

International Pilates Certification **TEST**

Biomechanics; describe the joint position/action in each of the pictures below



Shoulder: _____

Scapula: _____

Vertebra: _____

Hip: _____

Knee: _____



Shoulder: _____

Wrist: _____

One Ankle: _____

Other Ankle: _____

Vertebra: _____

Hip: _____

Knee: _____



Shoulder Joints: _____

Elbow Joints: _____

Front Ankle: _____

Scapula: _____

Vertebra: _____

Right Hip Joint: _____

Left Hip Joint: _____

Knee Joints: _____



Vertebra: _____

Hip Joints: _____

Ankle Joints: _____

Elbow Joint: _____

Knee Joints: _____