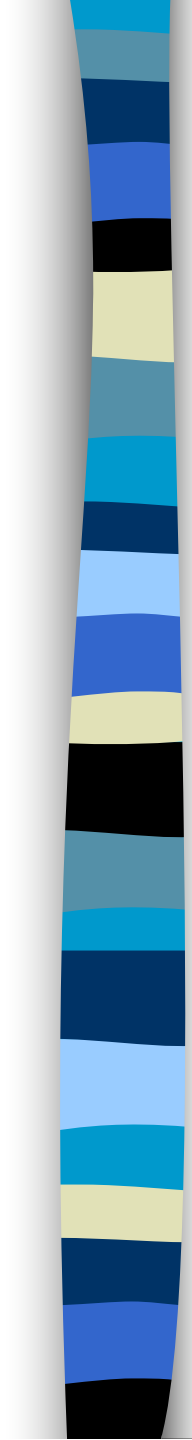


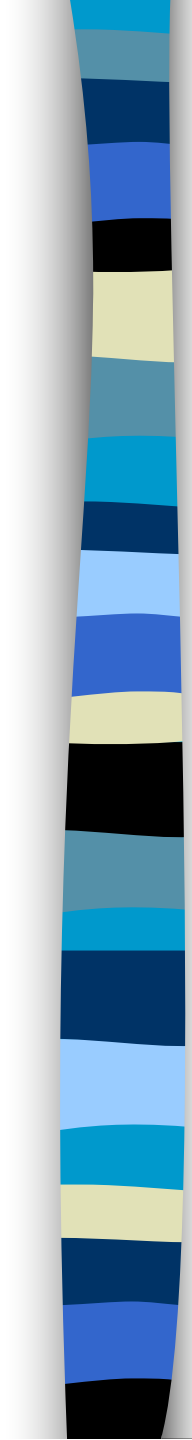


17b Kinesiology: AOIs - Anterior Shoulder, Anterior Neck, and Head



17b Kinesiology: AOIs - Anterior Shoulder, Anterior Neck, and Head Class Outline

10 minutes	Break Announce the return time and write it on the board.
5 minutes	Attendance Also project the “Class Reminders” slide.
35 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.
75 minutes	Palpation
<u>10 minutes</u>	<u>Break down, clean up, and circle up</u>
3h 30m	Total Class Time



17b Kinesiology: AOIs - Anterior Shoulder, Anterior Neck, and Head Class Reminders

Quizzes and Exams:

- 18a Kinesiology Quiz
(biceps, coracobrachialis, SCM, levator, scalenes, occipitofrontalis, temporalis, masseter)
- 19a Quiz
(study all material from classes 13a, 15a, 16a, 17a, and 18a)
- 21a Exam
(1b, 2a, 2b, 3a, 3b, 4a, 5a, 6a, 7a, 8b, 9a, 9b, 11a, 12a, 13a, 13b, 15a, 16a, 17a, 17b, and 18a)

Assignments:

- 30a Review Questions (A: 141-158)

Preparation for upcoming classes:

- 18a H&H: Therapeutic Relationships- Conflict, Transference, Dual Relationships, and Sexual Misconduct
- 18b Swedish: Technique Review and Practice - Chest, Arms, Neck, Face, and Scalp
 - Packet F: 55-56, and 58
- 21b CPR/ First Aid: This class **cannot** be made in the make-up room. To schedule a sit-in, students should contact the Student Administrator. To be exempt, bring a copy of your CPR & first aid certificate.



Cadaver Video

- [Frontalis and Occipitalis](#)
- [Temporalis and Masseter](#)
- [Sternocleidomastoid](#)
- [Scalenes](#)
- [Biceps Brachii](#)
- [Coracobrachialis](#)



Anatomy in Clay

Write this list on the board and turn the projector off for now:

- Biceps brachii
- Coracobrachialis
- Sternocleidomastoid
- Levator scapula
- Scalenes
- Frontalis
- Occipitalis
- Temporalis
- Masseter



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.

