



8a Quiz



8a Quiz Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
20 minutes	8a Quiz
10 minutes	Review
15 minutes	Lecture: AOIs of the gastrocnemius and soleus
60 minutes	Total



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Class Reminders

Quizzes and Exams:

- 8a Quiz (A-73, classes 1b, 2a, 2b, 3a, 3b, 4a, 5a, 6a, and 7a) – **NOW!!**
- 9a Kinesiology Quiz (A-73, gluteals, hamstrings, gastrocnemius, and soleus)
- 10a Exam (A-73, classes 1b, 2a, 2b, 3a, 3b, 4a, 5a, 6a, and 7a)

Preparation for upcoming classes:

- 9a H&H: Therapeutic Relationships - Introduction, Confidentiality, and Boundaries
 - Salvo: Pages 16-33
 - Packet H: 7-14
 - RQ Packet A: 132-133
- 9b Business: Introduction
 - Business Mastery: Chapters 1-3
 - Packet B: 1-30, *B-5



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.

Classroom Rules

Cell Phones – Turn it off!



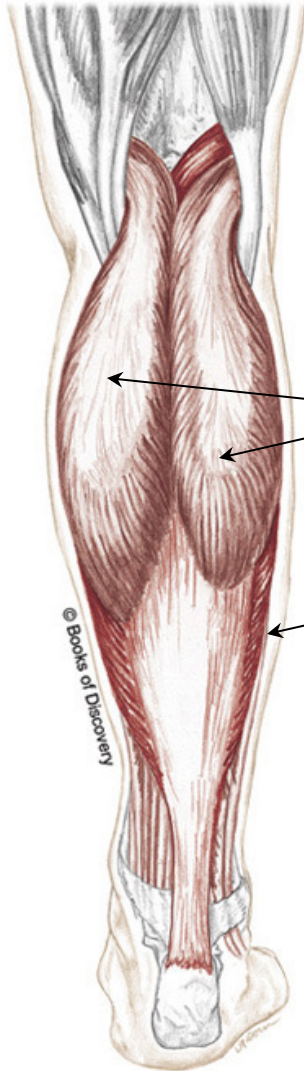
And put it away!



8a Quiz

Gastrocnemius and Soleus

Trail Guide, Page 371



Gastrocnemius and soleus form the large mass of posterior leg muscle. Together they are known as the **triceps surae**.

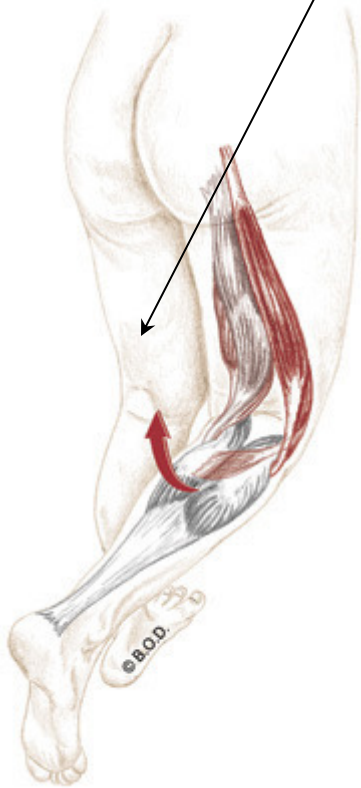
The superficial **gastrocnemius** has two heads and crosses two joints - the knee and ankle.

Soleus is deep to the gastrocnemius, yet its medial and lateral fibers bulge from the sides of the leg,

When do you use your triceps surae?

Posterior View

Actions of the Triceps Surae Gastrocnemius and Soleus



Flexion of the
tibiofemoral joint



Plantarflexion of the
talocrural joint

Gastrocnemius, page 371

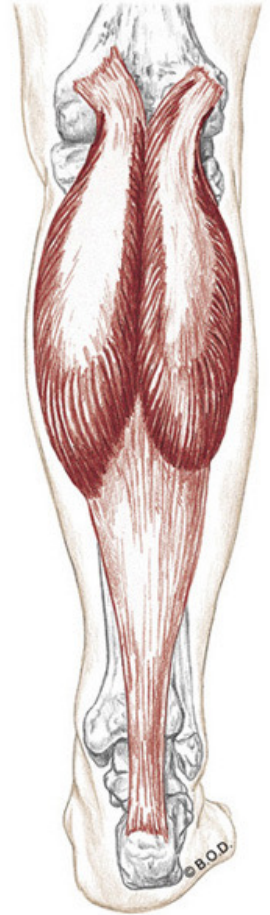
A Flex the knee (tibiofemoral joint)

