93a Kinesiology: Palpation Anterior Torso and Arms

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Anterior Torso and Arms
Class Outline

5 minutes	Attendance, Breath of Arrival, and Reminders
40 minutes	Palpation skills
15 minutes	Active Study Skills
60 minutes	Total

93a Kinesiology: Palpation
Anterior Torso and Arms
Class Reminders

- **Assessments:**
  - 96b Deep Massage Touch Assessment
    Packet A:81-82; 89-90
- **Quizzes:**
  - 94a Kinesiology Quiz - 75 questions in 60 minutes
  - See syllabus for list of muscles to review
- **Preparation for upcoming classes:**
  - 93b Deep Massage: Technique Demo and Practice – Anterior Torso and Arms
    - Lauterstein: Chapters 13 and 15.
    - Packet L:41-48
  - 94a Kinesiology: Palpation – Neck, Face, and Scalp
  - 94b Deep Massage: Technique Demo and Practice –
    Anterior Neck, Face, and Scalp
    - Lauterstein: Chapters 15 & 17.

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.

93a Kinesiology: Palpation Anterior Torso and Arms

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.

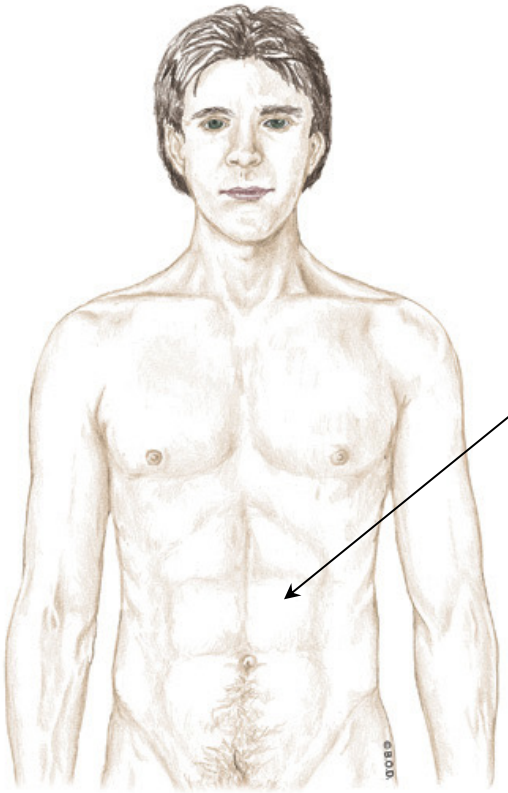
Study and Palpation

Use the remaining time for study and palpation of the following muscles:

- Rectus Abdominus
- Diaphragm
- Pectoralis Major
- Deltoid
- Biceps Brachii
- Brachialis
- Triceps Brachii

Rectus Abdominis

Trail Guide, Page 210



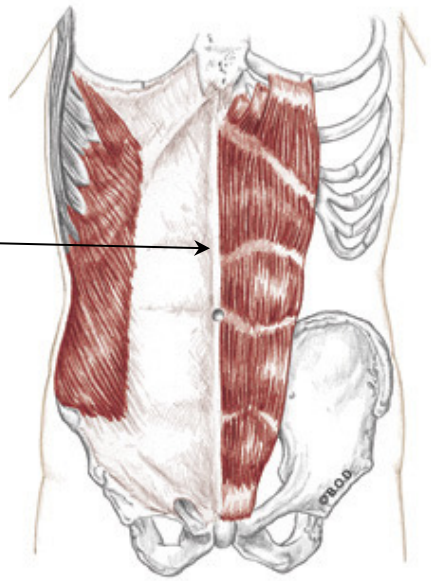
Anterior View

Rectus abdominis has multiple superficial bellies that are often referred to as a "washboard belly".

The abdominals as a group of muscles consist of four muscles:

- Rectus abdominis
- External oblique
- Internal oblique
- Transversus abdominis

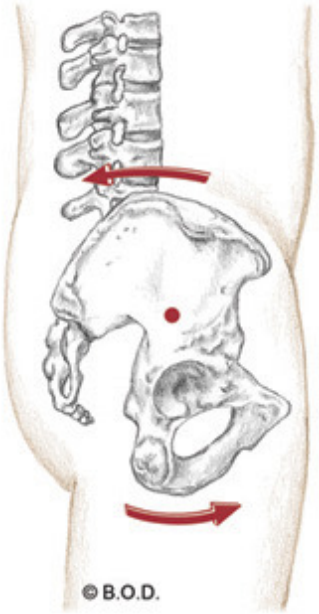
When do you use your rectus abdominis?



Anterior View

Actions of the Rectus Abdominis

Flexion of the vertebral column



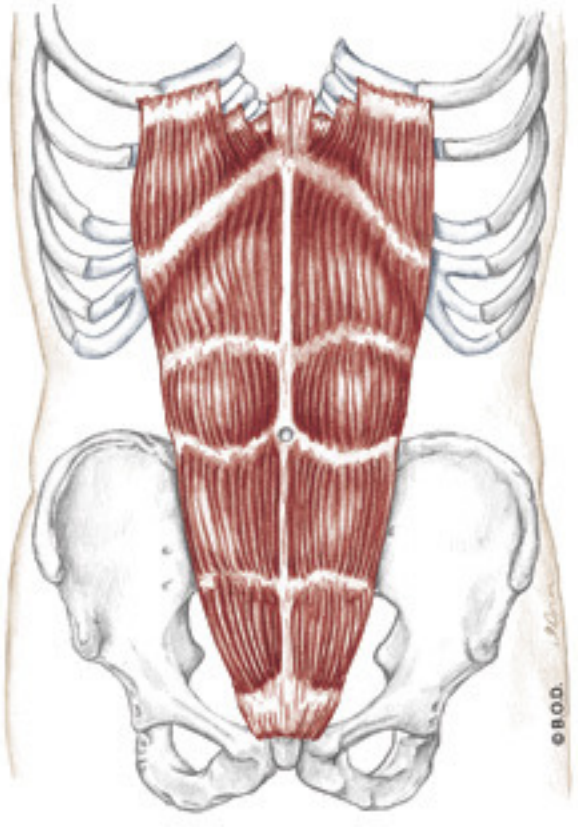
Posterior pelvic tilt

Rectus Abdominis, page 210

A Flex the vertebral column
Tilt the pelvis posteriorly

O Pubic crest
Pubic symphysis

I Cartilage of 5th, 6th, and 7th ribs
Xiphoid process



Anterior View

Rectus Abdominis, page 210

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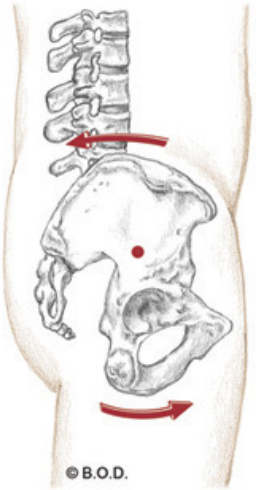

