STJ MVTS: OPEN VS CLOSED CHAIN

OPEN CHAIN: Calcaneus moves about a FIXED talus and tibia	CLOSED CHAIN: Calcaneus unable to move d/t WB and contact with ground
Supination: Sagittal plane: PF Frontal plane: Inversion Transverse Plane: Adduction	Supination: Frontal plane: Calcaneus inverts TALUS forces to move about the same axis in directions of adb and DF NET RESULT: elevated talus and medial longitudinal arch
Pronation: Sagittal plane: DF Frontal plane: Eversion Transverse Plane: Adbuction	Pronation: Frontal plane: Calcaneus evert TALUS forced to add and PF (Clinically:
	Tibia - responds to talar mvt: Pronation: Tibia IR Supination: Tibia ER