Foot doesn't go all the way around, obviously. Think about which way the pinky (farthest from axis) goes first.

This is the start of supination

This is the start of pronation

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1. Centers of rotation of the convexities of the heel are here.
2. Define axis of rotation of two centers
3. Axis of rotation runs from superior, medial, and anterior here
4. Rotation in this direction produces:
   - abduction
   - inversion
   - plantar flexion
down into page = Supination

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5. Rotation like this produces:
   - abduction
   - eversion
   - dorsiflexion

\[ \downarrow \]

\[ = \text{PROPIATION} \]