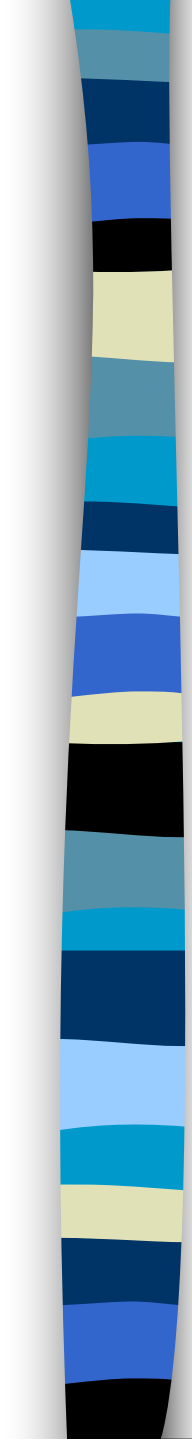


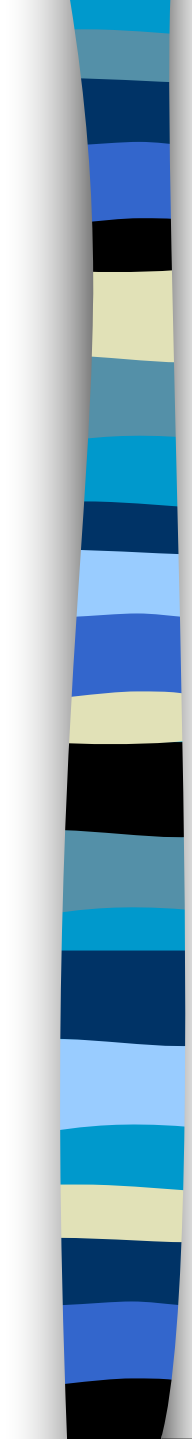


## 17b Kinesiology: AOIs - Anterior Shoulder, Anterior Neck, and Head



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

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



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

## **Quizzes and Exams:**

- 18a Kinesiology Quiz  
(biceps, coracobrachialis, SCM, levator, scalenes, occipitofrontalis, temporalis, masseter)
- 19a Quiz  
(study all material from classes 13a, 15a, 16a, 17a, and 18a)
- 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.



# 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

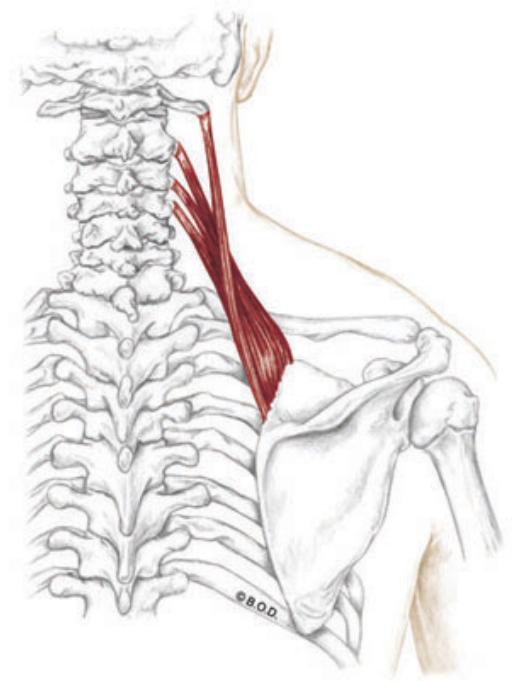
- A** *Unilaterally:*
- Elevate** the scapula, AKA: scapulothoracic joint
  - Downwardly rotate** the scapula, AKA: S/T joint
  - Laterally flex** the head and neck
  - Rotate** the head and neck to the same side

