



SINCE 1929

Trulife Fitters Course

Course Manual Glossary



This glossary is not a medical glossary. No claim is made with respect to the medical accuracy of the information contained in this glossary. It is simply a compilation of terms commonly associated with the scope of practice of Orthotic Fitters.

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A

Abdomen

The large cavity of the body, situated between the thorax and the pelvis, which contains the viscera or organs

Abduction (AB-Duction)

The lateral movement of the limbs away from the midline of the body.

Abductor

A muscle which, upon contraction, draws a part away from the median plane of the body or axial line

AC joint

Bony articulation between the acromium and the clavicle

Acetabulum

The cup-shaped cavity, or the external surface, of the hip bone which receives the head of the femur

Acquired

Not present at birth; developed as a result of environment, use or misuse, as distinguished from inherited

Acromial Process

The lateral extension of the spine of the scapula, forming the highest point of the shoulder

Acromioplasty

Surgical removal of the anterior lip of the acromion and coracoacromial ligaments of the shoulder

Acute

- 1) Sharp, severe
- 2) Having a rapid onset, a short course, and pronounced symptoms; not chronic

Adduction (AD-Duction)

Movement of a limb toward the midline of the body.

Adipose

Fatty; fat like; fat

Ambulatory

Walking or able to walk. Describing a patient who is not confined to bed

Amputation

The removal, generally by surgical means, of a limb, wholly or in part, or an organ of the body

Ankylosis

Abnormal immobility and consolidation of a joint (joint fuses by itself). Stiffness or fixation of a joint

Annulus Fibrosis

The fibrous tissue forming the circumference of the intervertebral disc

Anomaly

Marked by deviation from the usual, especially as a result of congenital or hereditary defects

Antebrachium

The lower arm

Antecubital

The anterior surface of the elbow

Ante Partum

Before delivery (birth)

Anterior

Situated in front of, (ventral) or in the forward part of

Anterior Dislocation of the Humerous

Common type of shoulder dislocation. Occurs when excessive force on the abducted and externally rotated arm results in anterior displacement of the humeral head and a disruption of the shoulder capsule

Anteroposterior

From front to back (i.e. anteroposterior flexion, which means bending forward and backward, but not to either side)

Anteversion

The tipping, tilting, or displacement forward, of an entire organ, especially the uterus

Anus

The opening of the rectum on the body surface

Aperture

An opening or orifice

Aplasia

Incomplete or defective development of tissue

Aponeurosis

An expanding tendon serving to connect a muscle with the parts it moves

Appendectomy

The excision of the appendix

Artery

Blood vessels which carry oxygen rich blood away from the heart

Arteriosclerosis

Hardening and thickening of the walls of the arteries

Arthritis

Joint inflammation which may be degenerative

Arthrodesis

Surgical fixation of a joint by fusion of the joint surfaces

Arthroplasty

Plastic surgery of a joint or of joints; formation of a moveable joint

Arthroscopy

A medical procedure utilizing an arthroscope inserted through a small incision into the fluid-filled knee. Guided by the arthroscope, instruments can be inserted through a second incision for exploration and/or removal of damaged tissue

Articulation

A joint, the junction between two or more bones

Ataxia

Failure of muscular coordination

Athetosis

A derangement marked by a constant recurring series of slow writhing movements of hands and feet

Atlas

The first cervical vertebra

Atony

Lack of normal tone or strength

Atrophy

A reduction in the size of an organ, tissue, or cell, that had previously reached mature size. Wasting away

Avascular Necrosis

Death of individual cells or groups of cells from interrupted or stopped blood flow

Avulsion

The tearing away of a part or structure

Axilla (Axillary)

The small hollow beneath the arm where it joins the body at the shoulder; the armpit

Axis

The second cervical vertebra

B

Ball and socket joints

Joints formed by a spherical head of a bone fitting into a cup shaped cavity in another bone

Bells Palsy

Unilateral paralysis of facial muscles caused by dysfunction of cranial nerve VI

Belly

As applied to muscles, refers to the middle portion of the muscle that is often of greater diameter than towards either end

Benign

Not malignant

Biceps

The muscles of the upper arm, which function to flex the forearm

Bilateral

Relating to two sides; pertaining to, or affecting, both sides of the body

Biopsy

The removal and examination, usually microscopic, of tissue from the living body, performed to establish a precise diagnosis

