



17b Kinesiology: AOIs - Anterior Shoulder, Anterior Neck, and Head



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10 minutes	Break Announce the return time and write it on the board.
5 minutes	Attendance Also project the “Class Reminders” slide.
20 minutes	Cadaver Video: Acland’s DVD Atlas of Human Anatomy
55 minutes	Anatomy in Clay
20 minutes	Break Announce the return time and write it on the board.
30 minutes	17b Kinesiology Quiz
60 minutes	Palpation
<u>10 minutes</u>	<u>Break down, clean up, and circle up</u>
3h 30m	Total Class Time



17b Kinesiology: AOIs - Anterior Shoulder, Anterior Neck, and Head

Quizzes and Exams:

- 17b Kinesiology Quiz **NOW!!**
- 19a Quiz
(study all material from classes 13a, 14a, 15a, 16a, and 17a)
- 21a Exam
(1b, 2a, 2b, 3a, 3b, 4a, 5a, 6a, 7a, 8b, 9a, 9b, 11a, 12a, 13a, 13b, 15a, 16a, 17a, 17b, and 18a)

Assignments:

- 30a Review Questions (A: 141-158)

Preparation for upcoming classes:

- 18a H&H: Therapeutic Relationships- Conflict, Transference, Dual Relationships, and Sexual Misconduct
- 18b Swedish: Technique Review and Practice - Chest, Arms, Neck, Face, and Scalp
 - Packet F: 55-56, and 58
- 21b CPR/ First Aid: This class cannot be made in the make-up room. To schedule a sit-in, students should contact the Student Administrator. To be exempt, bring a copy of your CPR & first aid certificate.



Classmarker

Grading your Quiz/Exam

- Classmarker will automatically grade your assignment and email you a copy of your completed test.
- Retakes. If you did not pass a test you may reserve space in the make-up room. If you are not making up hours, your time there will be at no cost. Retakes may be done at anytime before a student graduates. You may retake it for a grade up to a 70. These are done on paper copies.
- Please refer to your assignment grid on pages A: 29-32.



Cadaver Video

- [Frontalis and Occipitalis](#)
- [Temporalis and Masseter](#)
- [Sternocleidomastoid](#)
- [Scalenes](#)
- [Biceps Brachii](#)
- [Coracobrachialis](#)



Anatomy in Clay

Write this list on the board and turn the projector off for now:

- Biceps brachii
- Coracobrachialis
- Sternocleidomastoid
- Levator scapula
- Scalenes
- Frontalis
- Occipitalis
- Temporalis
- Masseter



Palpation

Set Up by the Students

- Students form groups of 3.
- Each group sets up a table and gets 1 face cradle, 1 bolster, and 2 chairs.
- Receivers must remain clothed.
- There will be no need of sheets except for a face cradle cover.

Demo and Practice

- All of the students come to a central table to watch a brief demonstration of how to palpate one of the focus muscles:
 - List and identify the bony landmarks, especially origins and insertions.
 - List and identify the muscle bellies and tendons.
 - List and explain the actions.
 - Demo how to palpate the muscle while simultaneously offer resistance to the action, “Contract, relax. Contract, relax.”
 - The students go back to their table to practice the palpation.
 - 2 students palpate the third student collaboratively.
 - The instructor and assistant circulate to offer guidance and touch comparisons:
- This process repeats for each muscle that will be palpated.
- Once all the focus muscles have been palpated on the first student, repeat the process so that each student will palpate twice and be palpated once.

Levator Scapula, page 84

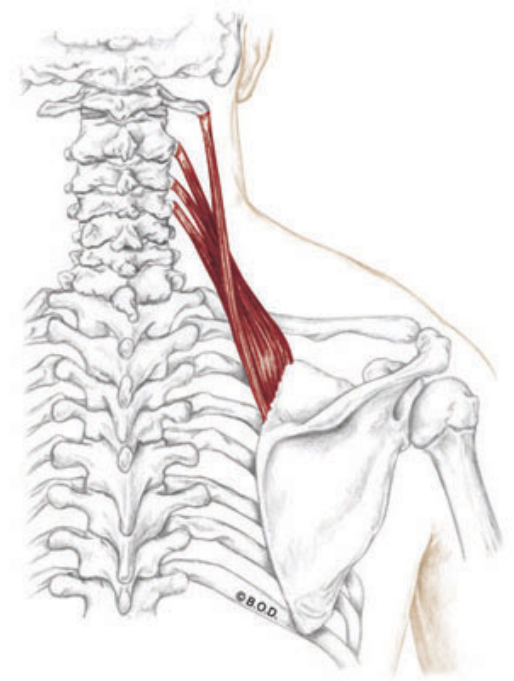
- A** *Unilaterally:*
- Elevate** the scapula, AKA: scapulothoracic joint
 - Downwardly rotate** the scapula, AKA: S/T joint
 - Laterally flex** the head and neck
 - Rotate** the head and neck to the same side

