



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



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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.
20 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.
60 minutes	<b>Palpation</b>
30 minutes	<b>Active Study Skills</b>
10 minutes	<b><u>Break down, clean up, and circle up</u></b>
3h 30m	<b>Total Class Time</b>



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## **ABMP Exam Coach**

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

## **Assignments:**

- 53a Internship Review Questions (due before class starts) – *turn in hard copy for Tammie to grade – not done on Classmarker*
- 55a Review Questions – due before class starts

## **Quizzes and Exams:**

- 52a Kinesiology Quiz  
(brachialis, brachioradialis, flexor digitorum superficialis, and extensor digitorum)

## **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.

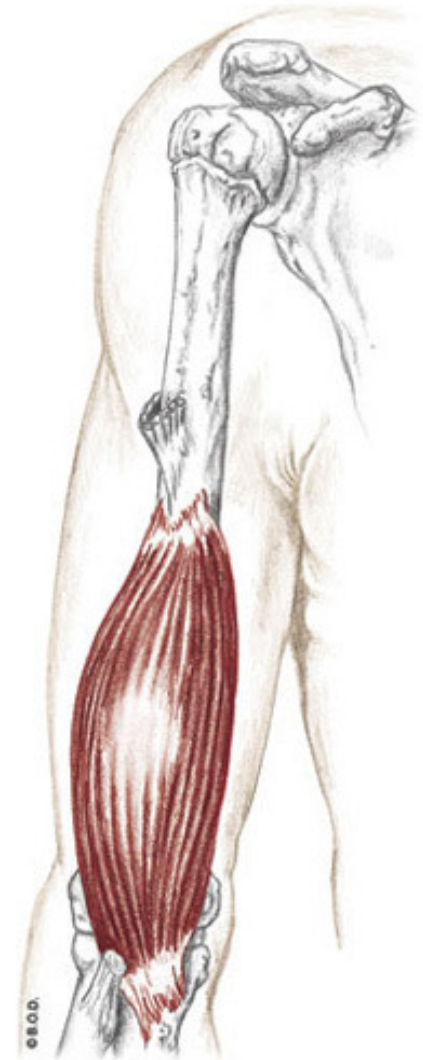
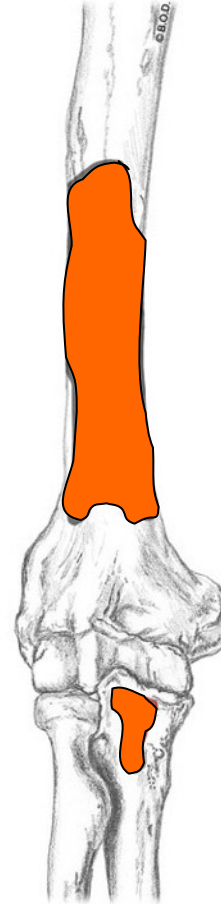
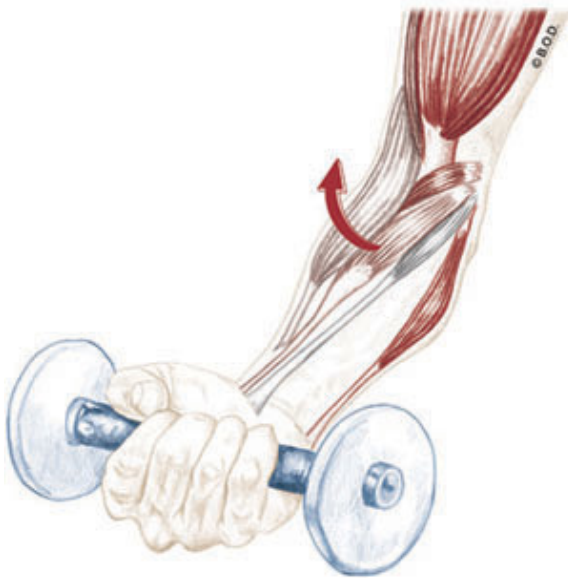
## Demo and Practice

