

Abduction refers to a motion that pulls a structure or part away from the midline of the body. In the case of fingers and toes, it refers to spreading the digits apart, away from the centerline of the hand or foot. Abduction of the wrist is also called radial deviation.

For example, raising the arms up, such as when tightrope-walking, is an example of abduction at the shoulder.

When the legs are splayed at the hip, such as a star jump or doing a split, the legs are abducted at the hip.

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