



67b Kinesiology: AOIs - Review



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10 minutes	Break Announce the return time and write it on the board.
5 minutes	Attendance Also project the “Class Reminders” slide.
20 minutes	Cadaver Video: Acland’s DVD Atlas of Human Anatomy
55 minutes	Anatomy in Clay
20 minutes	Break Announce the return time and write it on the board.
30 minutes	67b Kinesiology Quiz
60 minutes	Palpation
10 minutes	<u>Break down, clean up, and circle up</u>
3h 30m	Total Class Time



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ABMP Exam Coach

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

Assignments:

Quizzes and Exams:

- 68a Kinesiology Quiz – **all muscles learned so far!**
- 70a exam – see syllabus for material covered.

Preparation for upcoming classes:

- 68b Integration Massage: Role Play Scenario – **bring pillows and face supplies so you are prepared for any scenario you might get!**
- 69a Introduction to Myofascial Release
- 69b Myofascial Release: Demo and Practice



Cadaver Video

Show whichever videos are requested by the students or are deemed necessary by the instructor.



A. Posterior Upper Body

Level 1:

- Spinalis
- Longissimus
- Iliocostalis

Level 2:

- Rhomboids
- Infraspinatus
- Teres minor
- Supraspinatus

Level 3:

- Latissimus dorsi
- Teres major

Level 4:

- Trapezius

B. Posterior Upper Extremity

Level 1:

- Extensor digitorum
- Triceps brachii, medial head

Level 2:

- Triceps brachii, lateral head
- Triceps brachii, long head

C. Anterior Upper Extremity

Level 1:

- Flexor digitorum superficialis
- Subscapularis
- Coracobrachialis
- Brachialis
- Brachioradialis

Level 2:

- Biceps brachii

D. Anterior Upper Extremity

Level 1:

- Pectoralis minor
- Serratus anterior
- Rectus abdominis

Level 2:

- Pectoralis major

Level 3:

- Deltoid

E. Anterior Neck

Level 1:

- Levator scapula

Level 2:

- Scalenes

Level 3:

- Sternocleidomastoid

F. Skull

Level 1:

- Frontalis
- Occipitalis
- Temporalis

Level 2:

- Masseter

G. Lower Extremity Adductors

Level 1:

- Adductor magnus

Level 2:

- Gracilis
- TFL

H. Posterior Lower Extremity

Level 1:

- Piriformis
- Quadratus femoris
- Gluteus minimus
- Semimembranosus
- Biceps femoris, short head
- Soleus

Level 2:

- Gluteus medius
- Semitendinosus
- Biceps femoris, long head
- Gastrocnemius

Level 3:

- Gluteus maximus

I. Anterior Lower Extremity

Level 1:

- Iliacus
- Vastus intermedius
- Vastus lateralis
- Vastus medialis
- Peroneus longus
- Peroneus brevis
- Tibialis anterior

Level 2:

- Psoas major
- Rectus femoris

Level 3:

- Sartorius
- Tensor fasciae latae



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.



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