Bilaterally:

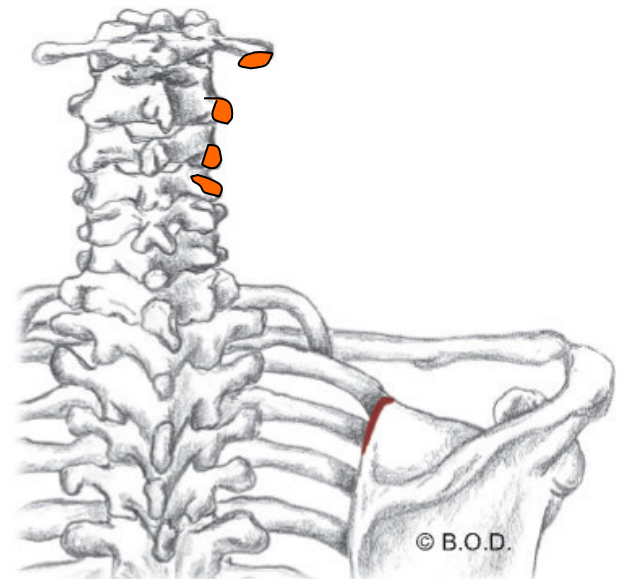
- Extend** the head and neck

O Transverse processes of first through fourth cervical vertebrae

I Medial border of scapula, between superior angle and superior portion of spine of scapula



Posterior View



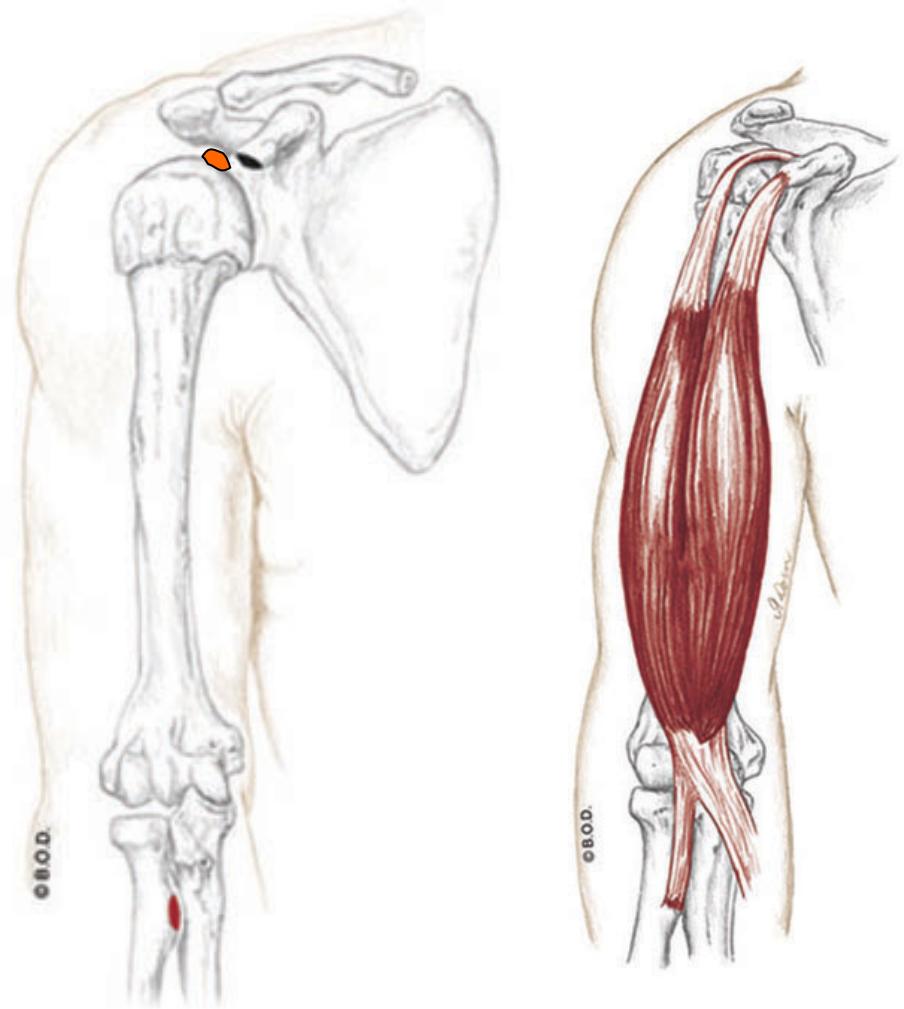
Biceps Brachii, page 95

A **Flex** the elbow or humeroulnar joint
Supinate the forearm or radioulnar joint
Flex the shoulder or glenohumeral joint