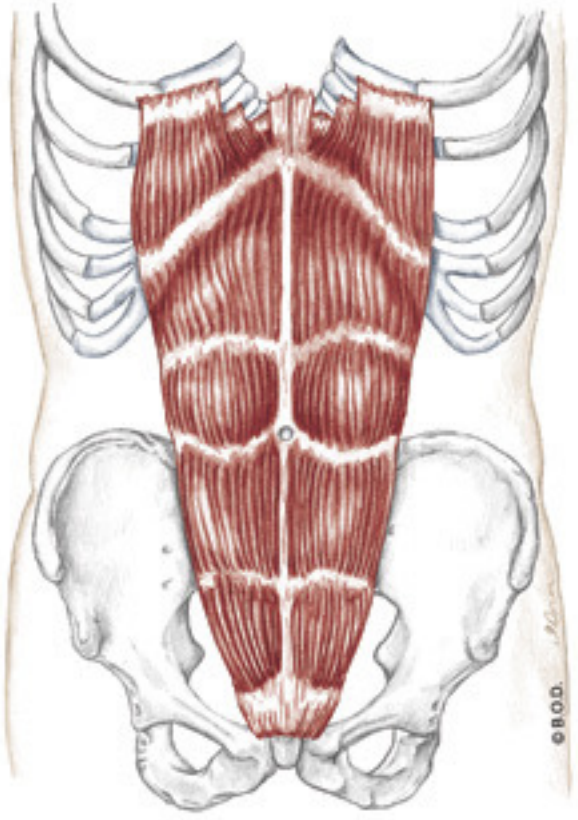

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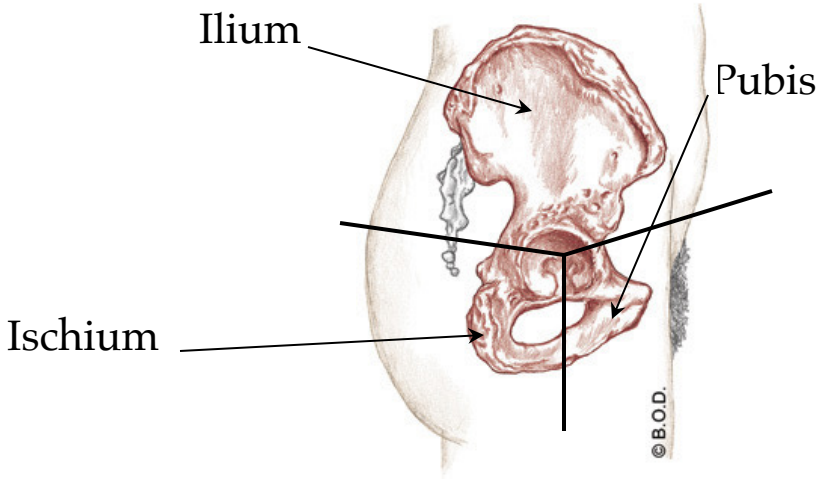

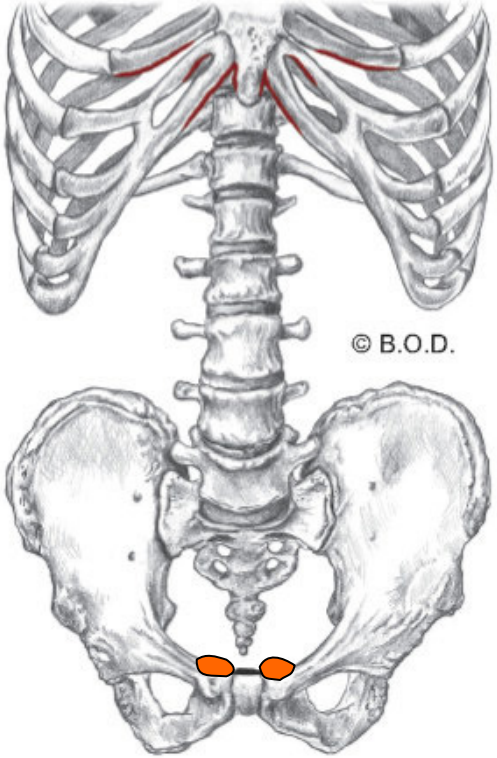

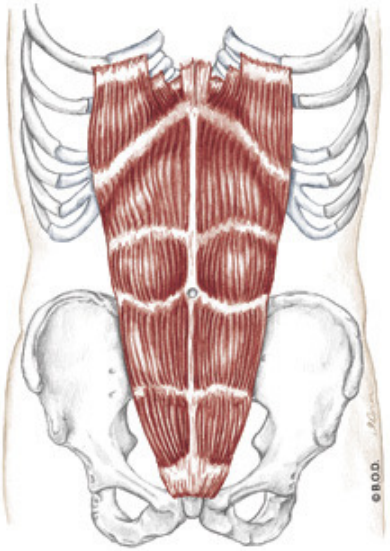

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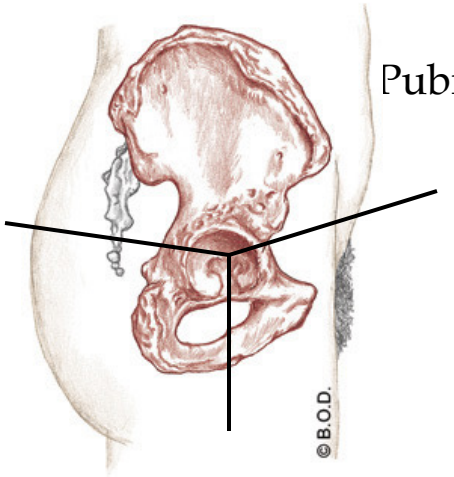

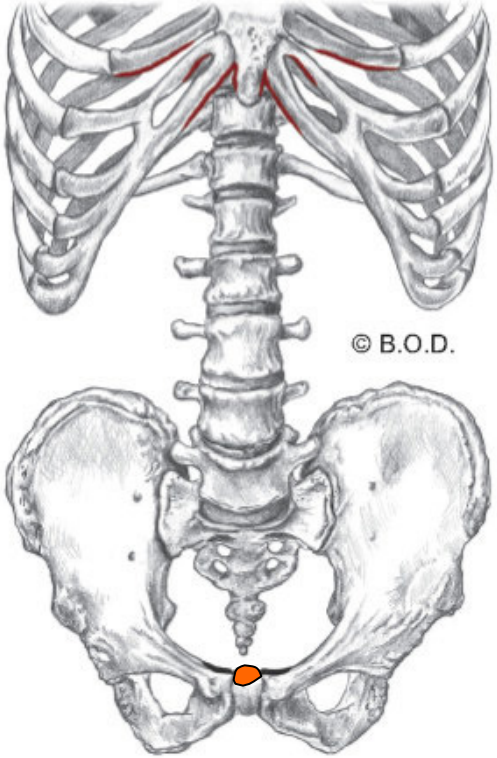

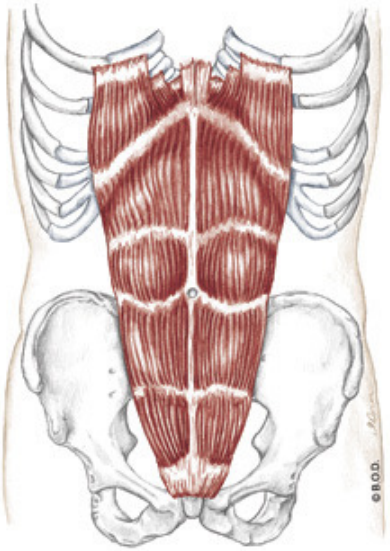

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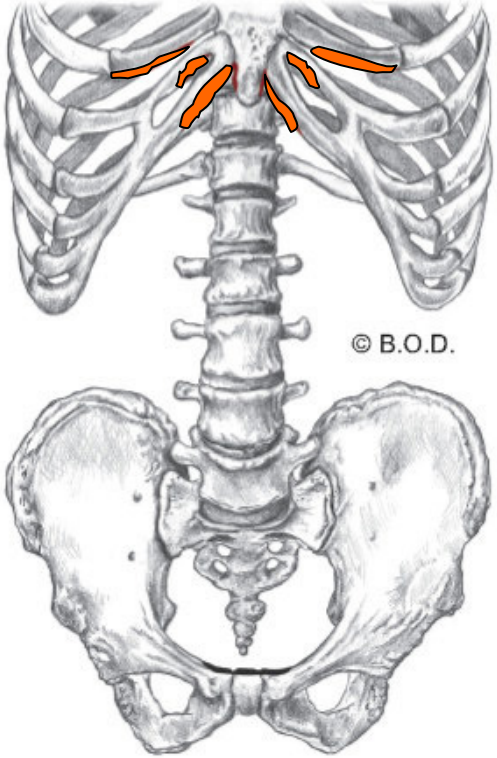