Bone

Osseous tissue, the hardest connective tissue that forms the framework of the body

Bone spurs

A build up of bone at the site of stress frequently resulting from repetitive microtrauma

Boutonniere Deformity

Avulsion of the proximal interphalangeal joint

Brachial Plexus

A network of cervical nerves branching to the shoulder, chest, and arms

Brachium

The upper arm

Breast

Mammary gland

Breast Prosthesis

A synthetic breast worn externally to restore appearance after mastectomy

Bridging (steel stays)

The method of leaving a space between the lumbar curve and the steel stay. Opposite of contouring

Bunion

Prominence of the medial eminence of the first metatarsal head. Often associated with a lateral deviation of the great toe (hallux valgus) and a widening of the angle between the first and second metatarsals. Often associated with improper fitting footwear

Bursa

A fibrous sac lined with a synovial membrane and filled with synovial fluid containing fluid, positioned between bones and tendons, or other structures to decrease friction during movement

Bursitis

Inflammation of a bursa

C

Calcaneous

The heel bone, the largest of the tarsals

Carcinoma

A malignant growth made of epithelial cells

Carpal

Refers to the wrist

Carpals

The eight bones of the wrist

Carpal Tunnel Syndrome

Numbness and tingling in the hand, resulting from compression of the median nerve as it passes through the bony and ligamentous carpal tunnel. Mild cases can be treated with wrist splints. More severe cases may require division of the transverse carpal tunnel ligament to relieve pressure on the nerve

Cartilage

Semi-opaque non-vascular connective tissue between bones

Cauda Equina

The collection of spinal roots descending from the lower spinal cord and occupying the vertebral canal below the cord

Cavus

Congenital condition caused by exaggeration of the plantar arch of the foot; due to contraction of the plantar fascia or bony deformity of the arch

Cerebral

Pertaining to the cerebrum of the brain, which is concerned with coordination of movements

Cervical

The first seven vertebrae of the spinal column

Chairback Brace

A spinal orthosis with anterior, posterior and lateral motion control. Knight-type

Chemotherapy

The treatment of disease with chemical agents

Chronic

Long, continued; not acute

Chronic Venous Insufficiency (CVI)

Blood pooling in the distal lower extremities due to incompetent valves

Circumduction

Circular movement of a limb

Claudication

Inadequate blood supply that produces severe pain in calf muscles during exercise that subsides with rest

Clavicle

The collar bone, which articulates the sternum and scapula, and lies horizontally at the root of the neck

Closed Fracture

Loss of continuity of a bone (does not break the skin)

Closed Kinetic Chain

A series of connected joints in which the distal segment is in a fixed position (i.e. weight bearing)

Clubfoot

A congenital defect in which the soles of the feet face medially and the toes point inferiorly

Coccyx The last bone in the spinal column, formed by the union of four or five rudimentary vertebrae	Contraindication Any condition that renders a mode of treatment improper or undesirable
Coccygeal Refers to the most inferior region of the vertebral column	Contusion A bruise or injury without a break in the skin
Colectomy Excision of part, or all of, the colon	Convex Rounded or somewhat elevated surface. Opposite of concave
Collateral Ligament Any ligament running along the sides (lateral or medial) of a joint; named for a specific joint or bone	Coracoid Process A projection from the upper part of the neck of the scapula, overhanging the shoulder joint
Colon That part of the large intestine beginning at the cecum and terminating at the rectum. In the various parts of its course it is known as the ascending, transverse, and descending colon	Coronal Any vertical plane which divides the body into anterior and posterior parts
Coloptosis Prolapsed or downward displacement of the colon	Costa A rib Costal Flare The distal portion of the rib cage superior to the abdomen
Colostomy Incision of the colon for the purpose of making a more or less permanent fistula between the bowel and the abdominal wall; formation of an artificial anus in the anterior abdominal wall	Coxa A hip bone
Concave Possessing a rounded, depressed surface. Opposite of convex	Crest A ridge on a bone
Condyle A rounded projection on a bone, usually for articulation with another bone	Crepitus Joint grating sensation caused by rubbing together of dry synovial joint surfaces
Congenital Existing from birth	Crest A narrow ridge on a bone
Connective Tissue Fibrous tissue which supports and connects internal organs, forms bones and walls of blood vessels, attached to bones and forms scars	Cruciate Anterior and posterior ligaments, the two deep ligaments within the knee, that are crossed
Constriction A narrowing or compression of a part of the body	Cubital Refers to the elbow
Contour (steel stays) The method of shaping to the outline of the lumbar curve. The opposite of bridging	Cystocele Herniation of the urinary bladder through the vaginal wall
	Cystostomy An incision of the bladder