*Bilaterally:*

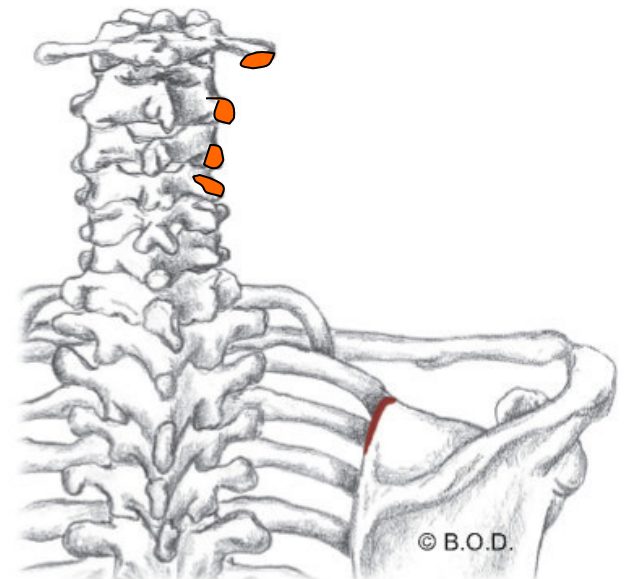
- Extend** the head and neck

- 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



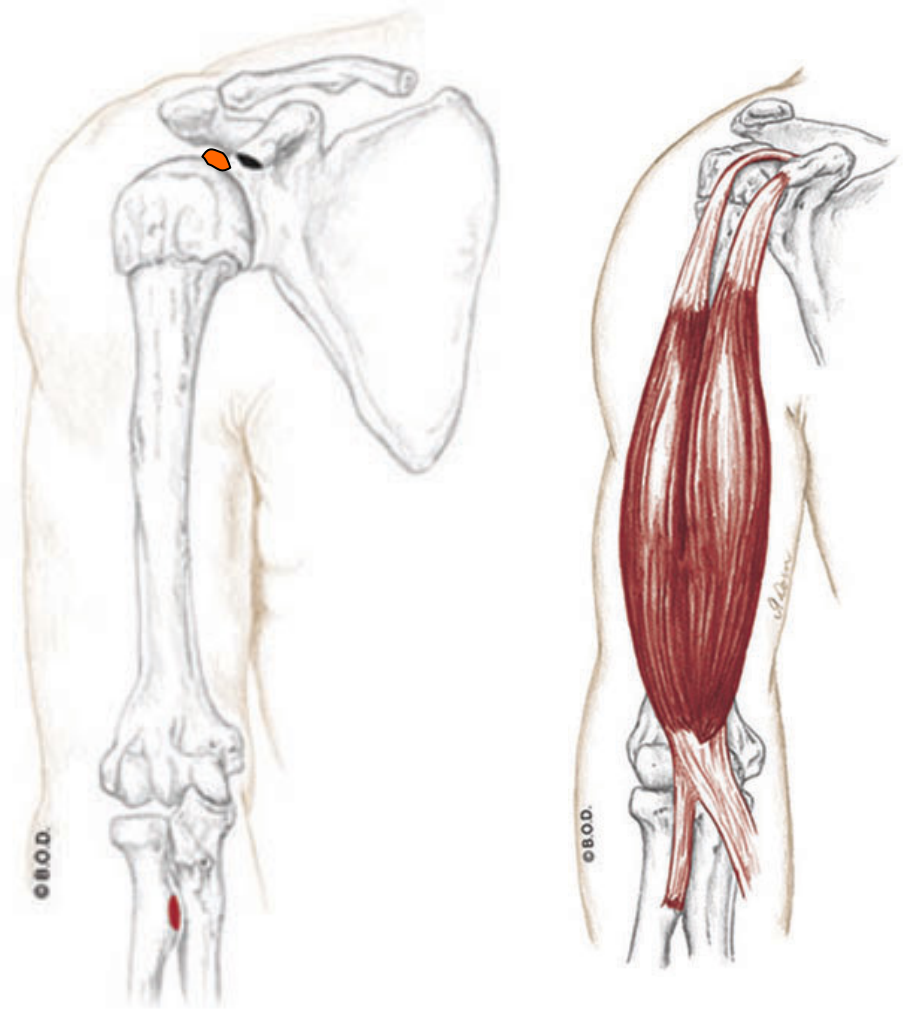
# Biceps Brachii, page 95

**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

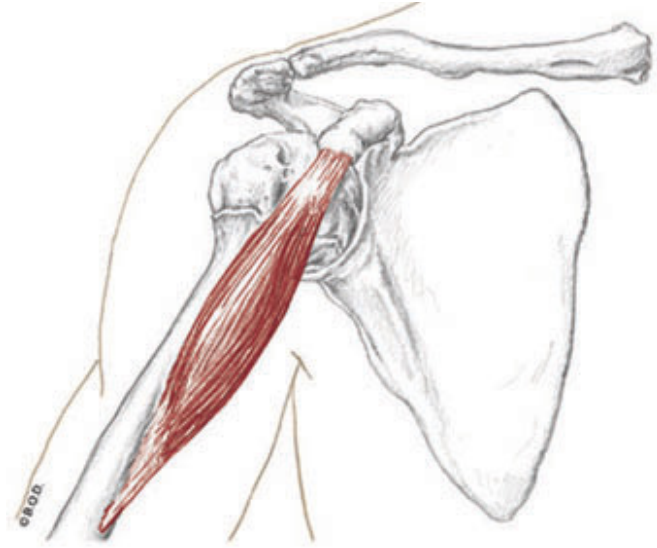


# Coracobrachialis, page 99

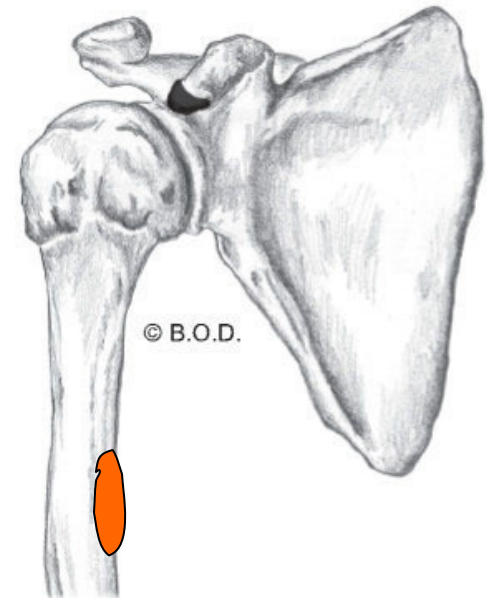
**A** Flex the shoulder or glenohumeral joint  
Adduct shoulder or glenohumeral joint