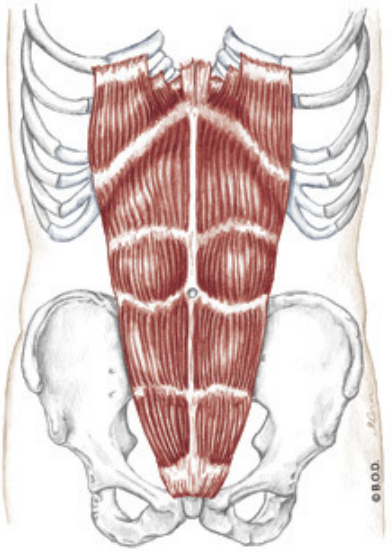

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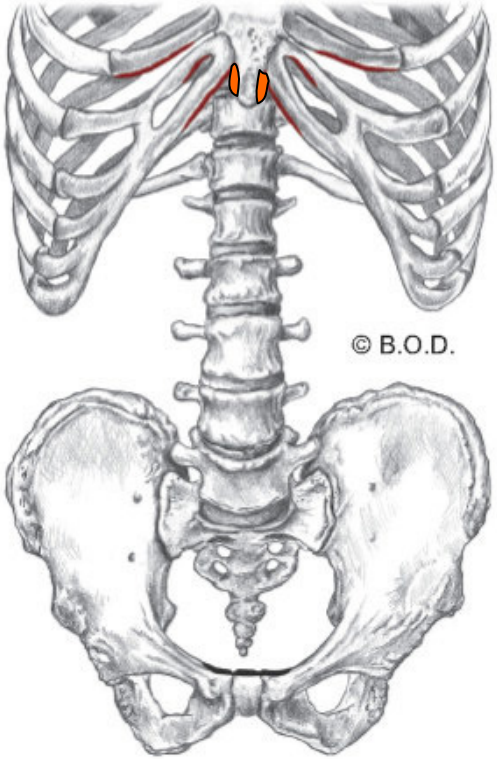
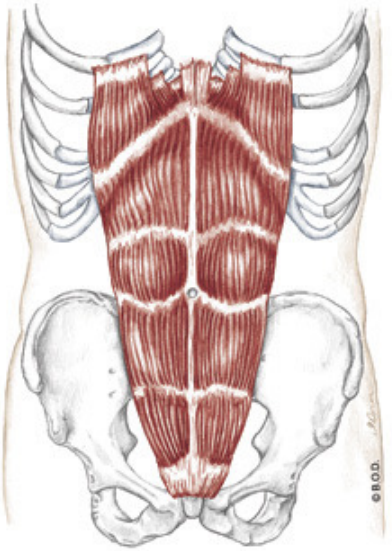
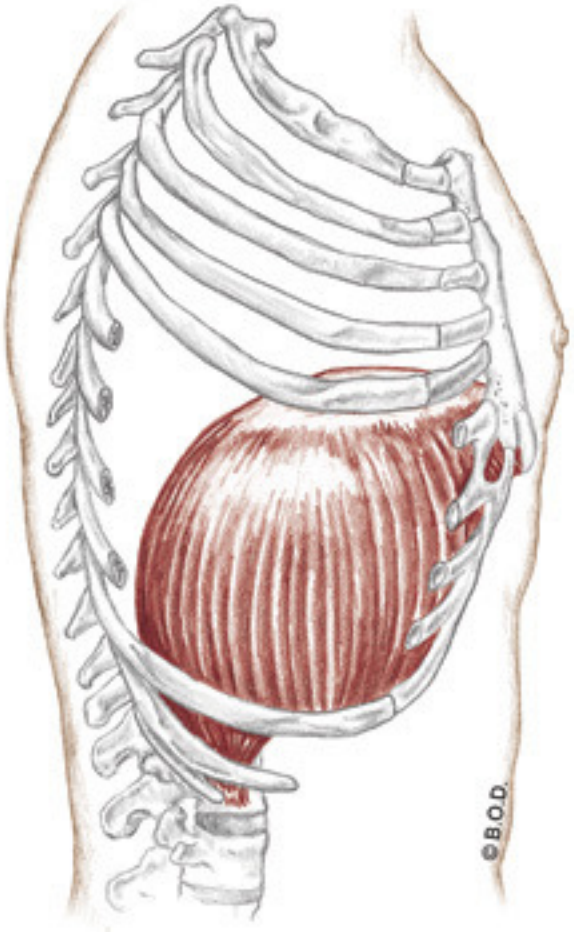




Anterior View

Diaphragm

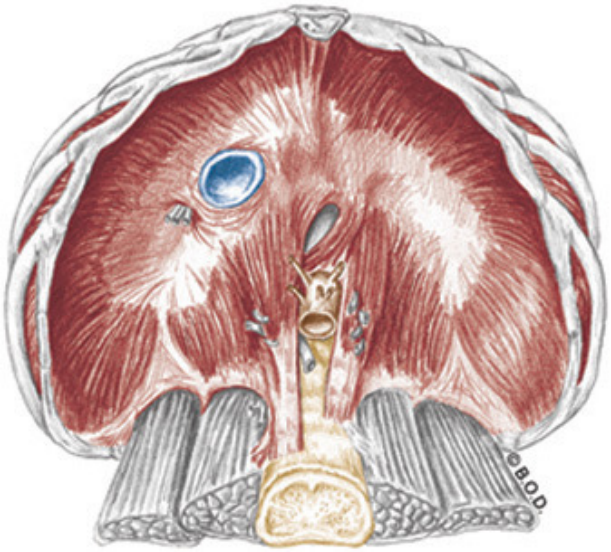
Trail Guide, Page 213



Lateral View

The **diaphragm** is the primary muscle of respiration.

It has a broad, umbrella-like shape that separates the thoracic cavity from the abdominal cavity.



Inferior View

Diaphragm, page 213

A Draw down the central tendon of the diaphragm

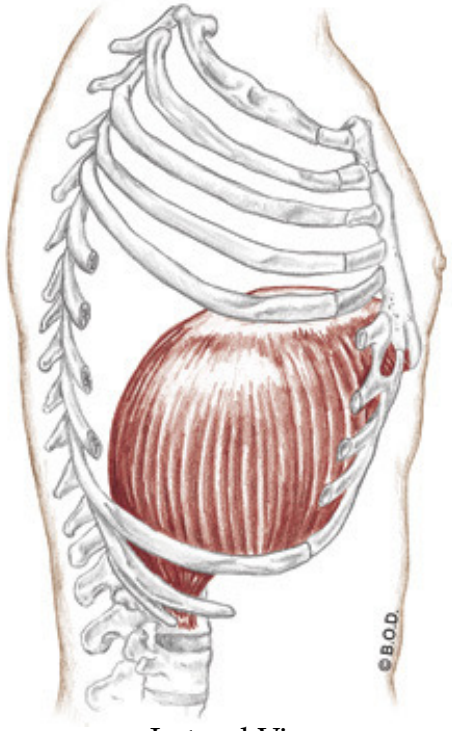
Increase the volume of the thoracic cavity during inhalation

O Costal attachment: Inner surface of the lower 6 ribs

Lumbar attachment: Upper 2 or 3 lumbar vertebrae

Sternal attachment: Inner part of the xiphoid process

I Central tendon



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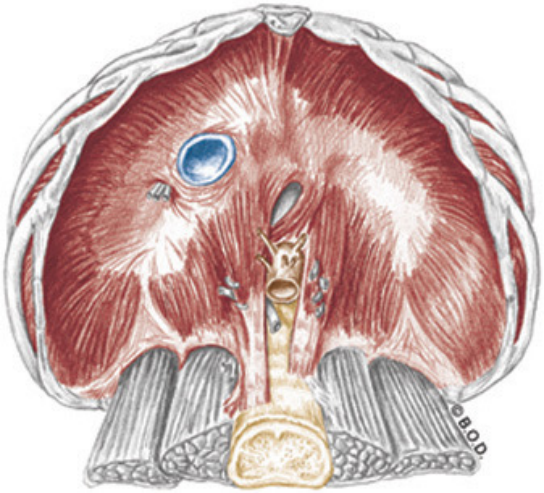

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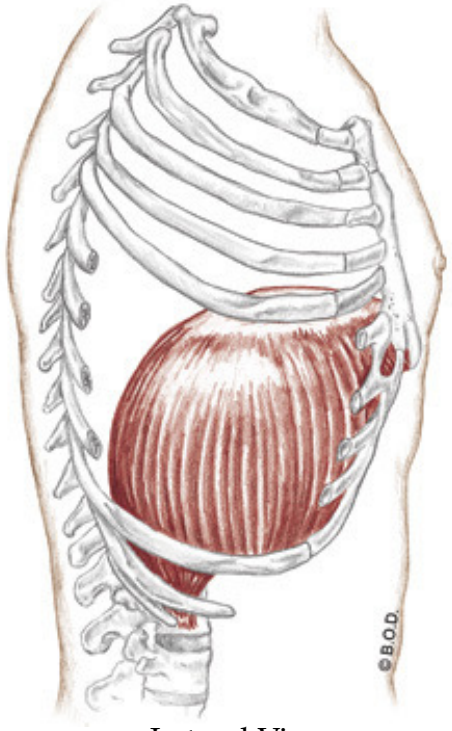

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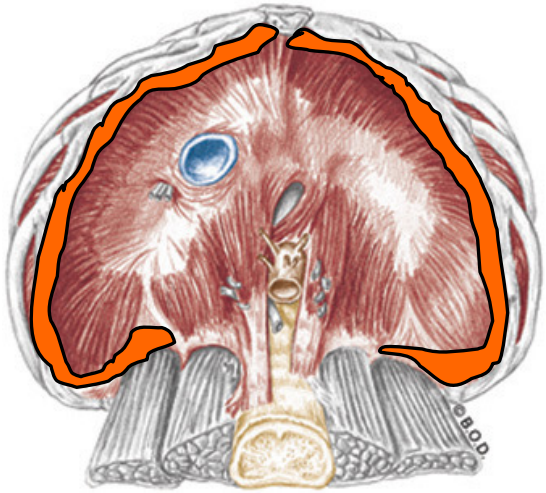