Levator Scapula, page 84

A *Unilaterally:*

Elevate the scapula, AKA: scapulothoracic joint

Downwardly rotate the scapula, AKA: S/T joint

Laterally flex the head and neck

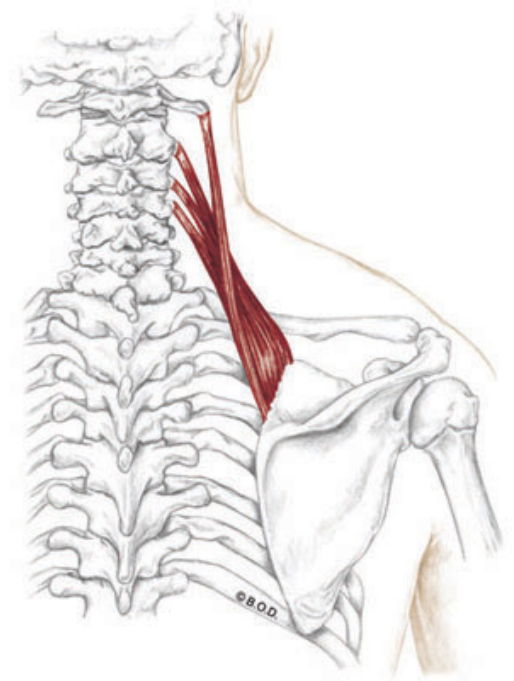
Rotate the head and neck to the same side

Bilaterally:

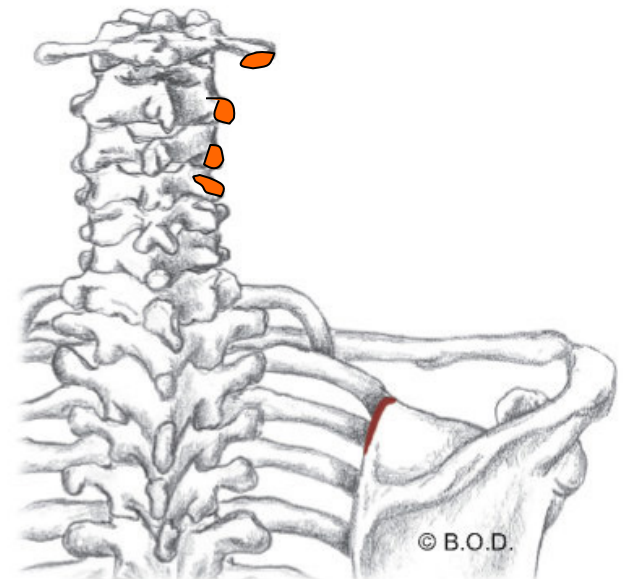
Extend the head and neck

O Transverse processes of first through fourth cervical vertebrae

I Medial border of scapula, between superior angle and superior portion of spine of scapula