D

Deformity

A general disfigurement to the body. Malformation

Degeneration

Deterioration or change from a high to a less functioning form

Deltoid

A triangular muscle which flexes, abducts, extends and rotates the upper arm

Denis Browne Splint

A splint to hold the feet in internal or external rotation for the correction of clubfoot or tibial torsion

Dens (odontoid process)

The projecting part of the second cervical vertebra about which the first cervical vertebra rotates, allowing head movement

Depression

Movement of a bone vertically downward; a concavity in a bone surface

Diagnosis

Determining the nature or a cause of a disease based on the patient's symptoms and lab findings

Diaphragm

The partition separating the thoracic and abdominal cavities

Diaphysis

The shaft of a long bone

Dilation

Enlargement of a cavity, canal, blood vessel, or opening beyond its normal dimensions

Diplegia

Paralysis affecting like parts on both sides of body

Disc (disk)

A circular or rounded plate

Dislocation

Displacement of a bone from a joint

Distal

Farthest from the center, from the median, or from the trunk (usually pertaining to extremities)

Dorsal

Pertaining to the back or posterior. The top of the foot as opposed to the plantar or bottom of the foot. The top of the hand as opposed to the palm side of the hand

Dorsal Vertebrae

Thoracic vertebrae

Dorsiflexion

Upward movement of the foot and toes at the ankle resulting in the foot moving toward the leg

Drawer

Describes that part of the physical exam relating to joints, that which can be drawn out and then pushed back into place

Duodenum

The first portion of the small intestine

Dupuytren's Contracture

Flexion deformity of the fingers or toes due to shortening, thickening, and fibrosis of the palmar or plantar fascia

Dynamic

Relating to energy or physical force in motion

Dysplasia

Abnormal growth or development

Dystrophy

Defective or faulty nutrition

Dyspnea

Labored or difficult breathing

E

Edema

Excessive accumulation of fluid in connective tissue

Effluent

Something that flows out, liquid discharged as waste

Elasticity

The quality of returning to original size and shape after compression or stretching

Elephantiasis

Enlargement and thickening of tissues. Hypertrophy and fibrosis of the skin and subcutaneous tissue, especially of the lower extremities and genitalia, due to long-standing obstructed lymphatic vessels, caused chiefly by the presence of filarial worms

Elevation
Movement of a bone upward vertically

Emaciation
A wasting away of the body

Embryo
A vertebrate in the earliest stages of development

Emphysema
A chronic pulmonary disorder

Endocrine
Glands which secrete internally by way of the blood-stream

Enteroptosis
Prolapse or falling of the intestines

Enterostomy
Surgical formation of a permanent opening into the intestine through the abdominal wall

Epicondyle
Roughened process above a condyle for the attachment of tendons and ligaments

Epidermis
Outer layer of the skin
Epigastrium
The end of a long bone, wider than the shaft, usually cartilage, responsible for growth of the bone

Epiphysis
Cartilaginous center that growth in length of bone occurs

Erysipelas
A specific, acute, cutaneous inflammatory disease caused by a hemolytic streptococcus and characterized by hot, red, edematous, brawny and sharply defined eruptions

Escar
Black/brown coloring around ulcers

Eversion
Turning or rotating outward

Evert
To turn outward (eversion = movement of the sole of the foot outward or away from midline)

Evisceration
Extrusion of the viscera or internal organs

Excision
Surgical removal or resection

Exocrine
A gland which secretes outside its source

Extension
The straightening out of a limb at the joint (increases the angle between bones in a joint)

Extensor
Any muscle that extends a joint or other body part

Exudate
Discharge from wound bed

F

Facet
A smooth, flattened articular surface

Fascia
A sheet or band of fibrous tissue under the skin for sheathing muscles, nerves and blood vessels