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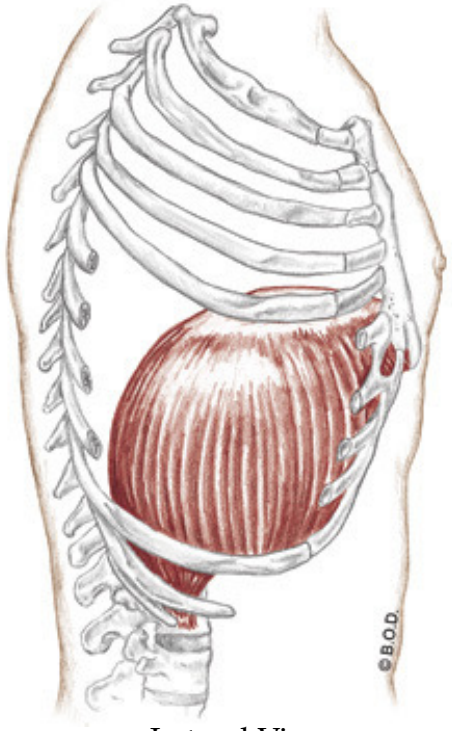

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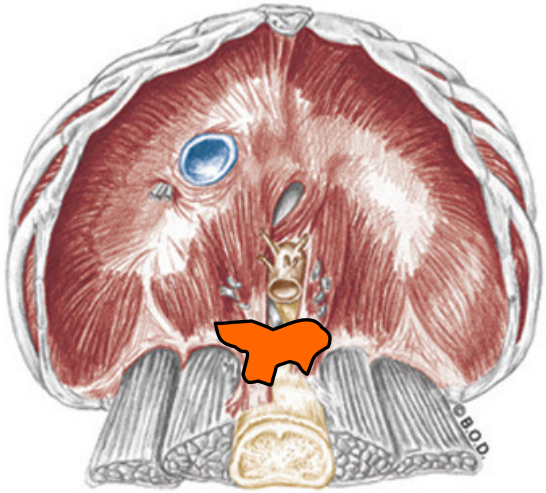

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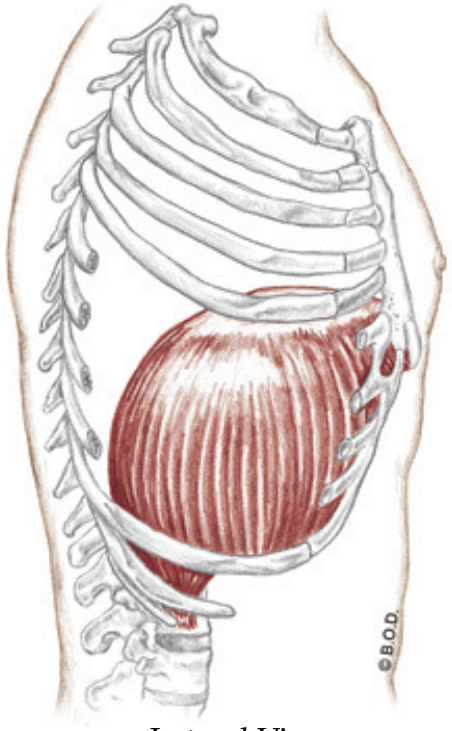

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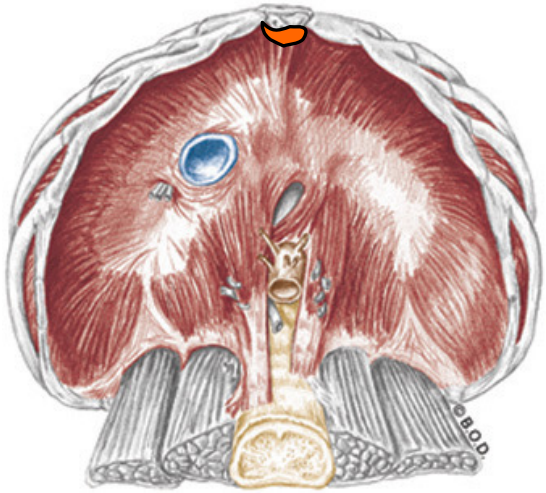

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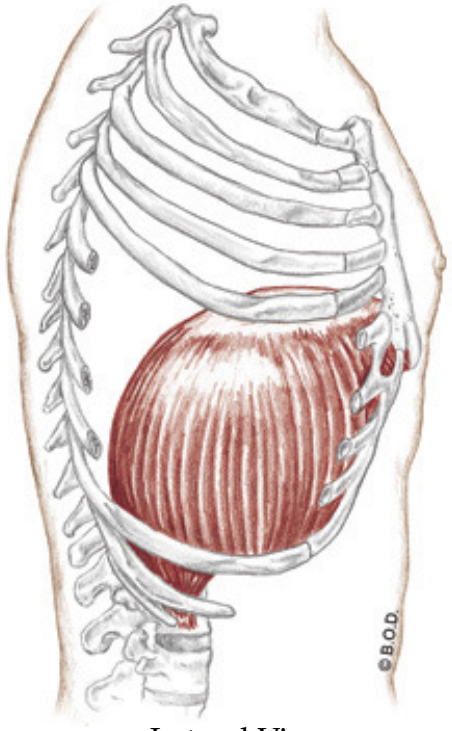

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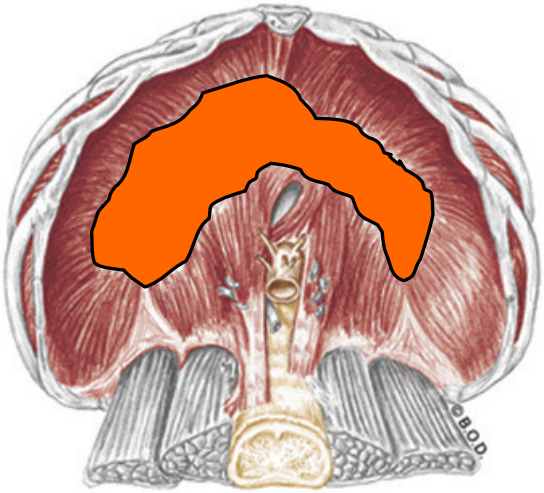
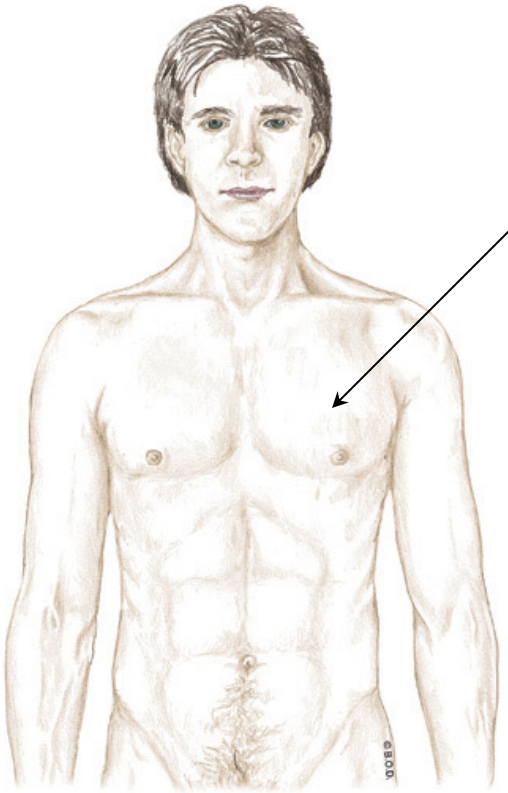


Inferior View

Pectoralis Major

Trail Guide, Page 89



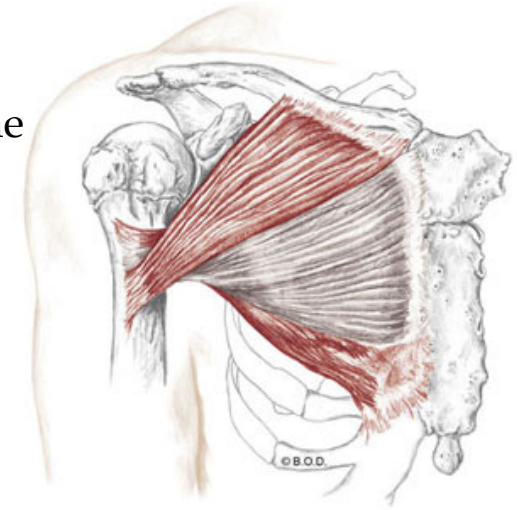
Anterior View

Pectoralis Major
is a broad, powerful muscle located on the chest.