Posterior View



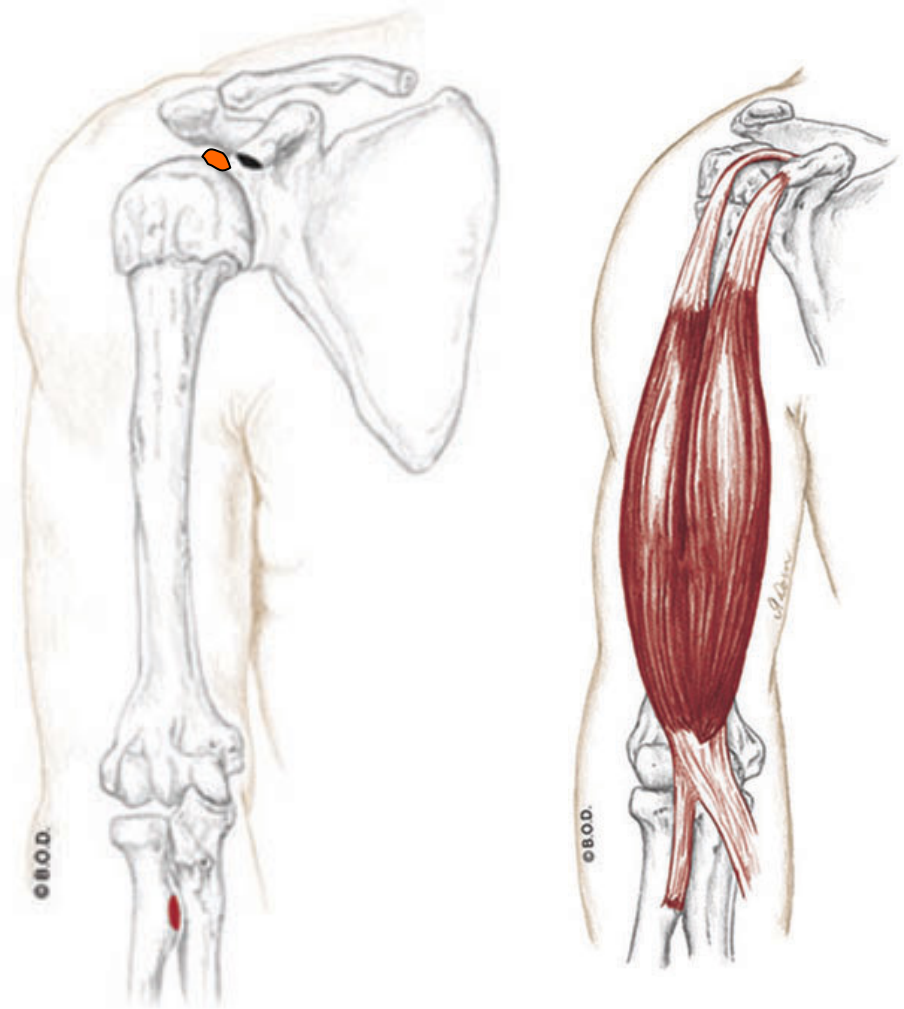
Biceps Brachii, page 95

A **Flex** the elbow or humeroulnar joint
Supinate the forearm or radioulnar joint
Flex the shoulder or glenohumeral joint

