43a Kinesiology Quiz and Kinesiology: Synergists Coxal and Tibiofemoral Joint Muscles

43a Kinesiology: Synergists Coxal and Tibiofemoral Joint Muscles

Class Outline

5 minutes Attendance, Breath of Arrival, and Reminders

20 minutes Quiz

30 minutes Active study skills

60 minutes Total

43a Kinesiology Quiz and Synergists:Coxal and Tibiofemoral Joint Muscles

Class Reminders

Assignments:

- 43a Swedish: Outside Massages (Packet A: 57-62) DUE NOW!!
- 45b Cover Letter and Resume assignment due before class starts via email or hard copy to your instructor. If LMS is active, assignment must be turned in via LMS.

Quizzes and Exams:

- 43a Kinesiology Quiz NOW!!
 (adductor magnus, gracilis, iliopsoas, sartorius, TFL, piriformis, quadratus femoris)
- 44a Quiz (33b, 35a, 36a, 37a/b, 38a, 39a, 40a, 41a/b, 42b, and 43a)
- 46a Exam

Practical Exam:

44b Integration Massage: Practical Exam
 (60-minute Swedish, Passive Stretches, and BMTs; SOAP NOTES)
 Bring your grading sheet for evaluation A: 95

Preparation for upcoming classes:

- 44a Quiz
- 47b, 48b, 49b Pregnancy Message: 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.

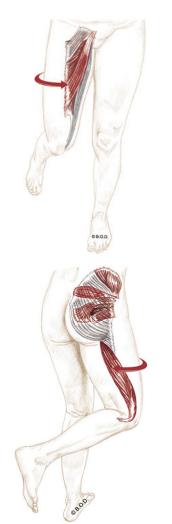
Trail Guide, page 302-304

Flexion



Extension

Medial Rotation



Lateral rotation

Abduction





Adduction

Trail Guide, page 468

Flexion



Coxal Joint Flexion Synergists

Psoas major

Iliacus

Tensor fasciae latae

Sartorius

Rectus femoris

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Extension



Coxal Joint Extension Synergists

Gluteus maximus (all fibers)

Biceps femoris (long head)

Semitendinosus

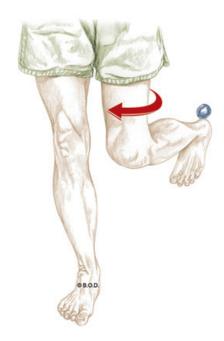
Semimembranosus

Adductor magnus (posterior fibers)

Gluteus medius (posterior fibers)

Trail Guide, page 468

Medial Rotation



Coxal Medial Rotation Synergists

Gluteus medius (anterior fibers)

Gluteus minimus

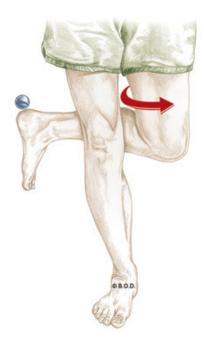
Tensor fasciae latae

Adductors

Semitendinosus

Semimembranosus

Lateral Rotation



Coxal Lateral Rotation Synergists

Gluteus maximus (all fibers)

Deep lateral rotators

Gluteus medius

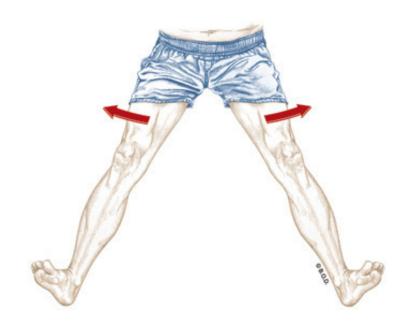
Psoas major

Iliacus

. . .

Trail Guide, page 469

Abduction



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)

Adduction



Coxal Adduction Synergists

Adductor magnus

Adductor longus

Adductor brevis

Pectineus

Gracilis

Gluteus maximus (lower fibers)

Tibiofemoral Joint

Flexion

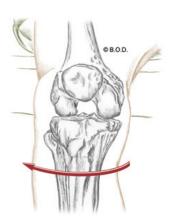




Extension

Medial Rotation of Flexed Knee





Lateral Rotation of Flexed Knee

Tibiofemoral Joint

Trail Guide, page 469

Flexion



Tibiofemoral Flexion Synergists

Biceps femoris

Semitendinosus

Semimembranosus

Gracilis

Sartorius

Gastrocnemius

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Extension



Tibiofemoral Extension Synergists

Rectus femoris

Vastus lateralis

Vastus medialis

Vastus intermedius

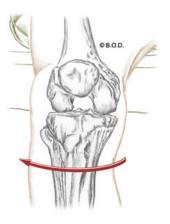
Tibiofemoral Joint

Trail Guide, page 469

Medial Rotation of Flexed Knee



Lateral Rotation of Flexed Knee



Tibiofemoral Medial Rotation Synergists

Semitendinosus

Semimembranosus

Gracilis

Sartorius

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Tibiofemoral Lateral Rotation Synergists

Biceps femoris

43a Kinesiology: Synergists Coxal and Tibiofemoral Joint Muscles