Femorocele
Femoral hernia

Femur
The long bone of the thigh

Fetus
The unborn child from conception to birth

Fibrosis
Formation of fibrous tissue as a reparative or reactive process, as opposed to formation of fibrous tissue as a normal constituent of an organ or tissue

Fistula
An abnormal, tube-like passage within tissue or between organs that permits passage of fluids or secretions

Fixation
Held in a fixed position

Flaccid
Relaxed, soft, without tone

Flexion The act of bending or the condition of being bent (decreases the angle between bones)	Gastroptosis A falling or displacement downward of the stomach into the lower abdomen
Flexor A muscle that bends a joint. Opposite of extension	Genu The knee
Foramen A perforation or opening, especially in a bone	Genu Recurvatum Knee joint hyperextension
Fossa An anatomical pit, groove, or depression	Geriatrics The study of medicine related to the aged
Fracture The breaking of a bone or cartilage	Gibbus Hump or kyphosis
Fractures: <u>Simple or Hairline</u> —Condition in which the bone breaks but does not protrude to the surface or damage the surrounding tissue <u>Compound</u> —Condition in which sharp pieces of bone damage the surrounding tissue, in some cases protruding from the skin <u>Comminuted</u> —Condition in which one bone is crushed <u>Compression</u> —Condition in which one bone is crushed into another <u>Dislocation</u> —Condition in which the broken bone is dislocated from its socket	Gland A secretory organ or structure that selectively removes materials from the blood Glenoid Cavity Depression in the lateral angle of the scapula for articulation with the humerus Gluteal Of or pertaining to the region of the buttocks Gluteal Fold The crease between the thigh and the buttocks Gluteus Maximus The large muscle of the buttocks which is attached to the ilium and the femur Gradient Rate of change of temperature, pressure, or other variable as a function of distance, time, etc.
Frejka-Type Pillow Hip abduction splint for infants and small children	Groin The linear depression between the abdomen and the thigh; the inguinal region
Frontal Plane Divides body into front and back portions	H Hallux Refers to the big toe
Functional The normal or characteristic action of an organ or body part	Hammertoe Common flexion deformity of the lesser toes
Fusion The coherence of adjacent parts. The operative formation of an ankylosis	Head A rounded projection beyond a constricted part or “neck” of a bone
G Gastro A combining form of the Latin word “gaster”, meaning belly Gastrocnemius The most posterior muscle of the calf, leading to the Achilles tendon, that flexes both the ankle and the knee	

Hamstrings
The muscles of the posterior thigh, which flex and rotate the leg laterally and extend the hip

Hemi
Combining form referring to half

Hemiplegia
Paralysis of one side of the body resulting from an injury to the brain

Hemorrhage
An escape of blood from the blood vessels

Hepatoptosis
Downward displacement of the liver

Hereditary
Derived from ancestry or obtained by inheritance

Hernia
The protrusion of a loop or knuckle of an organ through an abnormal tear. Some common types are: Femoral, Umbilical, Scrotal, or Inguinal

Hernioplasty
Surgical repair of a hernia

Horizontal
Parallel to the plane of the horizon

Hydrocele
A circumscribed collection of fluid in the sac of the tunica vaginalis of the testicle or along the spermatic cord

Hyperemia
Excess of blood (circulation) in any part of the body

Hyperextension
An extreme or abnormal extension, beyond the neutral plane

Hyperplasia
Numerical or quantitative hypertrophy, an increase in number of cells in a tissue or organ, excluding tumor formation, whereby the bulk of the part or organ may be increased

Hypertrophy
General increase in bulk of a part or organ, not due to tumor formation. Use of the term may be restricted to denote greater bulk through increase in size, but not in number, of the individual tissue elements

Hysterectomy
Removal of part or all of the uterus

I

Ileostomy
The surgical formation of a stoma connecting the ileum to the abdominal wall

Ileum
The lower part of the small intestine

Iliac Crest
The outer, uppermost border of the ilium

Ilium
The wide upper portion of the innominate bone

Immobilize
To render motionless

Impediment
Anything that hinders the progress of a function

Impinge
To put pressure on or against another structure. To encroach

Impingement Syndrome
Common shoulder problem in which the arm is abducted past 90 degrees. The greater tuberosity of the humerus compresses the rotator cuff against the acromion, causing pain and decreased motion in the shoulder