O *Short head:*
Coracoid process of scapula

Long head:
Supraglenoid tubercle of scapula

I Tuberosity of the radius
Aponeurosis of the biceps brachii



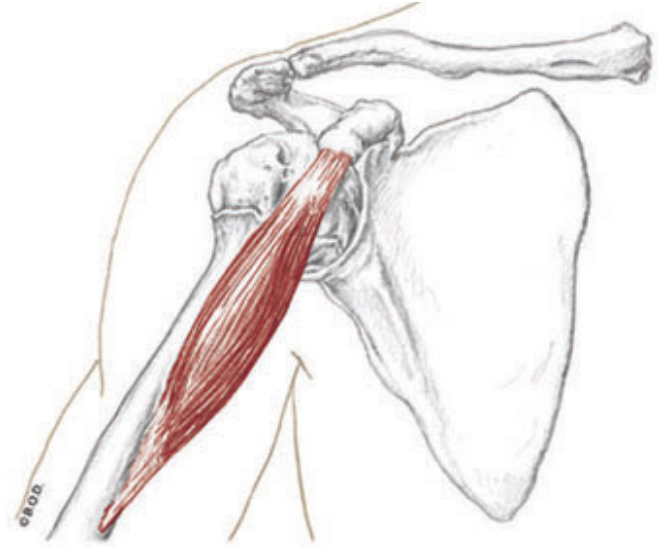
Anterior View

Coracobrachialis, page 99

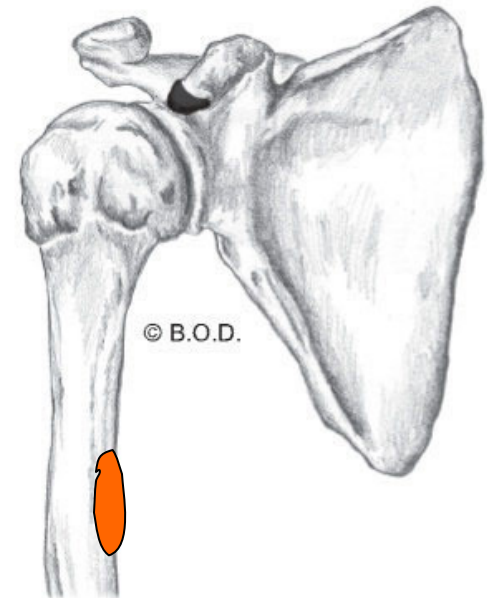
A **Flex** the shoulder or glenohumeral joint
Adduct shoulder or glenohumeral joint

O Coracoid process of scapula

I Medial surface of mid-humeral shaft



Anterior View



Sternocleidomastoid, page 244

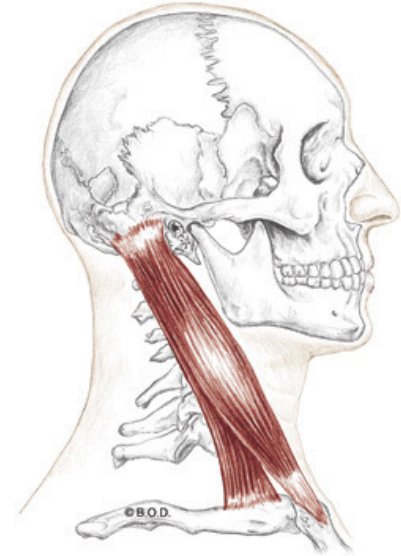
- A** *Unilaterally:*
Laterally flex the head and neck to the same side
Rotate the head and neck to the opposite side

Bilaterally:
Flex the head and neck
Assist to **elevate** the ribcage during inhalation

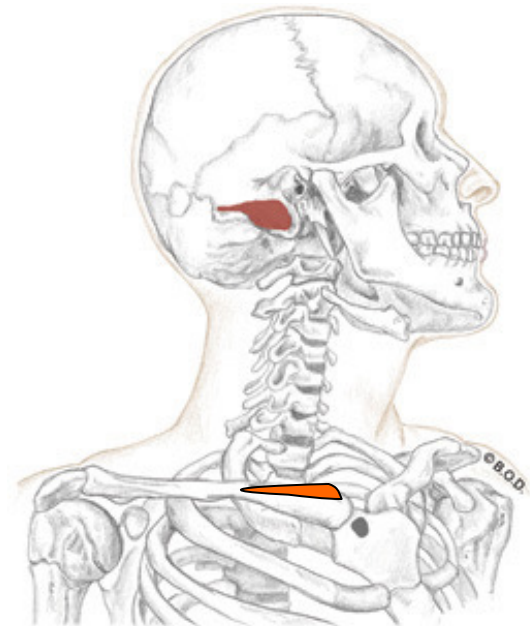
- O** *Sternal head:*
Top of manubrium

Clavicular head:
Medial one-third of the clavicle

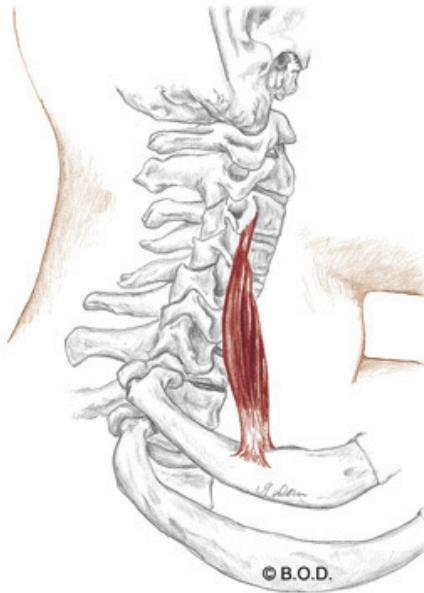
- I** Mastoid process of temporal bone
Lateral portion of superior nuchal line of occiput