Pec major consists of three segments:
- Clavicular (clavicle)
- Sternal (sternum)
- Costal (rib cartilage)

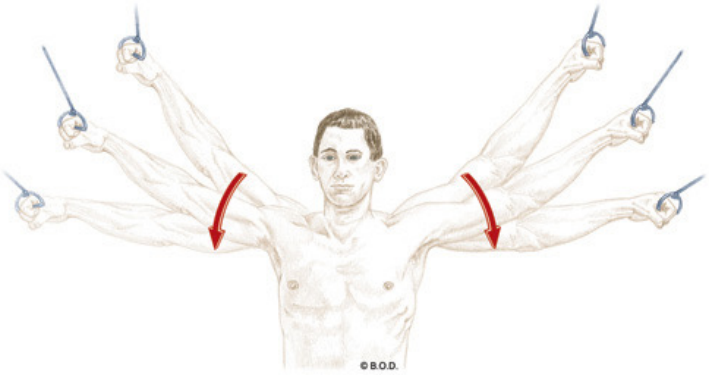
Pec major is also an antagonist to itself:
Upper fibers flex the glenohumeral joint.
Lower fibers extend the glenohumeral joint.

When do you use your pecs?

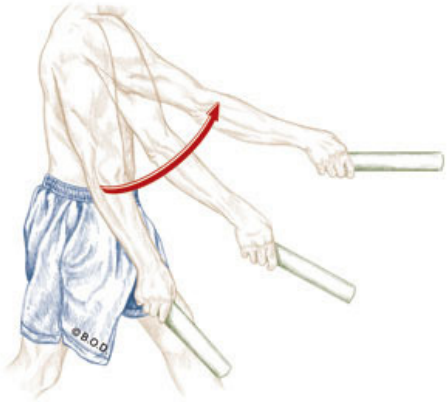


Anterior View

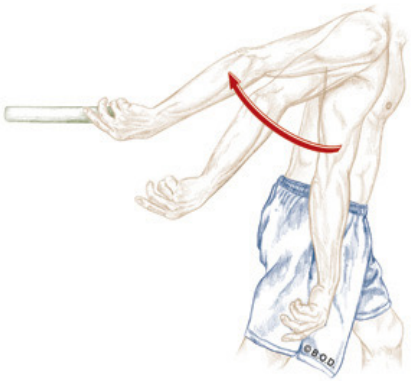
Actions of the Pectoralis Major



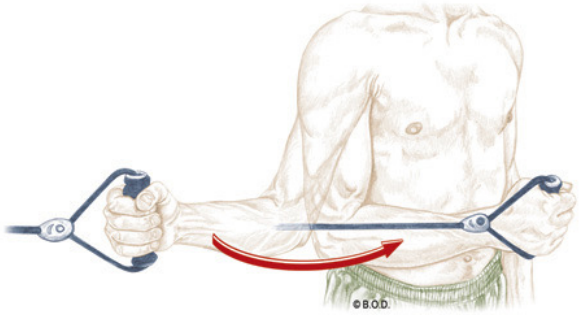
Adduct the glenohumeral joint



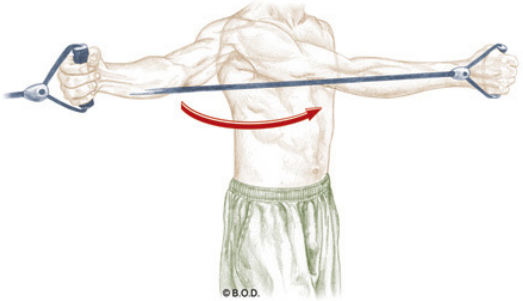
Flex the glenohumeral joint



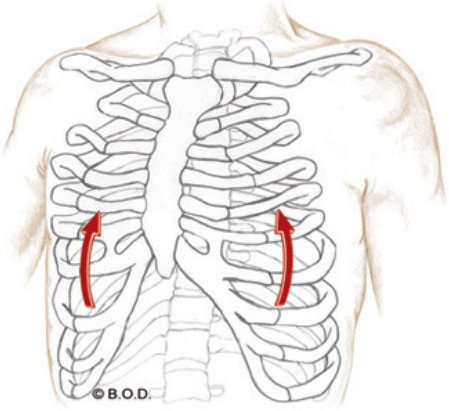
Extend the glenohumeral joint



Medially rotate the glenohumeral joint



Horizontally adduct the glenohumeral joint



Assist to elevate the thorax during forced inhalation

Pectoralis Major, page 89

A *All fibers:*

Adduct the glenohumeral joint

Medially rotate the glenohumeral joint

Assist to elevate the thorax during forced inhalation (with the arm fixed)

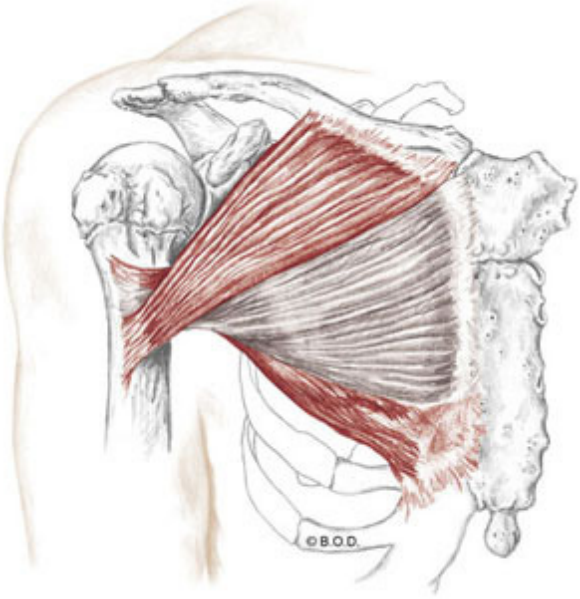
Upper fibers:

Flex the glenohumeral joint

Horizontally adduct the glenohumeral joint

Lower fibers:

Extend the glenohumeral joint



Anterior View

O Medial half of the clavicle
Sternum
Cartilage of ribs 1-6

I Crest of greater tubercle of humerus

Pectoralis Major, page 89

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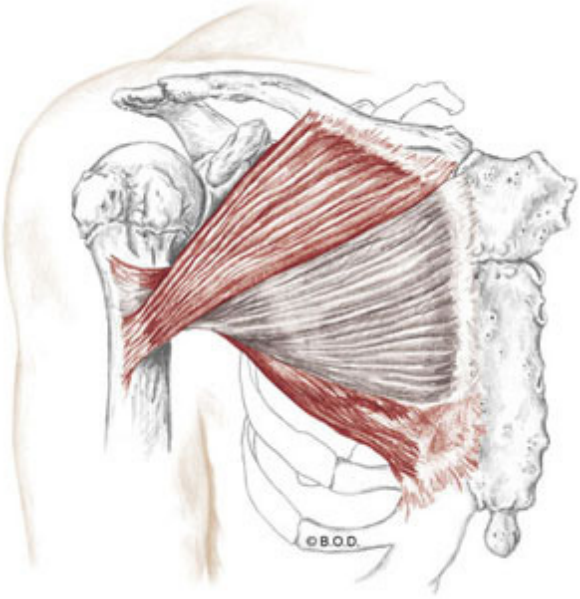

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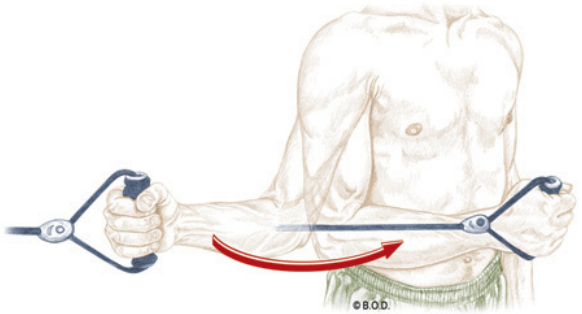

