



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

Quizzes:

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

Exams:

- 46a Exam

Preparation for upcoming classes:

- 44a Quiz
- 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**
- 47b, 48b, 49b Pregnancy Massage: These classes cannot be made up in the make-up room. To schedule a sit-in, please contact the Student Administrator.



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.

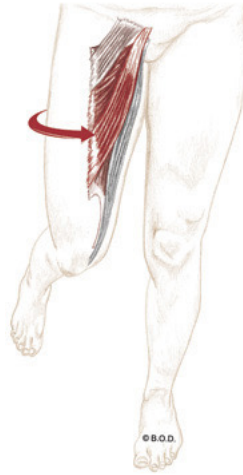
Coxal Joint

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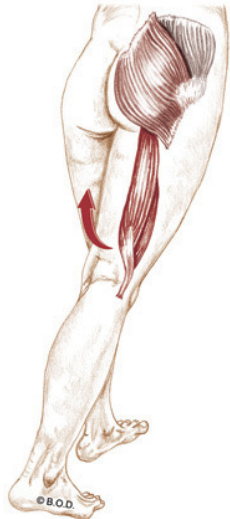
Flexion



Medial Rotation



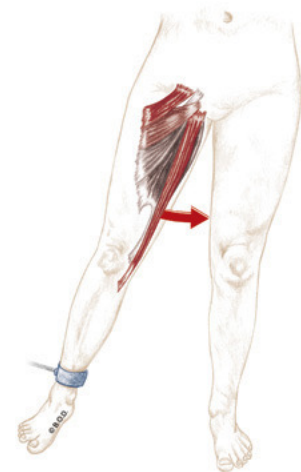
Abduction



Extension



Lateral rotation



Adduction

Coxal Joint

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Flexion



Extension



Coxal Joint Flexion Synergists

Psoas major
Iliacus
Tensor fasciae latae
Sartorius
Rectus femoris
...

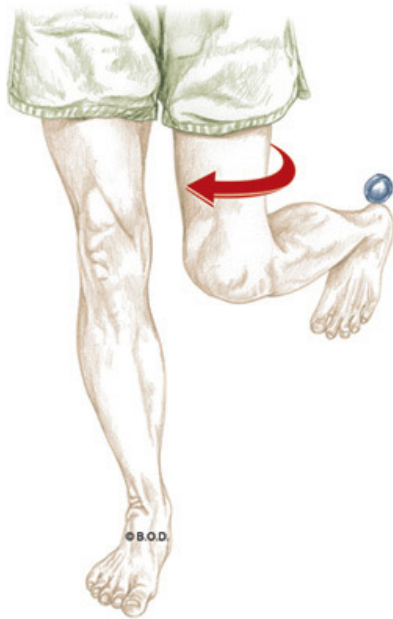
Coxal Joint Extension Synergists

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

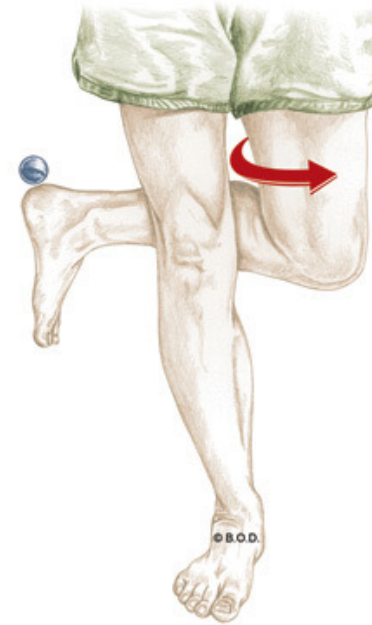
Coxal Joint

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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

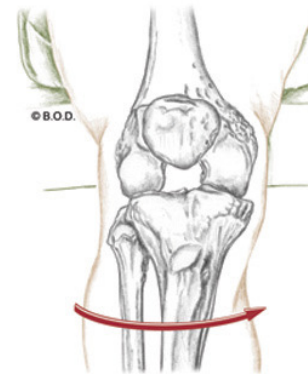
- Adductor magnus
- Adductor longus
- Adductor brevis
- Pectineus
- Gracilis
- Gluteus maximus (lower fibers)

Tibiofemoral Joint

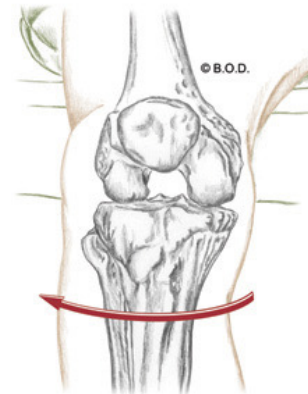
Flexion



Medial Rotation of Flexed Knee



Extension



Lateral Rotation of Flexed Knee

Tibiofemoral Joint

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Flexion



Extension



Tibiofemoral Flexion Synergists

Biceps femoris
Semitendinosus
Semimembranosus
Gracilis
Sartorius
Gastrocnemius

...

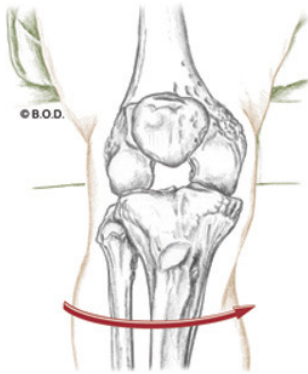
Tibiofemoral Extension Synergists

Rectus femoris
Vastus lateralis
Vastus medialis
Vastus intermedius

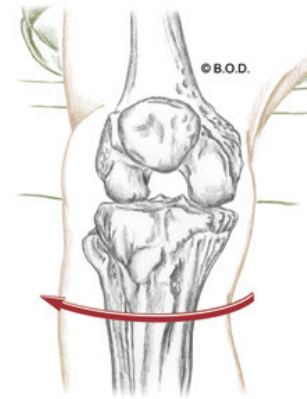
Tibiofemoral Joint

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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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