O *Short head:*
Coracoid process of scapula

Long head:
Supraglenoid tubercle of scapula

I Tuberosity of the radius
Aponeurosis of the biceps brachii



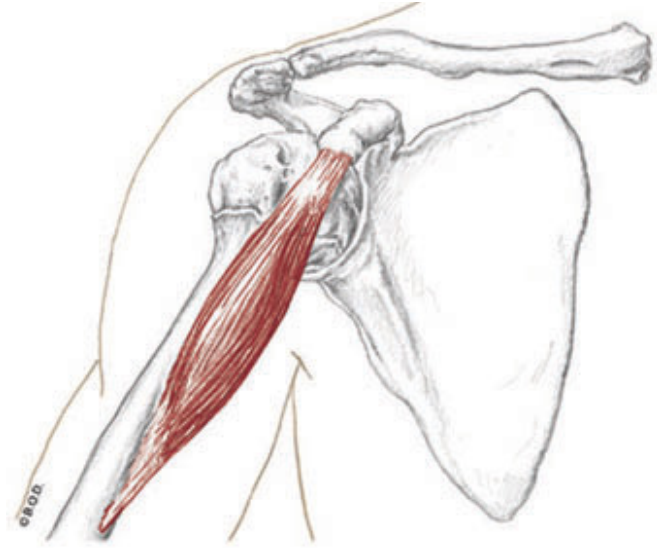
Anterior View

Coracobrachialis, page 99

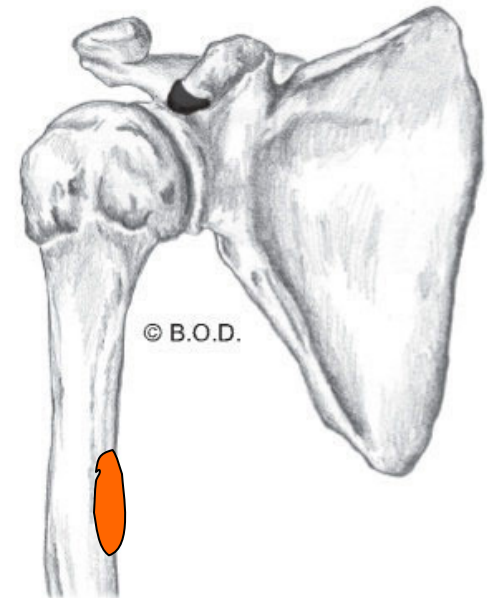
A Flex the shoulder or glenohumeral joint
Adduct shoulder or glenohumeral joint

O Coracoid process of scapula

I Medial surface of mid-humeral shaft



Anterior View



Sternocleidomastoid, page 244

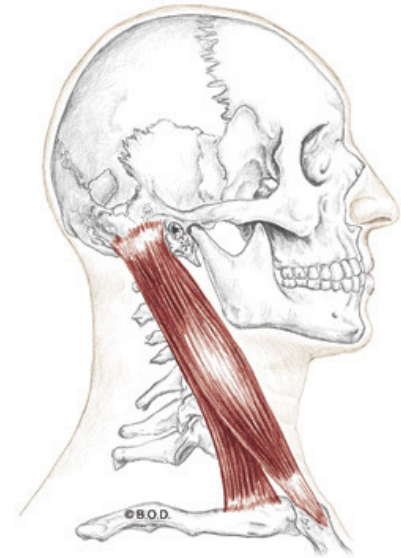
- A** *Unilaterally:*
Laterally flex the head and neck to the same side
Rotate the head and neck to the opposite side

Bilaterally:
Flex the head and neck
Assist to **elevate** the ribcage during inhalation

