43a Kinesiology: Synergists
Coxal and Tibiofemoral Joint Muscles

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Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
10 minutes	Lecture:
25 minutes	Lecture:
15 minutes	Active study skills:
60 minutes	Total

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Class Reminders

Assignments:

- 43a Swedish: Outside Massages DUE NOW!
- 45b Typed Resume and Cover Letter
  - Due before class starts
- Swedish: PTS must be completed by class 56a Internship Orientation

Quizzes:

- 44a Written Exam Prep Quiz (33b, 37b, 41b, 42b, and 43a)

Written Exams:

- 46a Written Exam (200 multiple-choice questions in 2 hours and 40 minutes)

Preparation for upcoming classes:

- 44a Written Exam Prep

- 44b Integration Massage: Practical Exam
  - 60-minute Full Body Session (face, abs, etc.)
  - Swedish, Passive Stretches, and BMTs
  - SOAP notes
  - **Bring your grading sheet for evaluation A: 95**

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.

Coxal Joint

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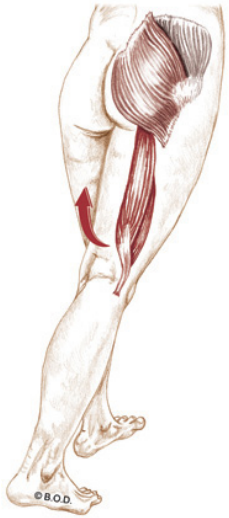
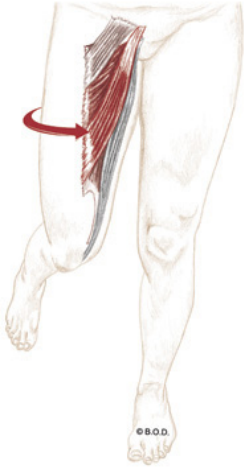
Flexion

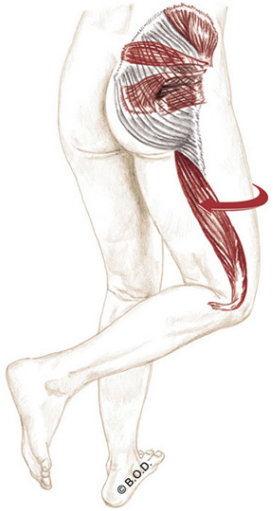
Extension



Medial Rotation

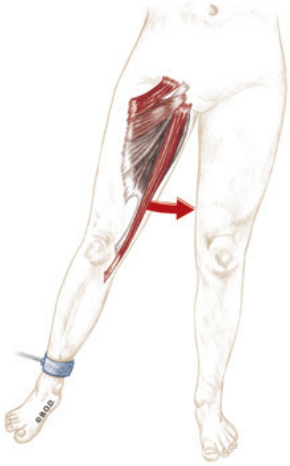


Lateral rotation



Abduction

Adduction



Coxal Joint

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Flexion

Coxal Joint Flexion Synergists

- Psoas major
- Iliacus
- Tensor fasciae latae
- Sartorius
- Rectus femoris
- …

Extension

Coxal Joint Extension Synergists

- Gluteus maximus (all fibers)
- Biceps femoris (long head)
- Semitendinosus
- Semimembranosus
- Adductor magnus (posterior fibers)
- Gluteus medius (posterior fibers)

Coxal Joint

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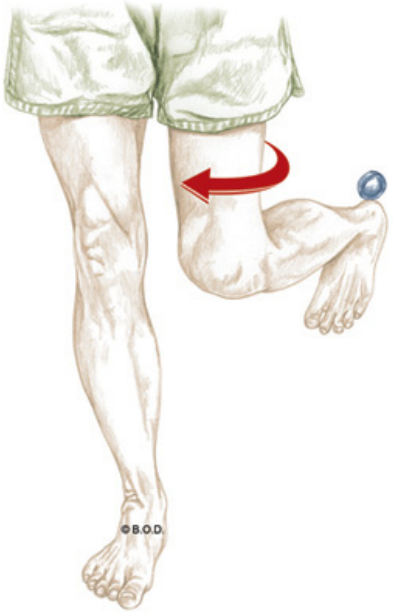
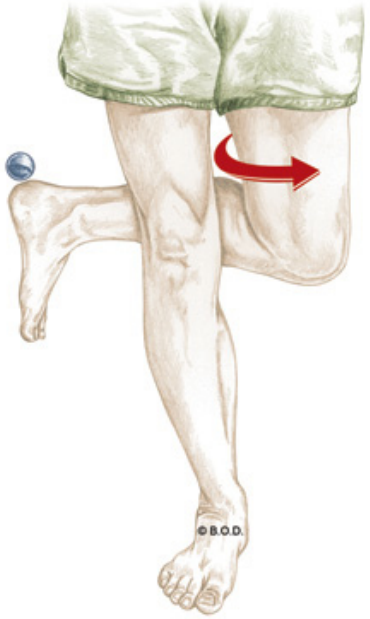
Medial Rotation