Pectoralis Major, page 89

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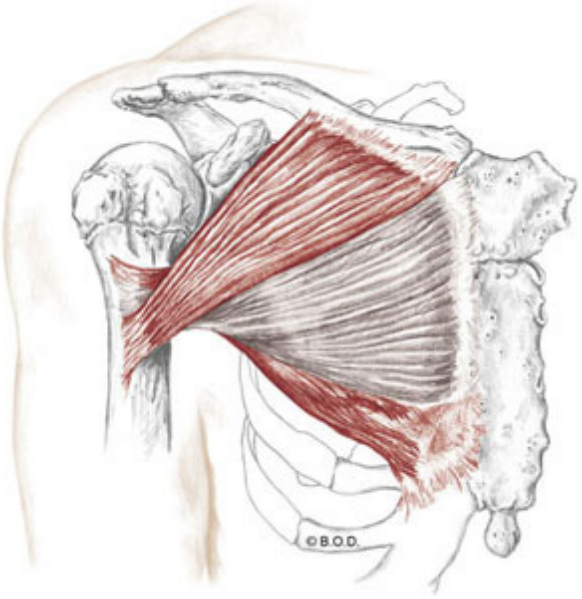

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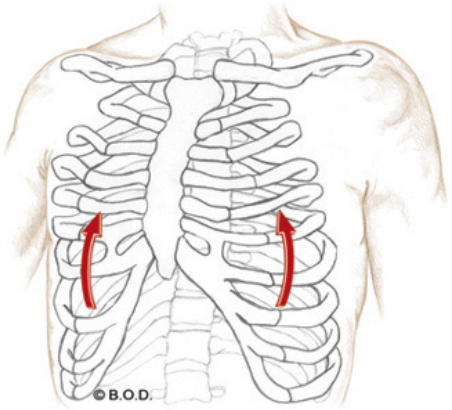

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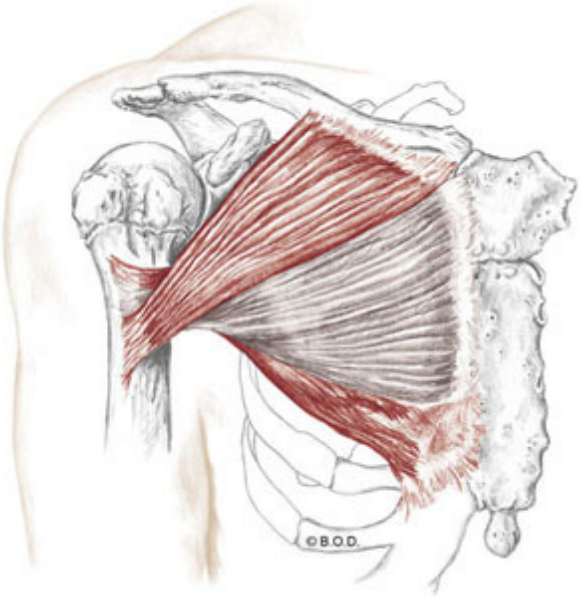

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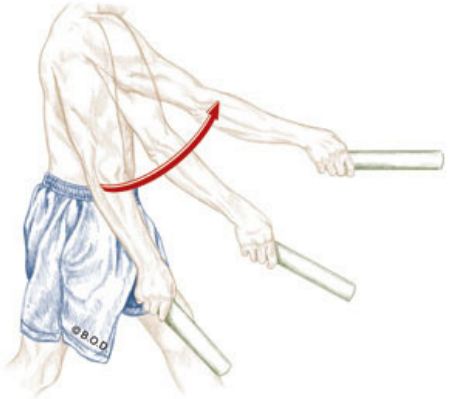

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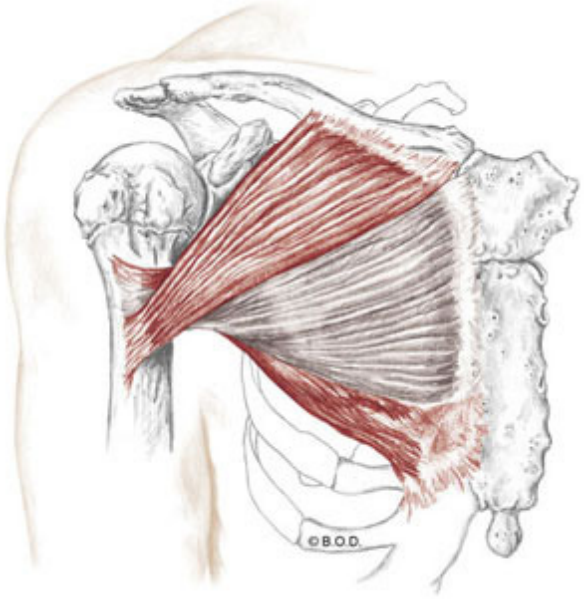
Adduct the glenohumeral joint
Medially rotate the glenohumeral joint
Assist to elevate the thorax during forced inhalation (with the arm fixed)

Upper fibers:

Flex the glenohumeral joint
Horizontally adduct the glenohumeral joint

Lower fibers:

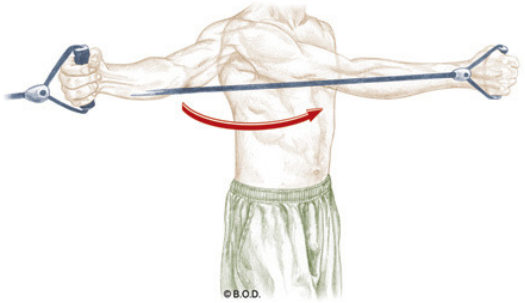
Extend the glenohumeral joint



Anterior View

O Medial half of the clavicle
Sternum
Cartilage of ribs 1-6

I Crest of greater tubercle of humerus



Pectoralis Major, page 89

A *All fibers:*

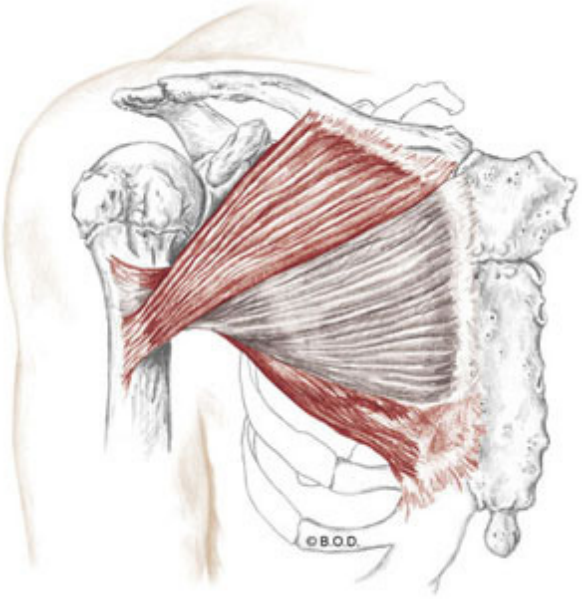
Adduct the glenohumeral joint
Medially rotate the glenohumeral joint
Assist to elevate the thorax during forced inhalation (with the arm fixed)

Upper fibers:

Flex the glenohumeral joint
Horizontally adduct the glenohumeral joint

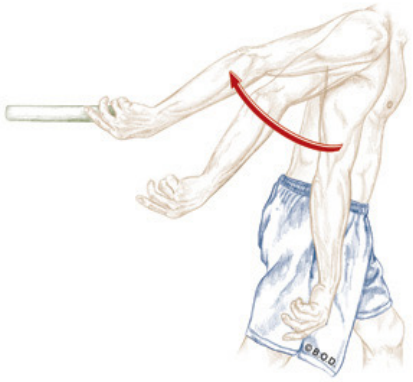
Lower fibers:

Extend the glenohumeral joint



Anterior View

O Medial half of the clavicle
Sternum
Cartilage of ribs 1-6



I Crest of greater tubercle of humerus

Pectoralis Major, page 89

A *All fibers:*

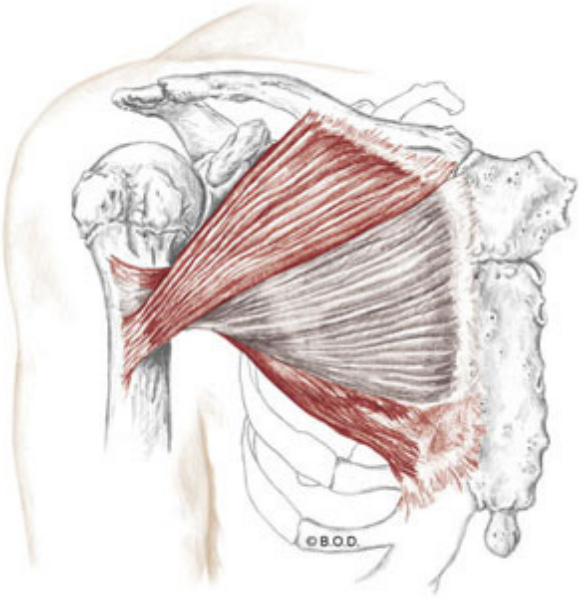
Adduct the glenohumeral joint
Medially rotate the glenohumeral joint
Assist to elevate the thorax during forced inhalation (with the arm fixed)

