



51b Kinesiology: AOIs - Elbow, Wrist, and Finger Joint Muscles



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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	51b Kinesiology Quiz
60 minutes	Palpation
10 minutes	<u>Break down, clean up, and circle up</u>
3h 30m	Total Class Time



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ABMP Exam Coach

- “Access your ABMP account” using instructions on page A-74
- Familiarize yourself with ABMP Exam Coach, especially the “Study Subjects” section
- Preview the preparation assignments for MBLEx Prep classes (74a, 75a, 80a, 81a, 84a, 86a, 87a)

Assignments:

- 53a Internship Orientation Review Questions (Due before class starts. Packet A: 179-180).
- 55a Review Questions (Due before class starts. Packet A: 181-194).

Quizzes:

- 51b Kinesiology Quiz **NOW!!**

Preparation for upcoming classes:

- 52a Pathology: Nervous System
 - Werner: Chapter 4
 - Packet E: 117-122.
 - RQ - Packet A: 179-180.
 - RQ - Packet A: 190-191.
- 52b Integration Massage: Deep Swedish
 - Packet D: 1-4.
- 56a/b Internship: This class cannot be made up in the make-up room. To schedule a sit-in, please contact the Student Administrator.



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

[Brachialis, biceps, and brachioradialis](#)

[Finger flexors](#)

[Finger extensors](#)



Anatomy in Clay

- Brachialis
- Brachioradialis
- Flexor digitorum superficialis
- Extensor digitorum



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.

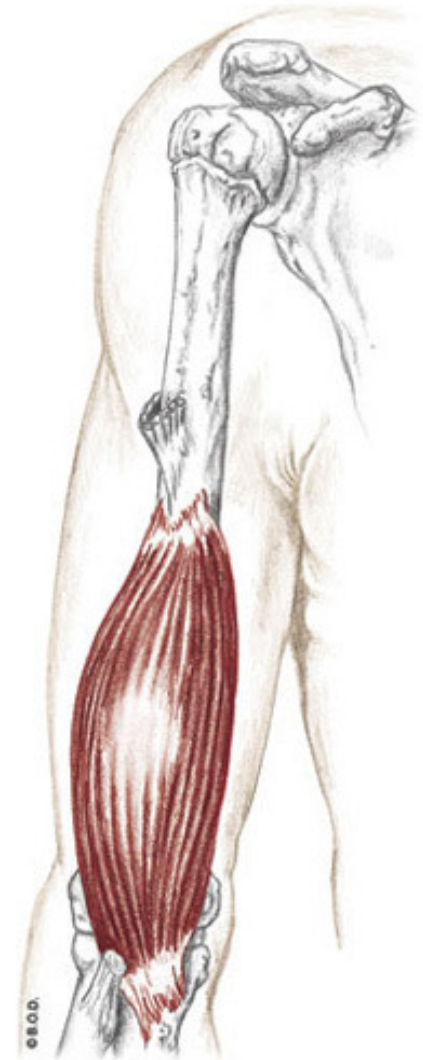
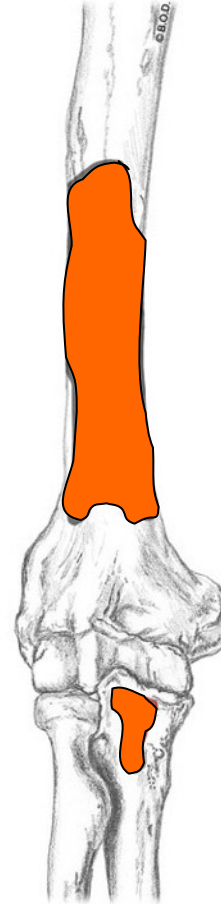
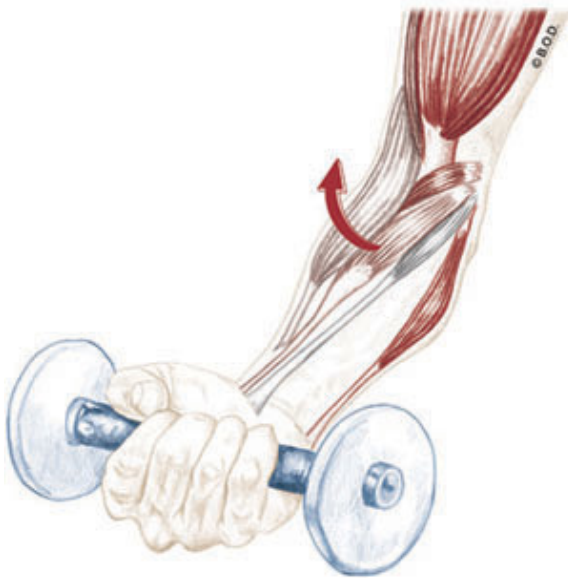
Demo and Practice

- 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.