- 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



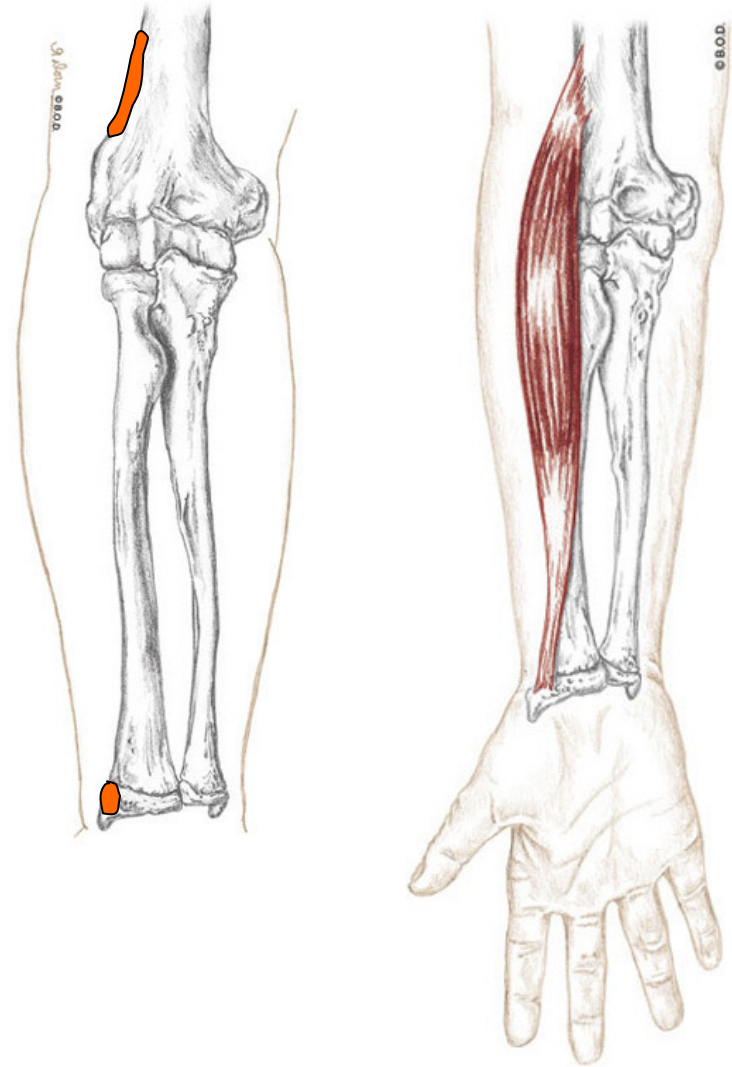
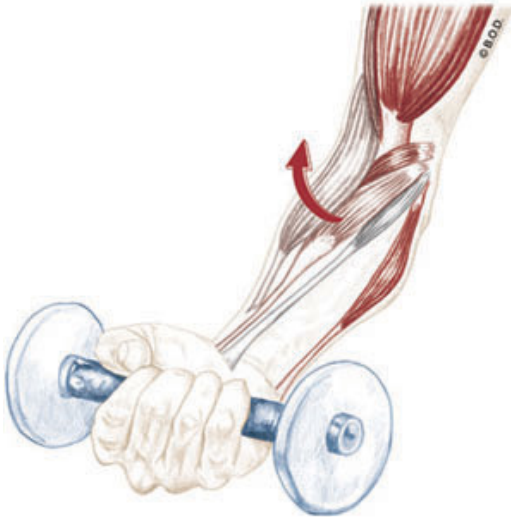
# Brachioradialis, page 133