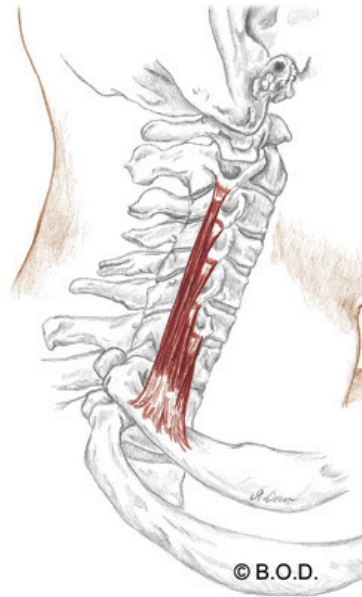
Lateral View



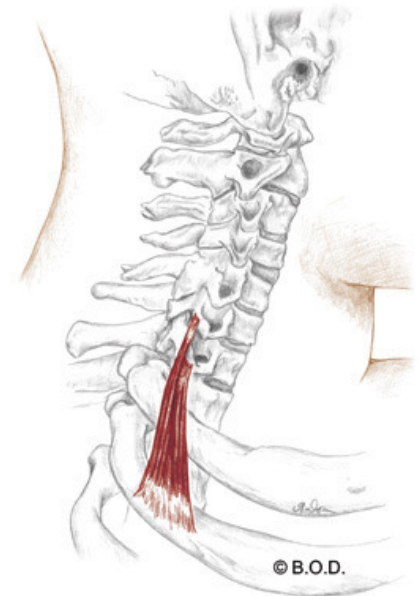
Anterior scalene



Middle scalene



Posterior scalene



O Transverse processes of the C3-C6 (anterior tubercle)

I First rib

O Transverse processes of the C2-C7 (posterior tubercle)

I First rib

O Transverse processes of the C6-C7 (posterior tubercle)

I Second rib

Occipitofrontalis, page 258

A *Frontalis:*
Raise the eyebrows and wrinkle the forehead

Occipitalis:
Anchor and **retract** the galea posteriorly

O *Both:* Galea aponeurotica

I *Frontalis:*
Skin superior to eyebrows

Occipitalis:
Superior nuchal line of the occiput



Lateral View

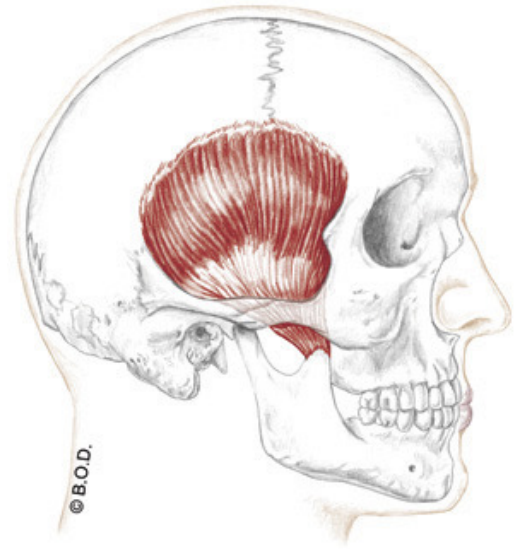
Temporalis, page 251

A Elevate the mandible (temporomandibular joint)