Implant
Any material inserted or grafted into the body

Incision
A cut or wound of body tissue

Incompetent valve
A venous valve that does not close completely

Incontinence
The inability to control defecation or urination

Inferior
Situated below; pertaining to trunk (away from the head)

Inguinal
Pertaining to the groin

Inguinal Canal

In the male, passage of the spermatic cord from the internal to the external inguinal rings. In the female, a passage accommodating the round ligament

Innervation

The supply of nerves to a body part or area

Innominate

The hip bone, formed by the ilium, ischium, and pubis

Insertion

The site of attachment, as a tendon to the movable bone, in contrast to the origin

Inter

Combining form; between

Intercostal

Situated or extending between the ribs

Interosseus

Between bones

Interphalangeal

Between the fingers

Intervertebral

Between the vertebrae

Intra

Combining form; within

Inversion

Movement of the sole of the foot inward or toward the midline

Irreducible

Not capable of being placed in a normal position

Ischemia

Local deficiency of blood, due to obstruction of blood vessel to a part

Ischium

The lower portion of the innominate bone

J

Jewett-Type Brace

A spinal hyperextension brace with anterior, posterior and lateral control

Joint

The point, or articulation, where two bones come

together. Types of joints include: Gliding, ball and socket, hinge, condyloid, saddle, and pivot-trochoid

K

Klenzac

A short leg orthosis with dorsiflexion assist

Knee

The joint in the middle part of the leg between the femur proximally and the tibia and fibula distally with the patella located centrally

Knight-Type Brace

A lumbosacral orthosis with anterior, posterior and lateral motion control

Kyphosis

Exaggeration of normal thoracic spine producing a humpback or "Dowager's Hump"

L

Laceration

A wound or irregular tear of the flesh

Lamina

A thin, flat plate of bone, e.g. between the transverse process and spine of a vertebra

Laminectomy

Surgical excision of the posterior arch of a vertebra

Lateral

Towards the side (pertaining to direction away from the midline of the body)

Lesion

A wound, sore, ulcer, tumor, cataract, or other tissue damage

Ligament

Dense, strap-shaped connective tissue connecting bone to bone

Linea Alba

A tendinous band in the center of the abdominal wall

Lipoma

A tumor of fatty tissue

Lordosis

Exaggeration of the normal lumbar spine, curving anteriorward (swayback)

Lumbar
The last five vertebrae of the spinal column

Lumpectomy
Removal of a lump and its associated tissue

Lymph
Fluid inside the lymphatic vessels

Lymphadenopathy
Any disease process affecting a lymph node or lymph nodes

Lymphadenitis
Inflammation of a lymph node or lymph nodes

Lymphadenography
X-ray visualization of lymph nodes after injection of a contrast medium

Lymphangitis
Inflammation of the lymphatic vessels

Lymphedema
Swelling (especially in subcutaneous tissues) as a result of obstruction of lymphatic vessels or lymph nodes and the accumulation of large amounts of lymph in the affected region
Hereditary lymphedema—Permanent pitting edema usually confined to the lower extremities; the two types are congenital (Milroy’s Disease), or with onset at about the age of puberty, (Meige’s Disease), autosomal dominant inheritance
Primary lymphedema—Precox, a form of lymphedema, observed in young women and girls, characterized by diffuse swelling of the lower extremities
Secondary lymphedema—secondary to lymph infection or traumatic or surgical disruption of lymph nodes

M

Malignant
Tending to infiltrate, metastasize, and threaten life

Malleolus
A rounded process at each side of the ankle joint

Mallet Finger
Involuntary flexion of the distal phalanx of a finger caused by avulsion of the distal interphalangeal joint

Malunion
Fracture that does not heal properly

Mammary
Breast

Mammography
X-ray examination of the breasts

Mandible
The bone of the lower jaw

Manus
The hand

Maxilla
Bone of the upper jaw

Mastectomy
Excision of the breast
Radical—Excision of breast tissue, axillary lymph nodes, and the pectoralis major and minor muscles
Modified Radical—Removal of the breast tissue and axillary lymph nodes
Simple—Removal of the breast. No muscle or lymph structures are removed
Subcutaneous—Excision of breast tissue below the surface of the skin. The skin and nipple are retained

Medial
Movement toward the midline of the trunk

Membrane
A thin layer of tissue surrounding a part, separating adjacent parts or cavities, lining a cavity, or connecting adjacent structures

