supination:** The upward turning of the palm, or lying face up.
- **Supination of hand and forearm:** The rotation of the forearm to turn the palm upward. Twisting the hand and forearm in the direction of the little finger (generally, turning the forearm so the thumb is higher).
- **Ulnar deviation:** Hand shifts towards the little finger side of the wrist.