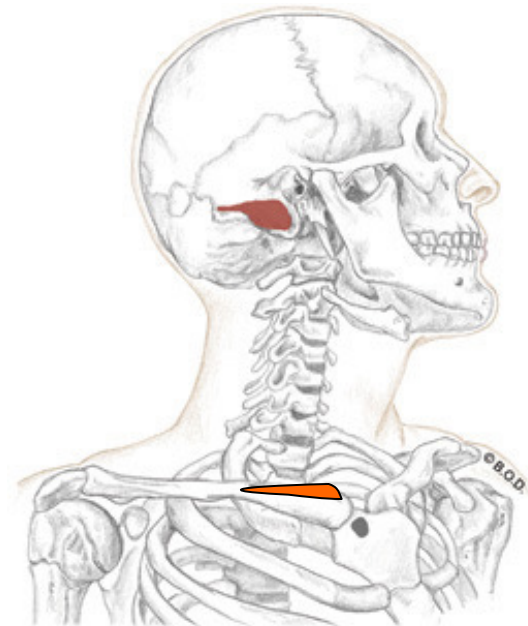
- O** *Sternal head:*
Top of manubrium

Clavicular head:
Medial one-third of the clavicle

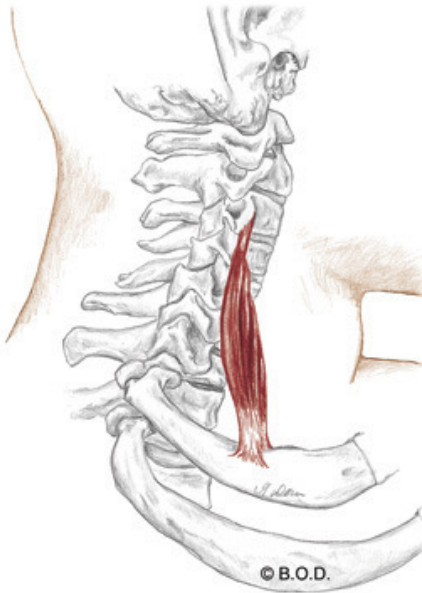
- I** Mastoid process of temporal bone
Lateral portion of superior nuchal line of occiput



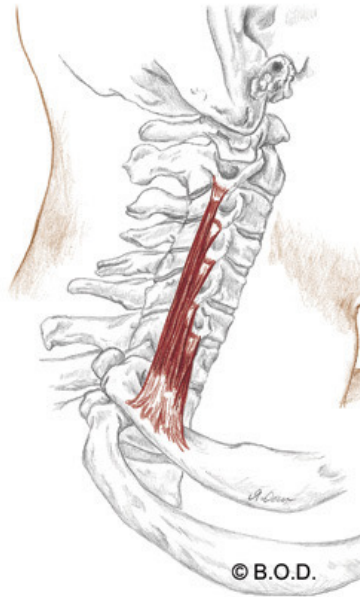
Lateral View



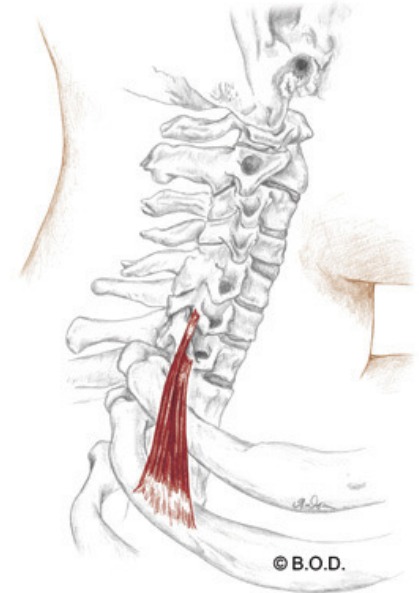
Anterior scalene



Middle scalene



Posterior scalene



O Transverse processes of the C3-C6 (anterior tubercle)

I First rib

O Transverse processes of the C2-C7 (posterior tubercle)

I First rib

O Transverse processes of the C6-C7 (posterior tubercle)

I Second rib

Occipitofrontalis, page 258

A *Frontalis:*
Raise the eyebrows and wrinkle the forehead

Occipitalis:
Anchor and **retract** the galea posteriorly

O *Both:* Galea aponeurotica

I *Frontalis:*
Skin superior to eyebrows

Occipitalis:
Superior nuchal line of the occiput



Lateral View

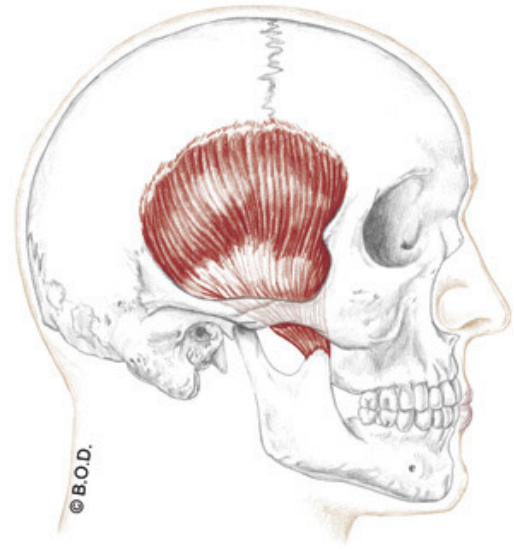
Temporalis, page 251

A Elevate the mandible (temporomandibular joint)