**O** Coracoid process of scapula

**I** Medial surface of mid-humeral shaft



Anterior View



# Sternocleidomastoid, page 244

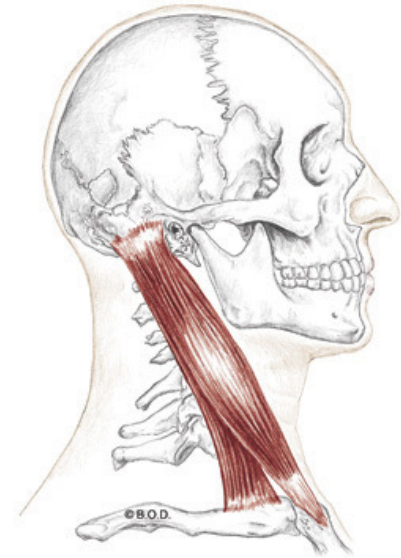
- A** *Unilaterally:*  
**Laterally flex** the head and neck to the same side  
**Rotate** the head and neck to the opposite side

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

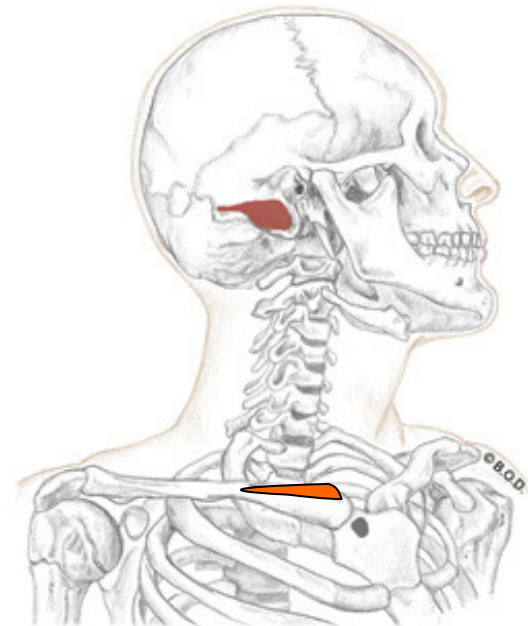
- O** *Sternal head:*  
Top of manubrium