Plantar flex the ankle (talocrural joint)

O Condyles of the femur, posterior surfaces

I Calcaneus via calcaneal tendon

Posterior View



Gastrocnemius, page 371

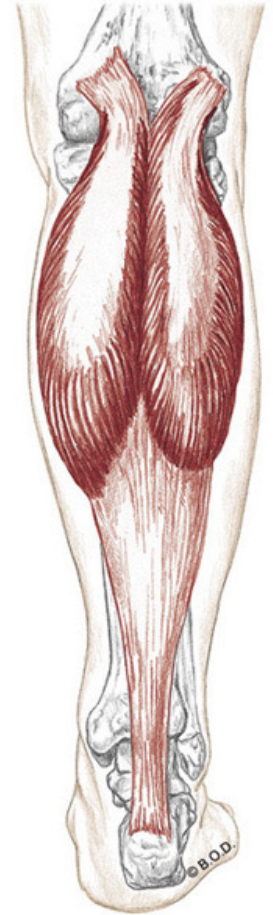
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Posterior View



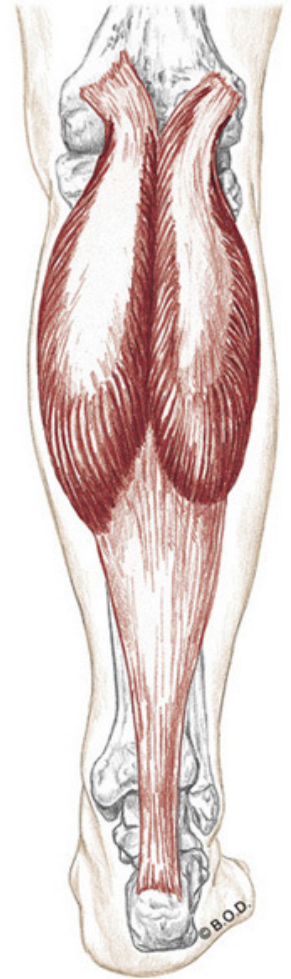
Gastrocnemius, page 371

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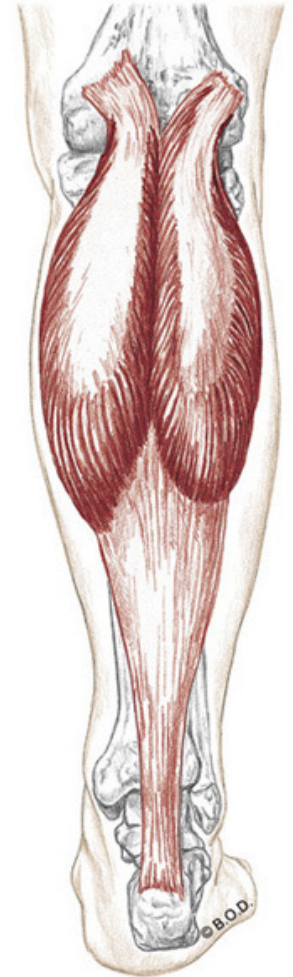
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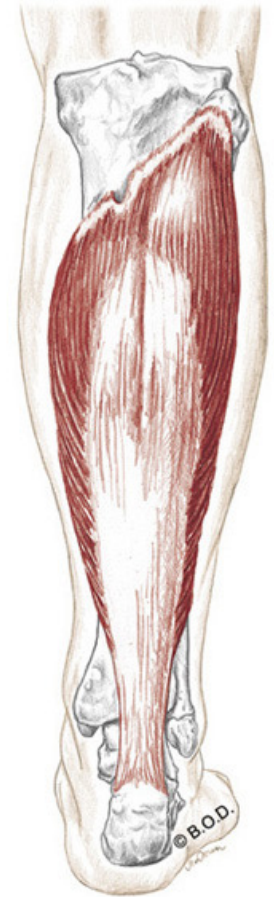
Soleus, page 371

A **Plantar flex** the ankle (talocrural joint)

O Soleal line (proximal, posterior surface of tibia
and posterior aspect of head of fibula)

I Calcaneus via calcaneal tendon

Posterior View



Soleus, page 371

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Posterior View

Soleus, page 371

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Posterior View



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