

Christopher Harrison's AntiGravity®
Pilates 1 Instructor Training
GLOSSARY

Sagittal plane- a vertical plane which passes from anterior to posterior, dividing the body into right and left halves. The movement along this plane would be flexion and extension.

Transverse plane- (also called horizontal plane, axial plane, or transaxial plane) is a horizontal plane that divides the body into superior and inferior parts. The movement along this plane would be rotation movement.

Coronal plane- (also known as frontal plane) is any vertical plane that divides the body into anterior (front) and posterior (back) sections. The movement along this plane would be lateral flexion (side bend).

Anterior- refers to the front of the body (synonymous with ventral)

Posterior- refers to the back of the body (synonymous with dorsal)

Medial- closer to the midline of the body

Lateral- away from the midline of the body

Superior- in standard anatomical position, superior refers to the head end of the body

Inferior- in standard anatomical position, inferior refers to the feet end of the body

Prone- the position of the body lying chest down (lying on stomach), with the back up

Supine- the position of the body lying chest up (lying on back).

Abduction- refers to a motion that pulls a structure away from the midline of the body

Adduction- refers to a motion that pulls a structure toward the midline of the body

Elevation- refers to a movement in a superior direction (i.e., shoulder shrug)

Depression- refers to a movement in an inferior direction

Scapular Protraction- scapula is moved anteriorly and laterally along the back, moving the arm and shoulder joint anteriorly

Scapular retraction- scapula is moved posteriorly and medially along the back, moving the arm and shoulder joint posteriorly. (Retracting both scapulae will give the sensation of “squeezing the shoulder blades together.”)

Rotation- movement of a body part around its longitudinal axis

Upward rotation- refers to movement of the inferior angle of the scapula laterally and upward

Downward rotation- refers to movement of the inferior angle of the scapula medially and downward

Internal rotation- movement of a joint, around its long axis, toward the midline of the body (also known as medial rotation)

External rotation- movement of a joint, around its long axis, away from the midline of the body (also known as lateral rotation)

Flexion- refers to a movement that decreases the angle between two body parts (i.e., flexion at the elbow decreases the angle between the ulna and the humerus). Flexion occurs in the sagittal plane.

Extension- refers to a movement that increases the angle between two body parts (i.e., extension at the elbow increases the angle between the ulna and the humerus). Extension occurs in the sagittal plane.

Pronation & Supination: refer to rotation at the forearm or foot so that in anatomical position, the palm of hand or sole of foot is facing anteriorly (supination) or posteriorly (pronation)

Pronation- at forearm occurs when hand and upper arm rotate inwards. Pronation of foot occurs when the foot is turned outward so that weight is borne on the medial part of the foot.

Supination- at forearm occurs when forearm or palm of hand are rotated outwards. Supination of the foot occurs when the sole of the foot is rotated inwards.

Dorsiflexion & Plantarflexion- are terms used to describe movements at the ankle. They refer to the surfaces of the foot: the dorsum (superior surface) and the plantar surface (the sole).

Dorsiflexion- refers to flexion at the ankle, decreasing the angle of the top of the foot and the leg (foot points superiorly; toes toward the shin)

Plantarflexion- refers to extension at the ankle, decreasing the angle between the sole of the foot and the back of the leg (foot points inferiorly)

Concentric contraction- type of muscle activation that increases tension on a muscle as it shortens (i.e., a concentric contraction of the biceps would cause the arm to bend at the elbow in a bicep curl)

Eccentric contraction- type of muscle activation that increases tension on a muscle as it lengthens (i.e., in a bicep curl, the triceps are contracting eccentrically)

Dissociation- the separation or isolation of one body part to another (i.e., maintaining stability in the torso while legs are moving in side-lying exercises)

Integration- the action of combining one group of characteristics with another so they become whole (i.e., the integration of classical and contemporary Pilates principles)

Neutral spine- refers to the three natural curves of the spine; the neck or cervical spine curves gently inward, anterior curve (lordosis); the mid-back or thoracic spine curves outward, posterior curve (kyphosis); the low back or lumbar spine curves inward, anterior curve (lordosis). Maintaining the natural curves of the spine allows for more cushion and protection of the spine and places the least amount of stress on the body's tissues.

Imprinted spine- slight posteriorly tilt of pelvis without using glutes!
in Pilates, this position of the lumbar spine is achieved by “scooping” the lower abdominals in an effort to lengthen the lumbar spine towards the mat. “Imprint spine” is often used when there is not yet enough strength to support a neutral spine.

Glossary of Terms is a compilation of information gathered from the following sources:

Dictionary of Sport and Exercise Science and Medicine by Churchill Livingstone © 2008 Elsevier Limited.

Medical Dictionary for the Health Professions and Nursing © Farlex 2012

Pocket Anatomy, The Interactive Human Body

Trail Guide to the Human Body (4th Edition) by Andrew Biel