Lateral Rotation



Coxal Medial Rotation Synergists

- Gluteus medius (anterior fibers)
- Gluteus minimus
- Tensor fasciae latae
- Adductors
- Semitendinosus
- Semimembranosus

Coxal Lateral Rotation Synergists

- Gluteus maximus (all fibers)
- Deep lateral rotators
- Gluteus medius
- Psoas major
- Iliacus
- …

Coxal Joint

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Abduction

Adduction

Coxal Abduction Synergists

- Gluteus maximus (all fibers)
- Gluteus medius (all fibers)
- Gluteus minimus (all fibers)
- Tensor fasciae latae
- Sartorius
- Piriformis (when the hip is flexed)

Coxal Adduction Synergists

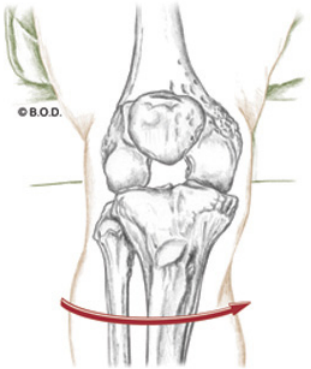
- Adductor magnus
- Adductor longus
- Adductor brevis
- Pectineus
- Gracilis
- Gluteus maximus (lower fibers)

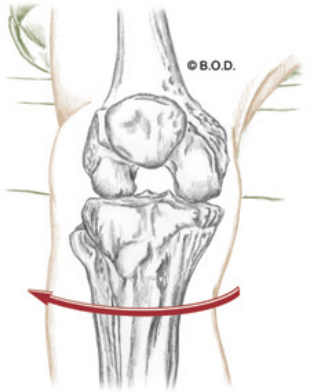
Tibiofemoral Joint

Flexion

Extension

Medial Rotation of Flexed Knee





Lateral Rotation of Flexed Knee

Tibiofemoral Joint

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Flexion

Extension

Tibiofemoral Flexion Synergists

- Biceps femoris
- Semitendinosus
- Semimembranosus
- Gracilis
- Sartorius
- Gastrocnemius
- …

Tibiofemoral Extension Synergists

- Rectus femoris
- Vastus lateralis
- Vastus medialis
- Vastus intermedius

Tibiofemoral Joint

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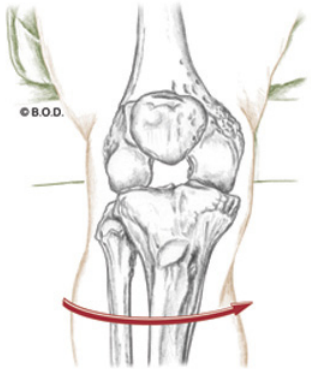
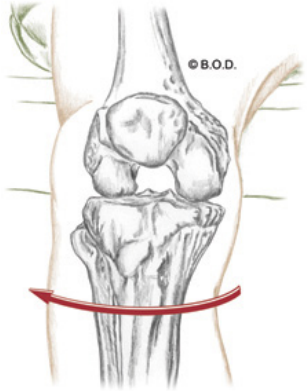
Medial Rotation of Flexed Knee



Lateral Rotation of Flexed Knee



Tibiofemoral Medial Rotation Synergists

- Semitendinosus
- Semimembranosus
- Gracilis
- Sartorius
- …

Tibiofemoral Lateral Rotation Synergists

- Biceps femoris

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