



## 8a Written Exam Prep



## 8a Written Exam Prep Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
40 minutes	8a Written Exam Prep Quiz
15 minutes	Lecture: AOIs of the gastrocnemius and soleus
60 minutes	Total



## 8a Written Exam Prep Class Reminders

### **Quizzes and Written Exams:**

- 8a Written Exam Prep Quiz (A-73, classes 1b, 2a, 2b, 3a, 3b, 4a, 5a, 6a, and 7a)
- 8b Kinesiology Quiz (A-73, gluteals, hamstrings, gastrocnemius, and soleus)
- 10a Written Exam (A-73, classes 1b, 2a, 2b, 3a, 3b, 4a, 5a, 6a, and 7a)

### **Preparation for upcoming classes:**

- 9a H&H: Therapeutic Relationships - Introduction, Confidentiality, and Boundaries
  - Salvo: Pages 15-26
  - Packet H: 7-14
  - RQ Packet A: 131-132
- 9b Business: Introduction
  - Business Mastery, pages 3-32.
  - Packet B-5



# Classroom Rules

**Punctuality** - everybody's time is precious

- Be ready to learn at the start of class; we'll have you out of here on time
- Tardiness: arriving late, returning late after breaks, leaving during class, leaving early

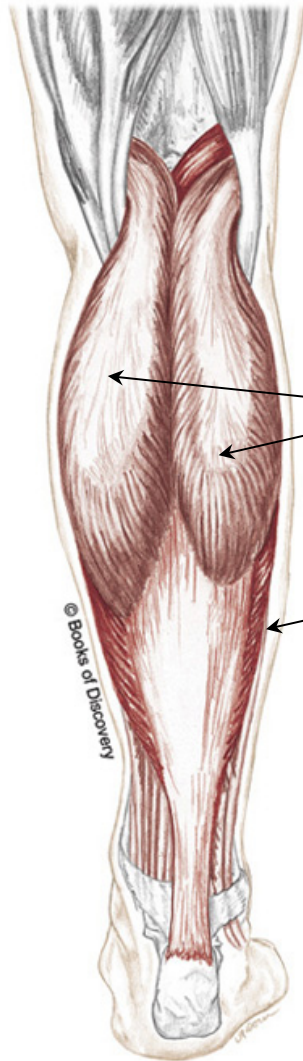
**The following are not allowed:**

- Bare feet
- Side talking
- Lying down
- Inappropriate clothing
- Food or drink except water
- Phones that are visible in the classroom, bathrooms, or internship

*You will receive one verbal warning, then you'll have to leave the room.*

# Gastrocnemius and Soleus

Trail Guide, Page 371



Gastrocnemius and soleus form the large mass of posterior leg muscle. Together they are known as the **triceps surae**.

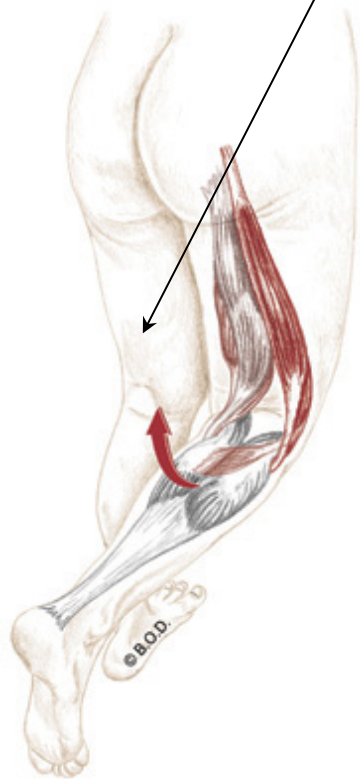
The superficial **gastrocnemius** has two heads and crosses two joints - the knee and ankle.

**Soleus** is deep to the gastrocnemius, yet its medial and lateral fibers bulge from the sides of the leg,

When do you use your triceps surae?

