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

43a Kinesiology: Synergists Coxal and Tibiofemoral Joint Muscles _{Class Outline}

Attendance, Breath of Arrival, and Reminders

20 minutes Quiz

5 minutes

30 minutes Active study skills

Total

60 minutes

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 makeup 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

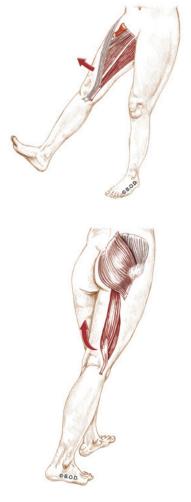
The following are not allowed:

- 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.

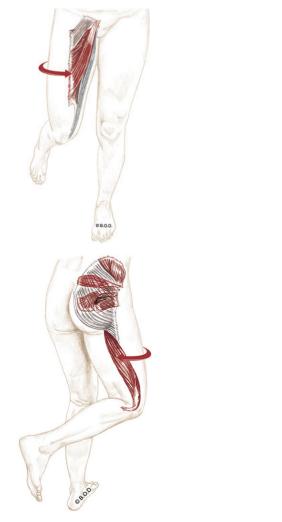
Coxal Joint Trail Guide, page 302-304

Flexion



Extension

Medial Rotation



Abduction



Adduction

Lateral rotation

Coxal Joint Trail Guide, page 468

Extension



Flexion

Coxal Joint Flexion Synergists

Psoas major Iliacus Tensor fasciae latae Sartorius Rectus femoris

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Coxal Joint Extension Synergists

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

Coxal Joint Trail Guide, page 468

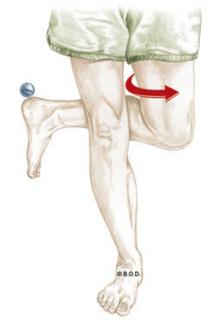
Medial Rotation



Coxal Medial Rotation Synergists

Gluteus medius (anterior fibers) Gluteus minimus Tensor fasciae latae Adductors Semitendinosus Semimembranosus

Lateral Rotation



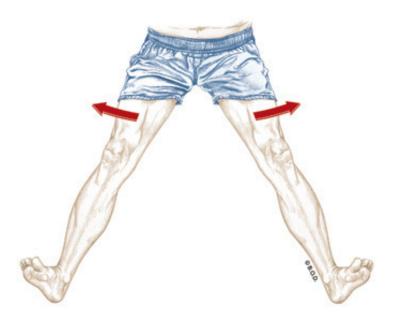
Coxal Lateral Rotation Synergists

Gluteus maximus (all fibers) Deep lateral rotators Gluteus medius Psoas major Iliacus

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Coxal Joint 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)

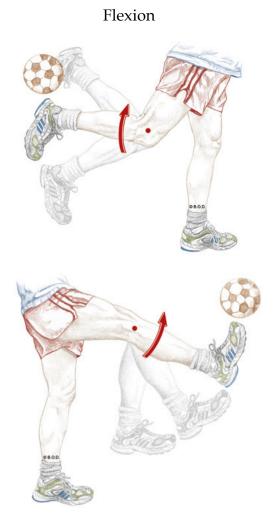
Adduction



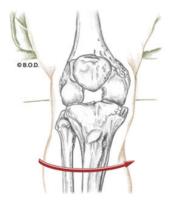
Coxal Adduction Synergists

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

Tibiofemoral Joint



Medial Rotation of Flexed Knee





Lateral Rotation of Flexed Knee

Extension

Tibiofemoral Joint Trail Guide, page 469

Flexion





Tibiofemoral Flexion Synergists

Biceps femoris Semitendinosus Semimembranosus Gracilis Sartorius Gastrocnemius

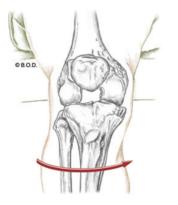


Tibiofemoral Extension Synergists

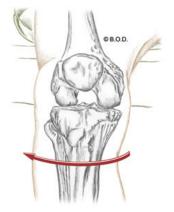
Rectus femoris Vastus lateralis Vastus medialis Vastus intermedius

Tibiofemoral Joint Trail Guide, page 469

Medial Rotation of Flexed Knee



Lateral Rotation of Flexed Knee



Tibiofemoral Medial Rotation Synergists

Semitendinosus Semimembranosus Gracilis Sartorius **Tibiofemoral Lateral Rotation Synergists** Biceps femoris

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43a Kinesiology: Synergists Coxal and Tibiofemoral Joint Muscles