Menisci
Medial and lateral fibrocartilaginous pads on the proximal surfaces of the tibia that act as shock absorbers in the knee joint

Meniscus Tears
Overstretching or tearing of the menisci through flexing and twisting the knee under weight-bearing stress

Mesentery
The fold of peritoneum which attaches the intestines to the posterior abdominal wall

Metabolism

The sum of all physical and chemical changes that take place within an organism

Metacarpal

Part of the hand between the wrist and the fingers

Metastasis

Transfer of disease from one organ or part to another not directly connected to it. The capacity to metastasize is a characteristic of all malignant tumors

Milwaukee-Type Brace

An orthosis used for the treatment of scoliosis

Modality

Method of treatment

Monoplegia

Paralysis of a single limb, muscle, or muscle group

Muscle

A body of connective tissue consisting of long cells that contract to produce movement

Muscle Tone

The resistance of muscles to passive elongation or stretch

N

Natal

Pertaining to birth

Necrotic tissue

Non-viable tissue, usually black or brown in color, from lack of oxygenated blood

Nephro

Pertaining to the kidney

Nephroptosis

A falling, or displacement downward, of the kidney

Neural

Pertaining to the nervous system

Neuralgia

Acute pain in the nerve

Neuromuscular

Pertaining to the combined function of the muscles and nerves

Node

A small mass of tissue in the form of a swelling, knot, or protuberance. May be normal or pathological

Non-union

Failure of the ends of fractured bone to unite

Notch

Recess or depression in a bone

Nucleus Pulposus

“Jelly like”; the center of the intervertebral disc

O

Obesity

A condition characterized by excessive body fat

Oblique

Slanting, inclined; between a horizontal and a vertical position. Any of several oblique muscles

Occiput

The back of the skull

Occlude

To close or obstruct

Odontoid Process

See Dens

Omentum

The apron-like fold of the peritoneum connecting the abdominal viscera with the stomach

Open Kinetic Chain

A series of connected joints in which the distal segment is free to move (i.e. non-weight bearing)

Opposition

Movement of the thumb to touch one or more of the fingertips

Origin

The attachment end of a muscle that stays relatively fixed during muscle contraction, as opposed to insertion

Orthopedic

Relating to the skeletal system, including bone, ligament, muscle/tendon, cartilage and proprioceptive sub-systems

Orthosis
An orthopedic appliance or apparatus used to support, align, prevent, or correct deformities or to improve the function of moveable parts of the body

Orthotics
Pertaining to the use of an orthosis

Orthotist
A person skilled in orthotics

Osseus
Relating to, or composed of, bone

Osteo
Combining form, pertaining to bone

Osteotomy
Excision of a bone, or portion of bone

Osteoarthritis
A degenerative joint disease, causing increasing porosity of bones with resulting weakening

Osteochondritis
Inflammation of bone and cartilage

Osteogenesis
The formation and development of bone

Osteoporosis
Abnormal degeneration of bone, resulting in thinning, translucence, loss of bone density, and fragility

Osteoma
Tumor composed of bone tissue, usually developing on a bone

Ostomy
Formation of an artificial opening for bodily elimination

P
Palliative
Relieving suffering

Palmar
Relating to or involving the palm of the hand

Palpation
The act of feeling with the hand to determine the location or condition of body parts

Palsy

A condition characterized by uncontrollable tremor or quivering of the body

Paraplegic
Paralysis involving both lower extremities
Paraspinal
Adjacent to the spinal column

Patella
The knee cap

Pavlik Harness
Orthosis used for hip abduction in congenital hip dysplasia

Pelvis
The lower portion of the trunk of the body forming a basin bounded by the innominate bones and the sacrum

Pendulous
Hanging down loosely, dependent

Perineal
Refers to the muscles in the floor of the abdominal region

Periosteum
The membrane of connective tissue covering the surface of bones

Peristalsis
A progressive, wave-like movement that occurs involuntarily in hollow tubes of the body, forcing its contents onward

Peritoneum
A series of membrane lining the interior of the abdominal cavity and containing viscera

Peritonitis
Inflammation of the peritoneum

Phalanges
The long bones of the fingers and toes

Pharynx
The passageway for air from the nasal cavity to the larynx and for food from the mouth to the esophagus. Also acts as a resonating cavity