Posterior View

# Actions of the Triceps Surae Gastrocnemius and Soleus



Flexion of the tibiofemoral  
joint



Plantarflexion of the  
talocrural joint

# Gastrocnemius, page 371

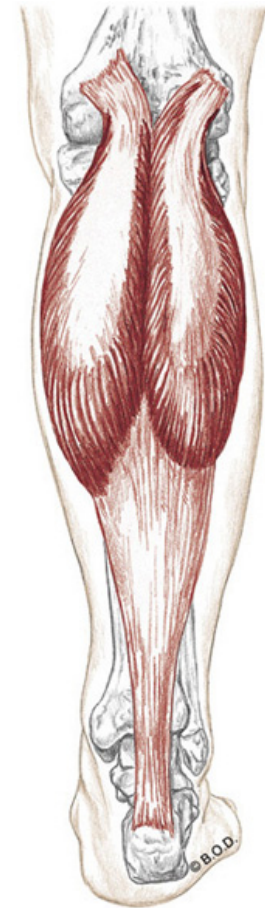
**A** Flex the knee (tibiofemoral joint)

**Plantar flex** the ankle (talocrural joint)

**O** Condyles of the femur, posterior surfaces

**I** Calcaneus via calcaneal tendon

Posterior View



# Gastrocnemius, page 371

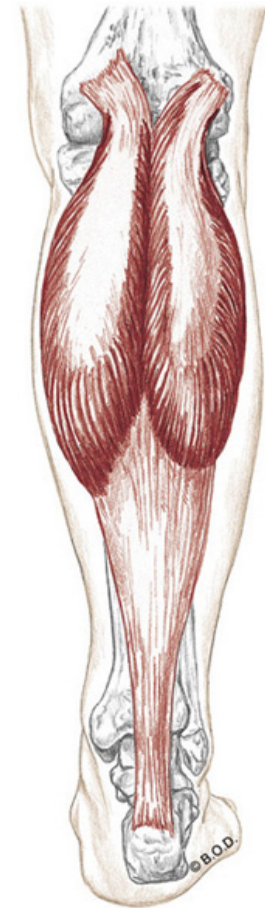
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Posterior View



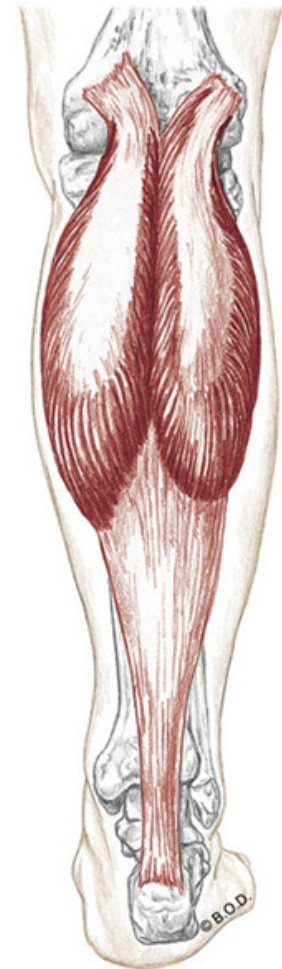


# Gastrocnemius, page 371

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Posterior View

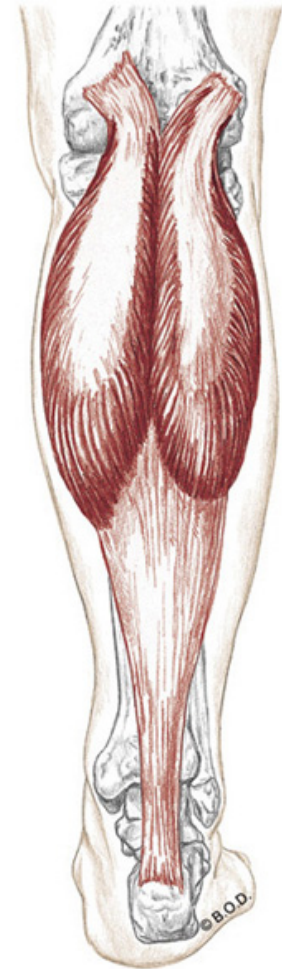
# Gastrocnemius, page 371

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Plantar flex the ankle (talocrural joint)

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Posterior View

# Soleus, page 371

**A** Plantar flex the ankle (talocrural joint)

**O** Soleal line (proximal, posterior surface of tibia and posterior aspect of head of fibula)

**I** Calcaneus via calcaneal tendon

Posterior View



# Soleus, page 371

**A** **Plantar flex** the ankle (talocrural joint)

**O** Soleal line (proximal, posterior surface of tibia and posterior aspect of head of fibula)

**I** Calcaneus via calcaneal tendon



Posterior View

# Soleus, page 371

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Posterior View



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