Upper fibers:

Flex the glenohumeral joint
Horizontally adduct the glenohumeral joint

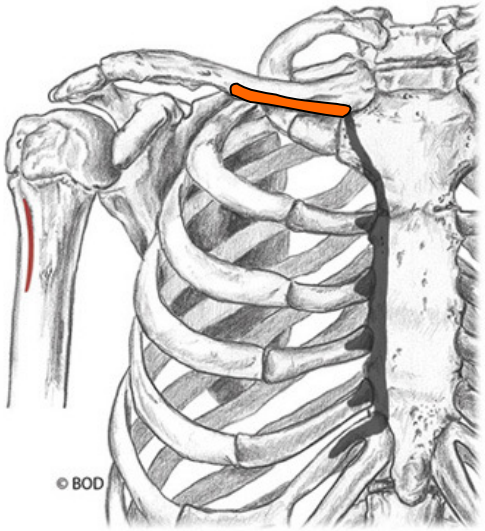
Lower fibers:

Extend the glenohumeral joint



Anterior View

O Medial half of the clavicle
Sternum
Cartilage of ribs 1-6



I Crest of greater tubercle of humerus

Pectoralis Major, page 89

A *All fibers:*

Adduct the glenohumeral joint
Medially rotate the glenohumeral joint
Assist to elevate the thorax during forced inhalation (with the arm fixed)

Upper fibers:

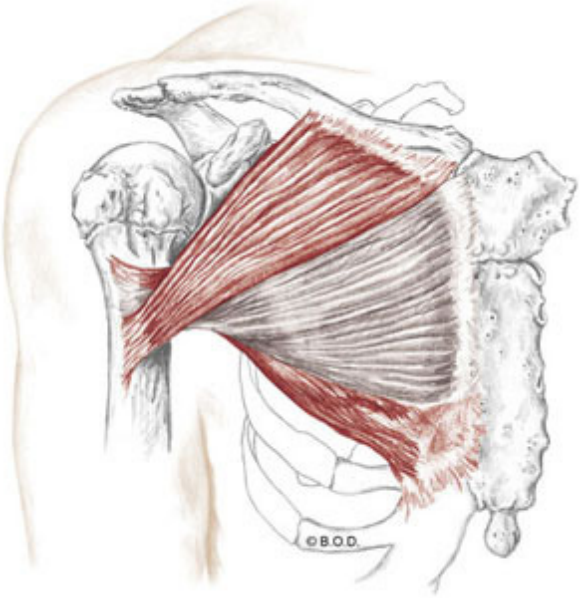
Flex the glenohumeral joint
Horizontally adduct the glenohumeral joint

Lower fibers:

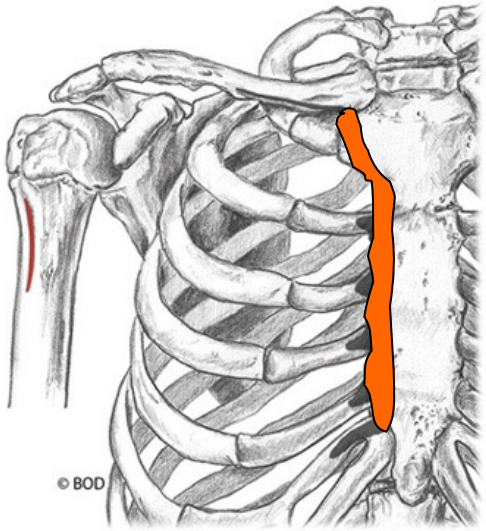
Extend the glenohumeral joint

O Medial half of the clavicle
Sternum
Cartilage of ribs 1-6

I Crest of greater tubercle of humerus



Anterior View



Pectoralis Major, page 89

A *All fibers:*

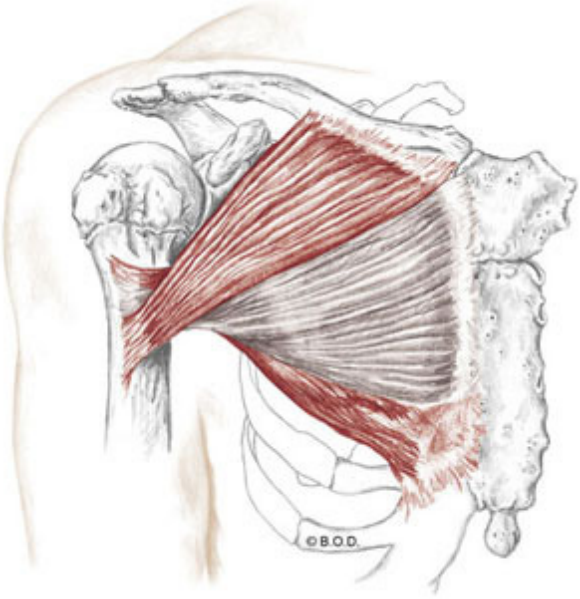
Adduct the glenohumeral joint
Medially rotate the glenohumeral joint
Assist to elevate the thorax during forced inhalation (with the arm fixed)

Upper fibers:

Flex the glenohumeral joint
Horizontally adduct the glenohumeral joint

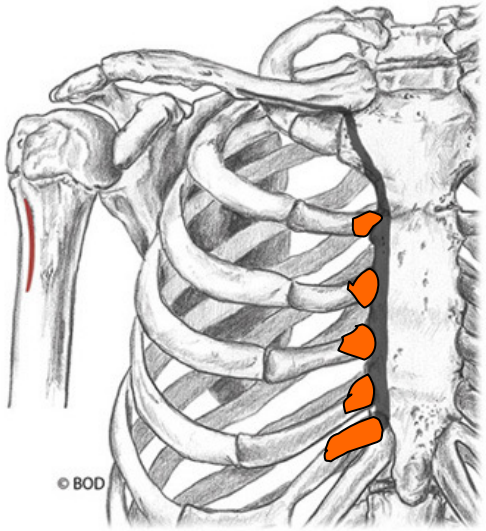
Lower fibers:

Extend the glenohumeral joint



Anterior View

O Medial half of the clavicle
Sternum
Cartilage of ribs 1-6



I Crest of greater tubercle of humerus

Pectoralis Major, page 89

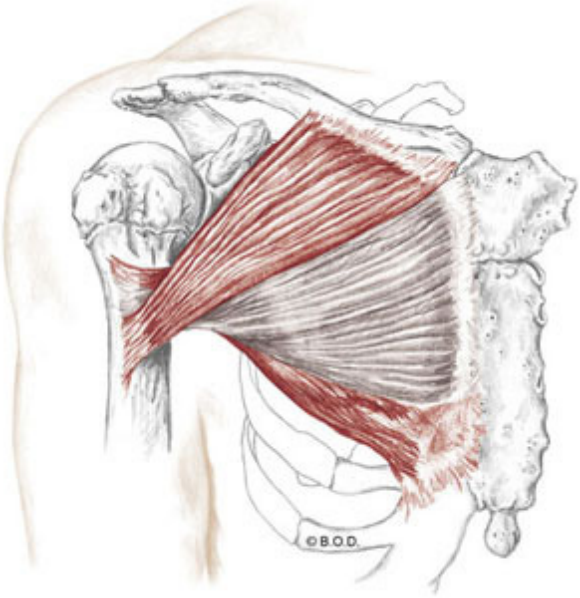
A *All fibers:*
- Adduct the glenohumeral joint
- Medially rotate the glenohumeral joint
- Assist to elevate the thorax during forced inhalation (with the arm fixed)

Upper fibers:
- Flex the glenohumeral joint
- Horizontally adduct the glenohumeral joint

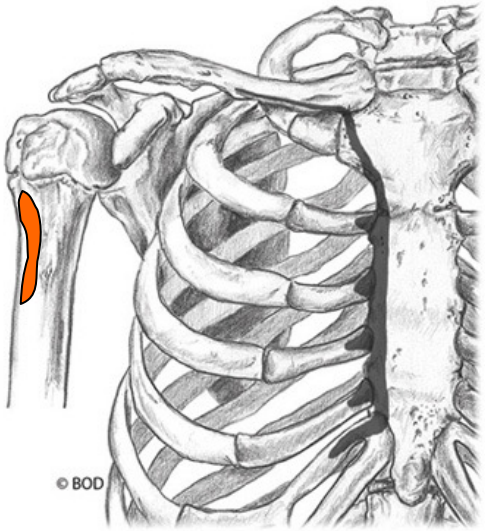
Lower fibers:
- Extend the glenohumeral joint