Philadelphia Style Collar
An orthosis with occipital and mandible rests and a circumference adjustable collar

Phlebitis
Inflammation of a vein

Pistoning
Describes the motion of an orthosis during movement of an extremity in an up and down motion

Placenta
A vascular organ which joins the fetus and mother

Plantar
Pertaining to the sole of the foot

Plantar Flexion
With the foot or toes pointing downward

Pleura
The membrane covering the lungs

Plexus
A network of blood vessels and nerves

Pollex
The thumb

Polydactylism
Occurrence of more than usual number of fingers or toes

Posterior
Situated behind or to the rear

Postnatal
Occurring after birth

Postoperative
Occurring after surgery

Postpartum
Occurring after birth

Prenatal
The period before birth

Preoperative
Preceding an operation

Process
A prominence or outgrowth

Prolapse
The falling or sinking downward of a body part from its usual position

Prone
Facing downward

Pronate
Pertaining to the locomotor system, tri-planar movements that occur as the body absorbs the shock of initial contact during gait; pertaining to the hand with the palm in a downward position

Prophylaxis
The prevention of disease; preventative treatment

Proprioception
The body's position sense in space and its ability to respond to stimulus

Prosthesis
Artificial replacement of a body part

Protuberance
An outgrowth, swelling, or knob

Proximal
Nearest to the body or the central part of the body, or some other point of a system; opposite of distal

Ptosis
Prolapse or sagging of an organ or body part

Pubis
The anterior portion of the hip bone. Pubic bone

Pulmonary
Pertaining to the lungs or the pulmonary artery

Q
Quadriplegia
Paralysis of all four limbs

Quadriceps
Muscles of the anterior thigh, functioning to extend the leg

R
Radius
Bone located on the lateral or outer side of forearm



Rectocele
Hernial protrusion of part of the rectum into the vagina

Rectus
Describes something that is straight

Recurvatum
Abnormal backward bending of a joint

Reduction
To restore a body part to its original position

Reflex
An automatic response to a stimulus

Rehabilitation
The process of restoring a person's ability to live and work as normally as possible after a disabling injury or illness

Retro
Combining form; backward

Rotation
The process of turning around on an axis

Rotator Cuff
Shoulder muscles which help move and maintain the center of rotation of the joint

Rotator Cuff Tear
Tearing of tendons which are primarily responsible for shoulder joint motion, resulting from trauma or chronic impingement. Surgical repair may be necessary to restore function

Rupture
A forcible tearing of a tissue

S

Sac
A pouch; a bag-like covering of a hernia, cyst, or tumor

Sacral
Relating to, or lying near the sacrum

Sacrum
A curved, roughly triangular bone situated between the last lumbar vertebra above and the coccyx below, and the innominate bones on each side, forming the posterior body of the pelvis

Sacroiliac joint
Joint between the sacrum and adjacent surface of the ilium

Sagittal Plane
The section parallel to the median plane of the body (any plane that divides body into right and left portions)

Scapula
The shoulder blade

Sciatica
Pain radiating down the sciatic nerve into the posterior thigh and leg. Caused by irritation of the sciatic nerve in the back or hip region

Sclerosis
A pathological condition in which a tissue has become hard

Sclerotherapy
Injection of sclerosing agents in the treatment of varicose veins

Scoliosis
A lateral curvature in one or more regions of the spine

Scrotum
The external pouch containing the testes

Skeleton
The bony framework of the body

Slipped Disc
Lay term for a protrusion of a vertebral disc

Spastic
Of the nature or characterized by spasms or spasticity

Sphincter
A ring-like band of muscle fibers that constricts a passage or closes a natural orifice

Spina Bifida
Congenital absence of a large portion of the posterior spine, usually in the lumbosacral region, with hernial protrusion of the meninges

Spinal Column
The vertebral column

Splinting
The act of applying an appliance to support and limit movement of a joint