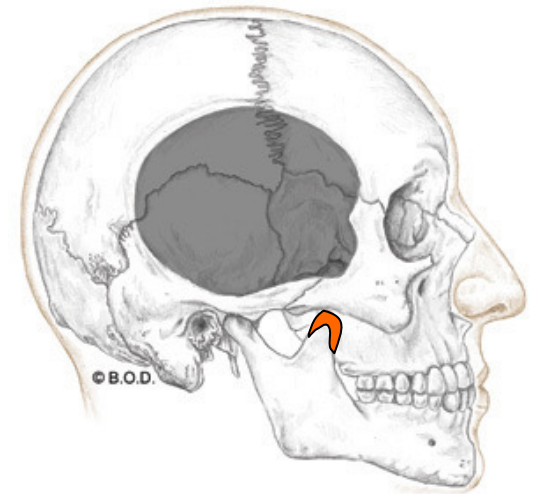
Retract the mandible (temporomandibular joint)

O Temporal fossa
Temporal fascia

I Coronoid process of the mandible
Anterior edge of the ramus of the mandible



Lateral View



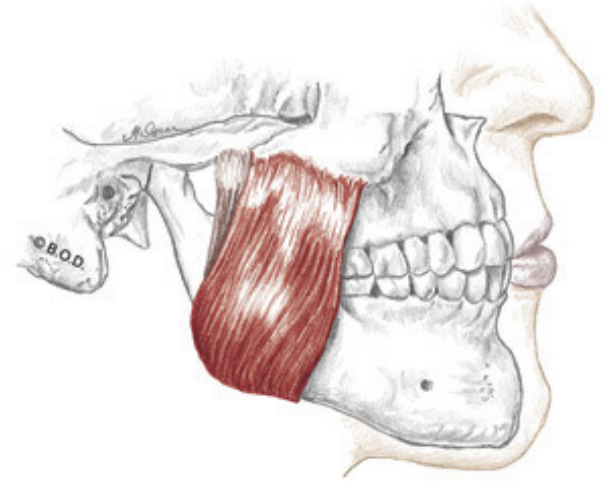
Masseter, page 250

A Elevate the mandible (temporomandibular joint)

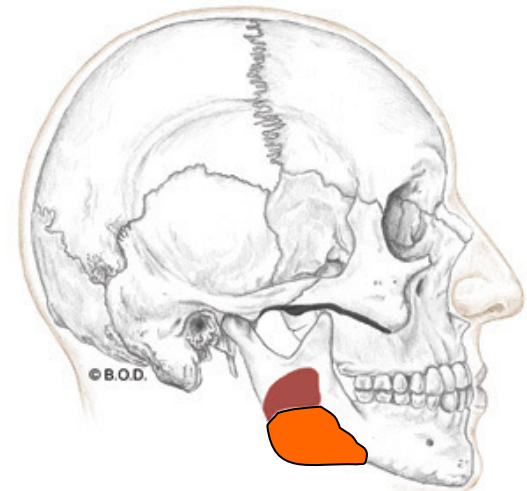
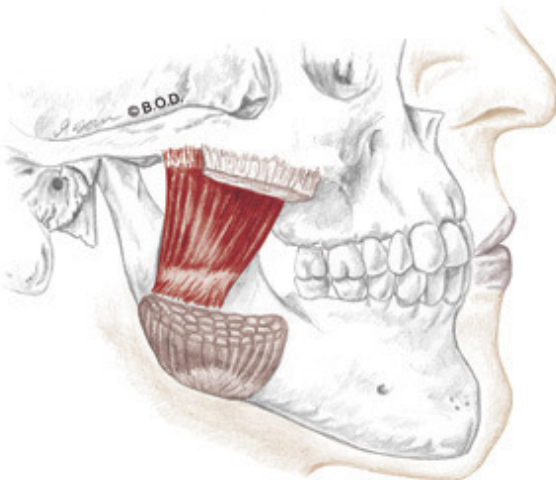
May assist to **protract** the mandible (TM joint)

O Zygomatic arch

I Angle of the mandible
Ramus of the mandible



Lateral View





17b Kinesiology: AOIs - Anterior Shoulder, Anterior Neck, and Head