**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

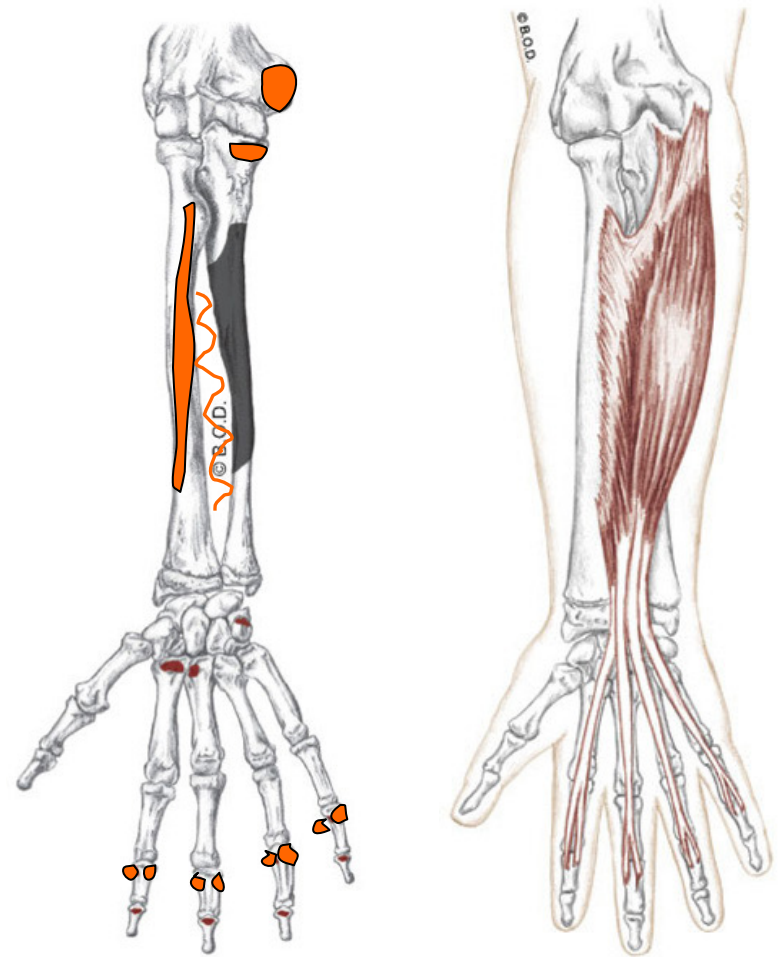
Ulnar collateral ligament

Coronoid process of ulna

Interosseous membrane

Proximal shaft of radius

**I** Sides of middle phalanges of second through fifth fingers



Anterior View

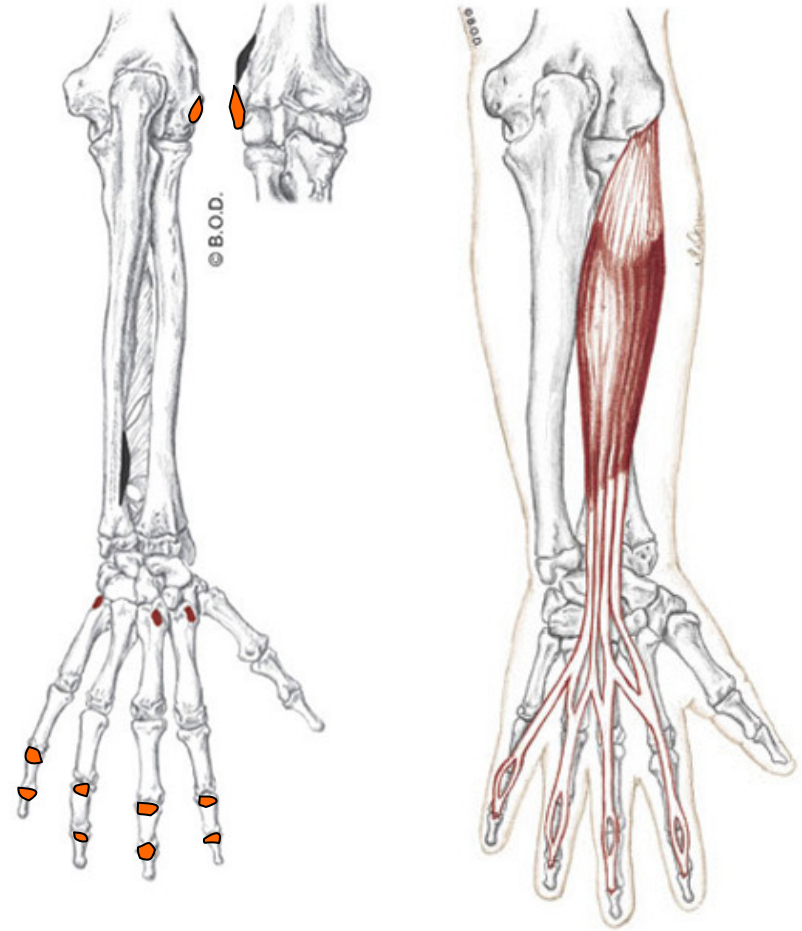
# Extensor Digitorum, Trail Guide Page 136

**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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