Brachialis, page 132

- A** Flex the elbow (humeroulnar joint)
- O** Distal half of anterior surface of humerus
- I** Tuberosity of the ulna

Coronoid process of the ulna



Anterior View

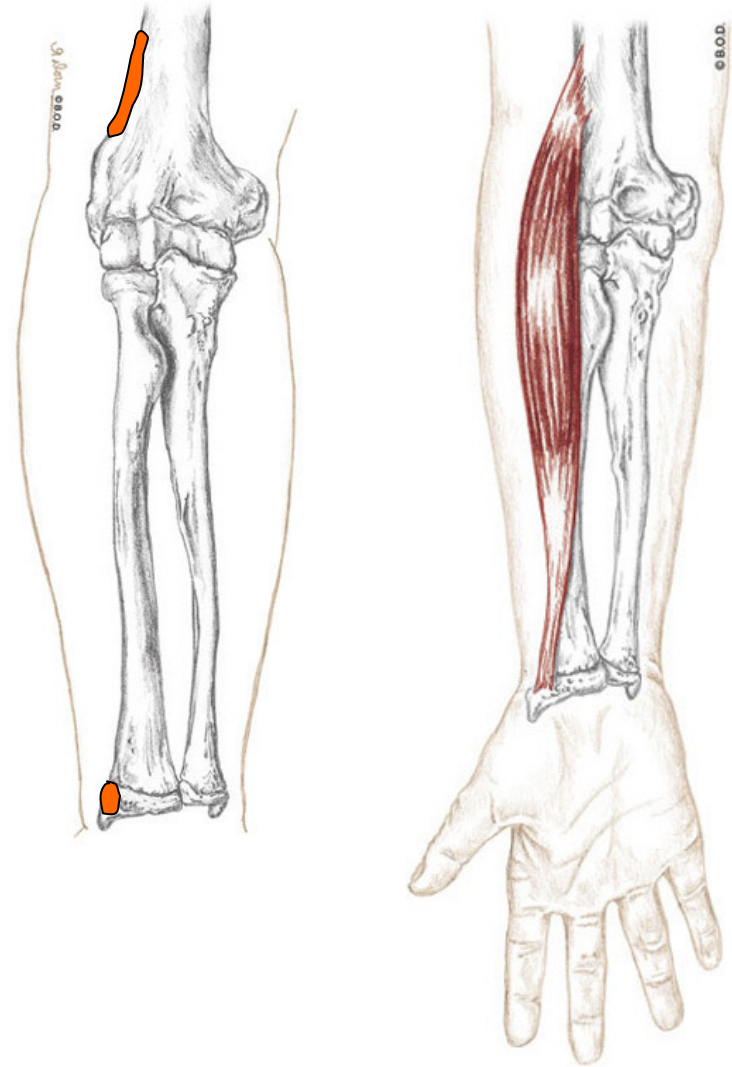
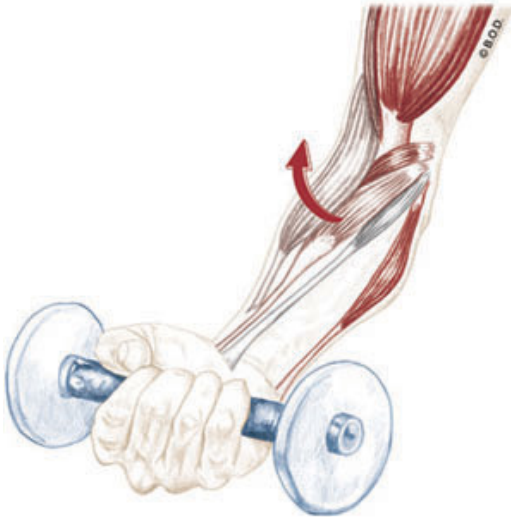
Brachioradialis, page 133

A **Flex** the elbow (humeroulnar joint)

Assist to **pronate and supinate** the forearm when these movements are resisted

O Proximal two-thirds of the lateral supracondylar ridge of the humerus

I Styloid process of the radius



Anterior View

Flexor Digitorum Superficialis, page 142

A **Flex** the second through fifth fingers
(metacarpophalangeal and proximal interphalangeal joints)

Flex the wrist (radiocarpal joint)