*Clavicular head:*  
Medial one-third of the clavicle

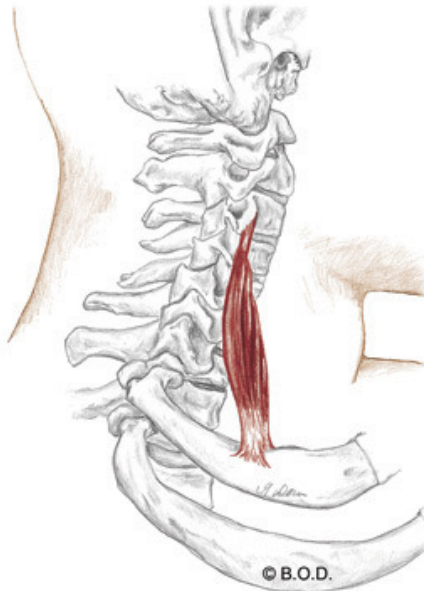
- I** Mastoid process of temporal bone  
Lateral portion of superior nuchal line of occiput



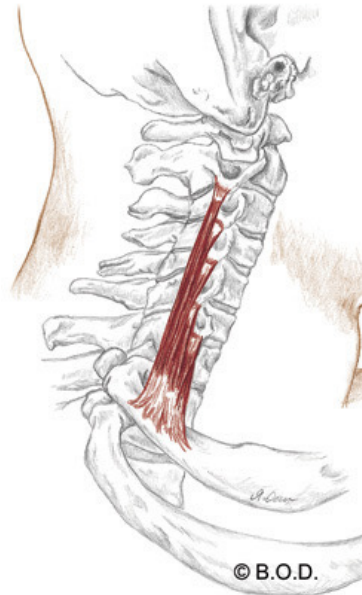
Lateral View



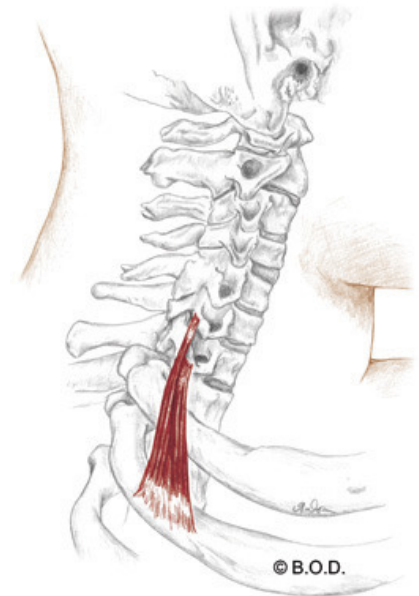
Anterior scalene



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

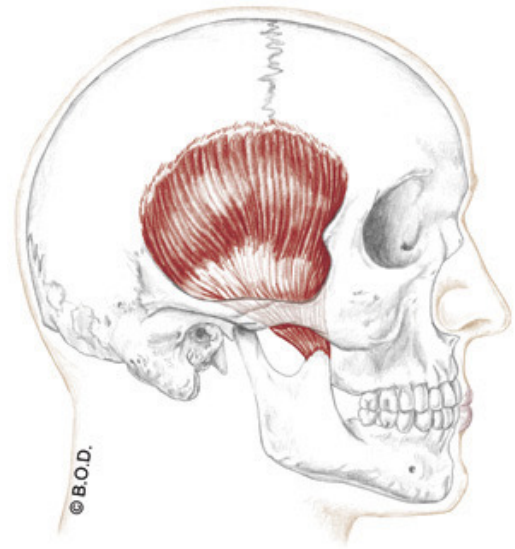
# Temporalis, page 251

**A** Elevate the mandible (temporomandibular joint)

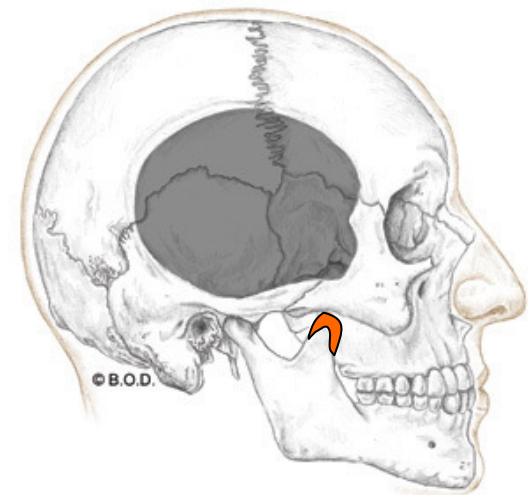