Spondylitis Inflammation of the vertebra	Suture An immovable fibrous joint - all bones of the skull are united by sutures
Spondylolisthesis Forward displacement of a vertebra over a lower segment	Supinate (motion) Supination (position) Pertaining to closed chain position of the foot and ankle, a combination of motions in all three planes involving abduction, dorsiflexion and eversion. Pertaining to the hand and wrist, the position with the palm facing upward
Spondylosis The breaking down of a vertebra - e.g. non-displaced fracture of the lamina	Supraspinatus Muscle which originates at the scapula and inserts at the humeral head, functioning to abduct the arm
Spondylosis Stiffness or fixation of a vertebral joint	Symphysis Pubis The anterior joint between the innominate bones
Sprain Wrenching or twisting of a joint, producing partial disruption of ligaments	Synovial joint A freely movable joint with a fluid-filled cavity surrounded by a joint capsule
Sternal Notch Notch created by the bilateral sterno-clavicular joints at the superior edge of the manubrium	Synovium Membrane lining a joint capsule
Sternum Breastbone	T Tailor's Bunion or Bunionette Prominence of the lateral aspect of the fifth metatarsophalangeal joint which may result from a widened fifth metatarsal head
Stoma A surgically created opening in the abdominal wall	Talipes Clubfoot
Strain Excessive stretching or overuse of a part causing injury	Talus Ankle bone
Styloid An elongated and tapered bony process for muscle attachment	Tarsus Refers to the ankle—the seven proximal bones of the foot
Subluxation An incomplete or partial dislocation	Taylor-Type Brace A thoracolumbar orthosis with anterior and posterior motion control
Superficial veins Near the surface or shallow, as opposed to deep	Tendon A band of fibrous tissue connecting muscle to bone
Superior Situating above, pertaining to the trunk (toward the head)	Tendon Avulsion Injuries Avulsion of a tendon at its insertion point tearing bone from its foundation
Supination Lateral rotation of the forearm causing the palm of the hand to face anteriorly—opposite of pronation	
Supine Lying face upward	

Tennis Elbow (Epicondylitis)

Microscopic disruption of the extensor muscle origin, which may result in chronic pain on the lateral aspect of the elbow

Therapeutic

Having medicinal or healing properties; pertaining to results obtained from treatment; a healing agent

Thoracic

Pertaining to the thorax

Thorax

The chest

Thrombophlebitis

The development of a thrombus in the presence of inflammatory conditions of the vessel wall

Thrombosis

Formation or presence of blood clots within a blood vessel

Tonus

Slight, continuous contraction of a muscle which, in skeletal muscles, aids in the maintenance of posture and blood flow

Torticollis

A contracted state of the cervical muscles, producing twisting of the neck and an unnatural position of the head

Traction

Exertion of a pulling force

Trochanter

A large process for muscle attachment

Transverse

Extending from side to side

Transverse Plane

Divides body into superior and inferior portions

Trauma

And injury or wound

Trendelenburg Position

A supine position on a surface inclined with the head at the lowest point

Triceps

Muscles that extend the elbow

Trochanter

A large process on the upper end of the femur for the attachment of muscles

Truss

A device worn to reduce a hernia by pressure

Tubercle

A nodule or small eminence, especially on a bone for attachment of a ligament

Tuberosity

An elevation or protrusion of a bone serving to attach tendons or ligaments

Tumor

An abnormal mass of tissue that is not inflammatory

U

Ulcer

A break in skin or mucous membrane with loss of surface tissue

Ulna

The inner, larger bone portion of the forearm, on the side opposite the thumb

Unilateral

Affecting one side of the body or one of its parts

Ureterostomy

Surgical creation of a new outlet for a ureter

Uterus

The womb

V

Valgus

Toward midline - knock-knee position

Varus

Towards the midline of the body, distal to joint described

Varicocele

Enlargement of the veins in the scrotum producing a tumor mass

Varicose Vein

Enlarged gnarled veins close to the skin surface

Vein

Blood vessels which carry blood back to the heart

Venous
Pertaining to the veins

Ventral
Pertaining to the abdomen or abdominal surface;
opposite of dorsal

Vertebra
Any of the bony segments that make up the spinal
column

Vertical
Perpendicular to the horizontal

Viscera
Internal organs

Visceroptosis
Downward displacement of abdominal organs

Volar
The flexor surface of the forearm, wrist, or hand;
pertaining to the sole of the fo

W

Whiplash
Non-medical term that describes a sudden hyperex-
tension of the neck, followed by flexion, or vice
versa. Classic symptoms are due to injuries of the
vertebrae and soft tissues of the head and neck

X

Xyphoid
A process connected to the end of the sternum

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