O Common flexor tendon from medial epicondyle of humerus

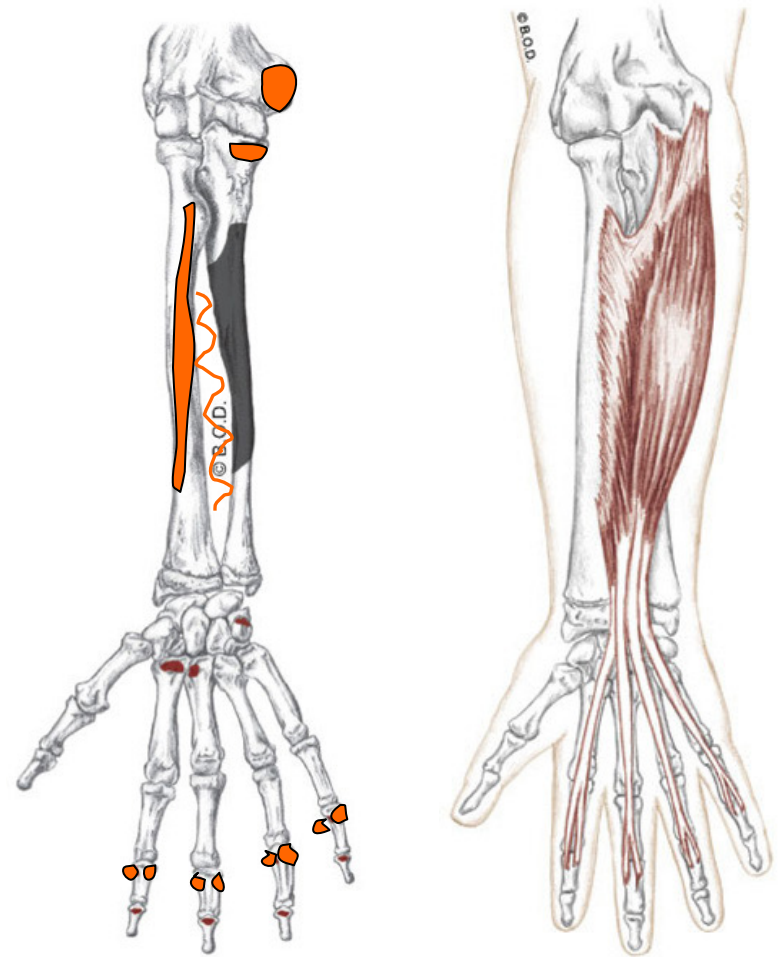
Ulnar collateral ligament

Coronoid process of ulna

Interosseous membrane

Proximal shaft of radius

I Sides of middle phalanges of second through fifth fingers



Anterior View

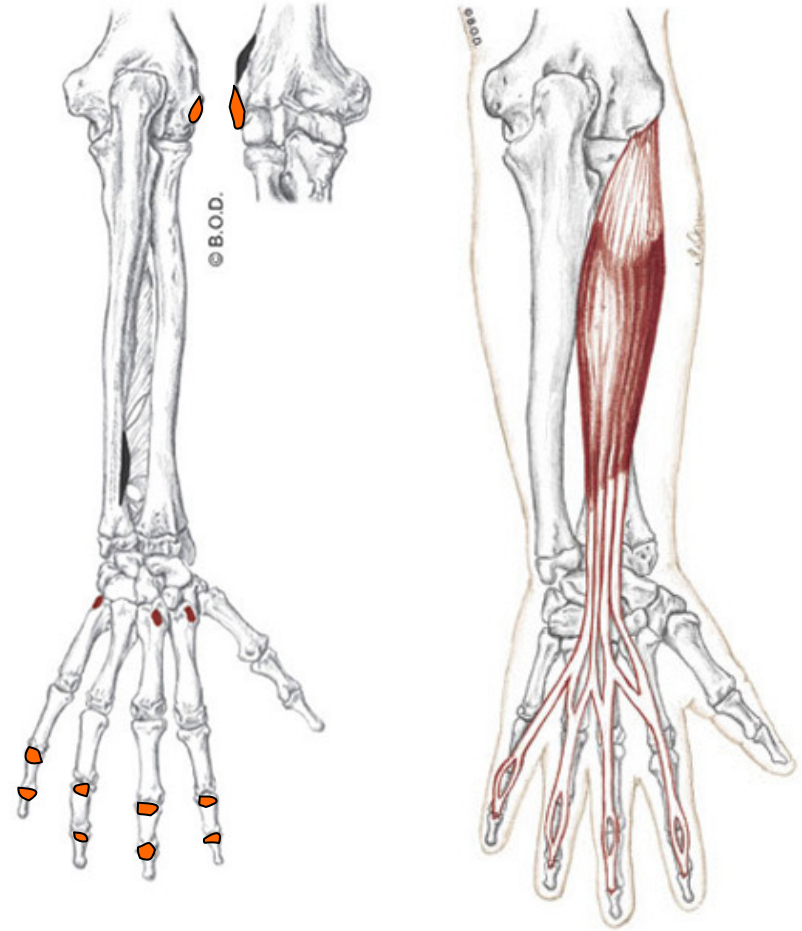
Extensor Digitorum, Trail Guide Page 136

A **Extend** the second through fifth fingers
(metacarpophalangeal and interphalangeal joints)

Assist to **extend** the wrist (radiocarpal joint)

O Common extensor tendon from
lateral epicondyle of the humerus

I Bases of middle and distal phalanges
of second through fifth fingers



Posterior View



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