Retract the mandible (temporomandibular joint)

**O** Temporal fossa  
Temporal fascia

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



Lateral View



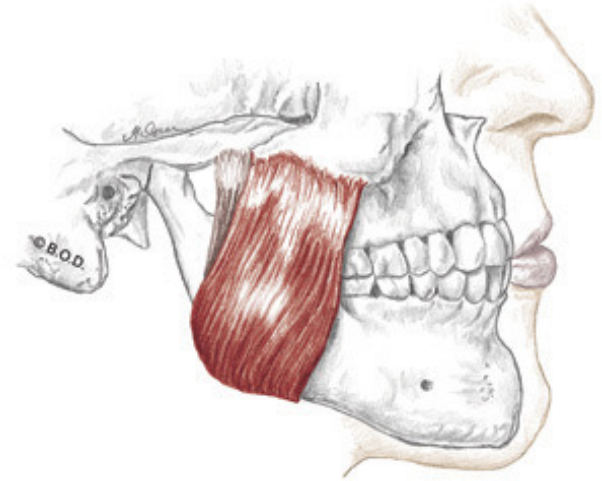
# Masseter, page 250

**A** Elevate the mandible (temporomandibular joint)

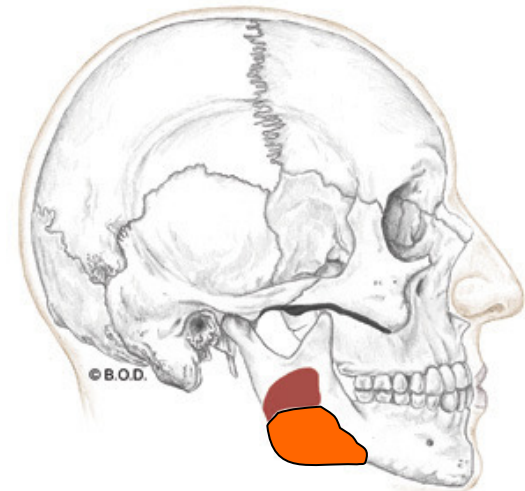
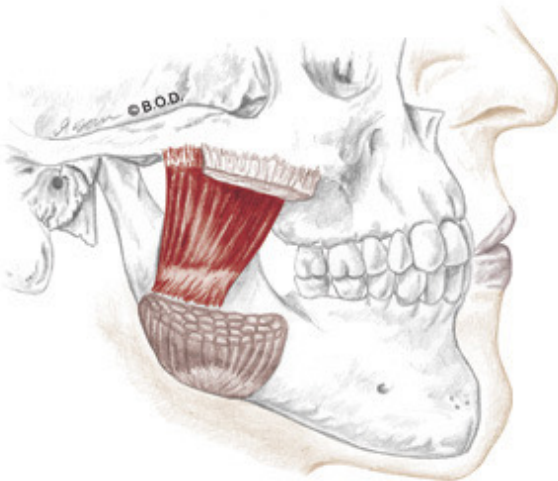
May assist to **protract** the mandible (TM joint)

**O** Zygomatic arch

**I** Angle of the mandible  
Ramus of the mandible



Lateral View





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