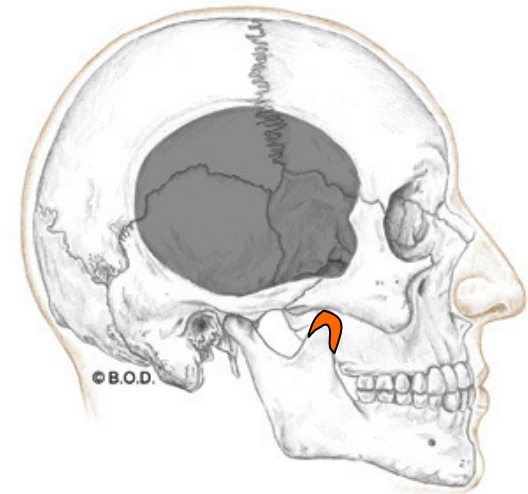
Retract the mandible (temporomandibular joint)

O Temporal fossa
Temporal fascia

I Coronoid process of the mandible
Anterior edge of the ramus of the mandible



Lateral View



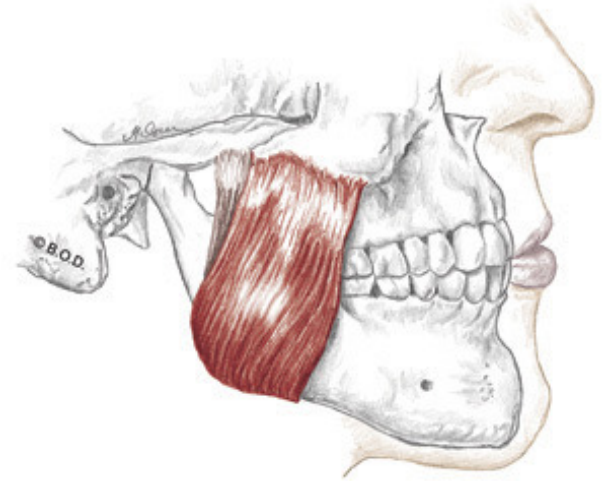
Masseter, page 250

A Elevate the mandible (temporomandibular joint)

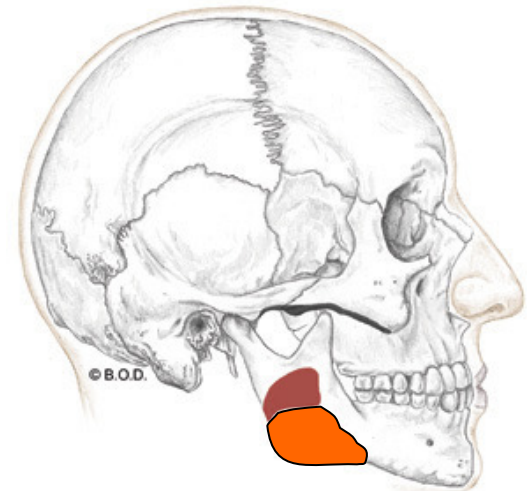
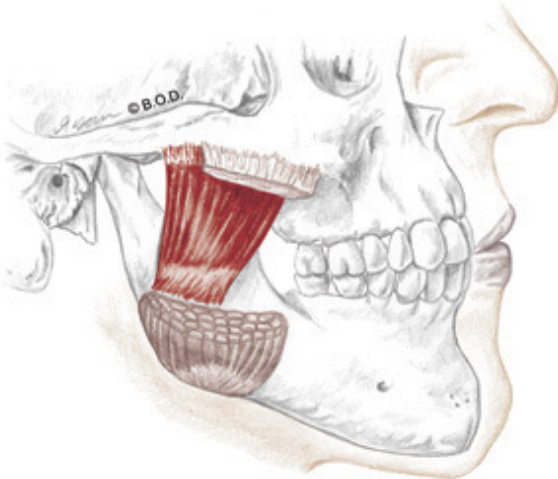
May assist to **protract** the mandible (TM joint)

O Zygomatic arch

I Angle of the mandible
Ramus of the mandible



Lateral View





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