O
- Medial half of the clavicle
- Sternum
- Cartilage of ribs 1-6

I Crest of greater tubercle of humerus



Anterior View



Deltoid, Trail Guide page 67

A All fibers:
Abduct the shoulder (G/H joint)

Anterior fibers:
Flex the shoulder (G/H joint)
Medially rotate the shoulder (G/H joint)
Horizontally adduct the shoulder (G/H joint)

Posterior fibers:
Extend the shoulder (G/H joint)
Laterally rotate the shoulder (G/H joint)
Horizontally abduct the shoulder (G/H joint)

O Lateral one-third of clavicle
Acromion
Spine of scapula

I Deltoid tuberosity

Anterior View

Deltoid

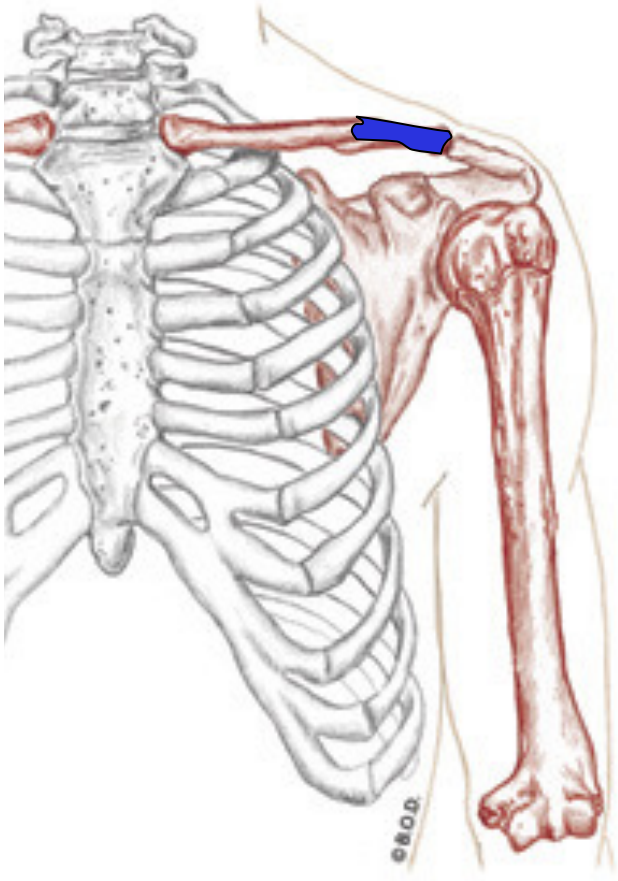
A All fibers:
Abduct the shoulder (G/H joint)

Anterior fibers:
Flex the shoulder (G/H joint)
Medially rotate the shoulder (G/H joint)
Horizontally adduct the shoulder (G/H joint)

Posterior fibers:
Extend the shoulder (G/H joint)
Laterally rotate the shoulder (G/H joint)
Horizontally abduct the shoulder (G/H joint)

O Lateral one-third of clavicle
Acromion
Spine of scapula

I Deltoid tuberosity



Anterior View

Deltoid

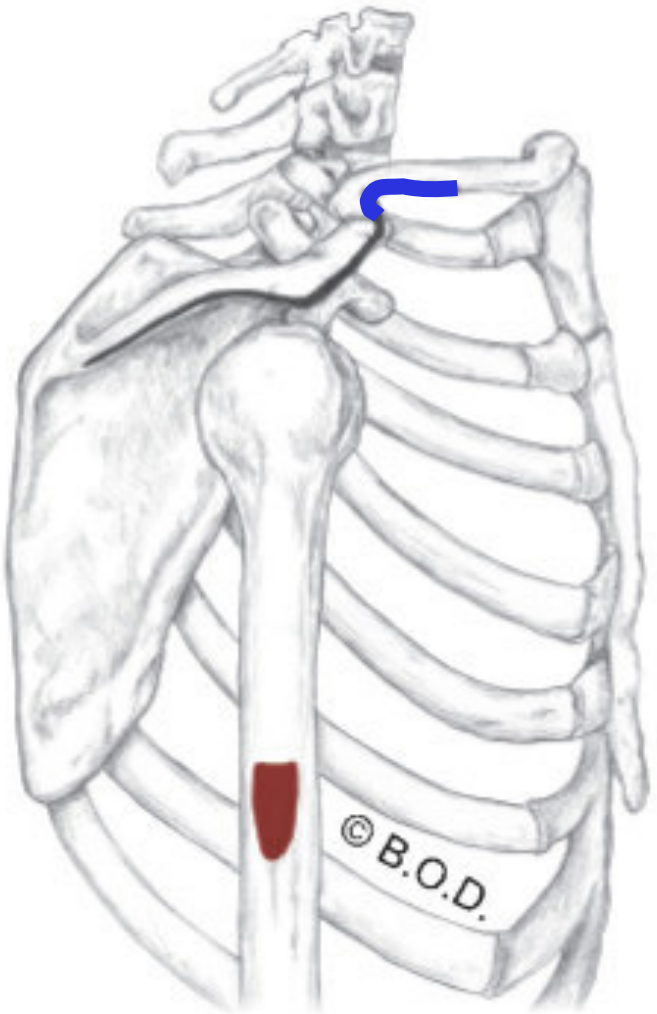
A All fibers:
Abduct the shoulder (G/H joint)

Anterior fibers:
Flex the shoulder (G/H joint)
Medially rotate the shoulder (G/H joint)
Horizontally adduct the shoulder (G/H joint)

Posterior fibers:
Extend the shoulder (G/H joint)
Laterally rotate the shoulder (G/H joint)
Horizontally abduct the shoulder (G/H joint)

O Lateral one-third of clavicle
Acromion
Spine of scapula

I Deltoid tuberosity



Lateral View

Deltoid

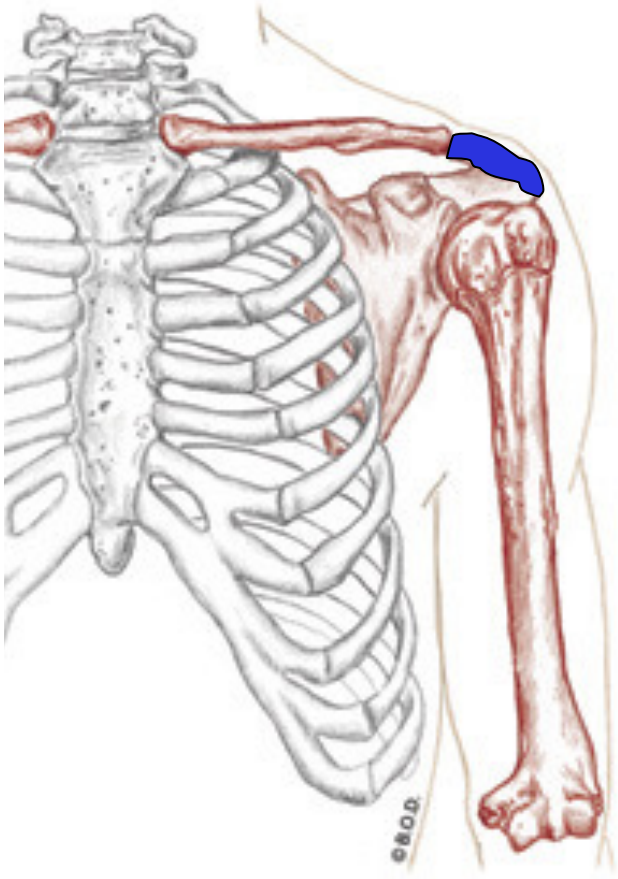
A All fibers:
Abduct the shoulder (G/H joint)

Anterior fibers:
Flex the shoulder (G/H joint)
Medially rotate the shoulder (G/H joint)
Horizontally adduct the shoulder (G/H joint)

Posterior fibers:
Extend the shoulder (G/H joint)
Laterally rotate the shoulder (G/H joint)
Horizontally abduct the shoulder (G/H joint)

O Lateral one-third of clavicle
Acromion
Spine of scapula

I Deltoid tuberosity



Anterior View

Deltoid

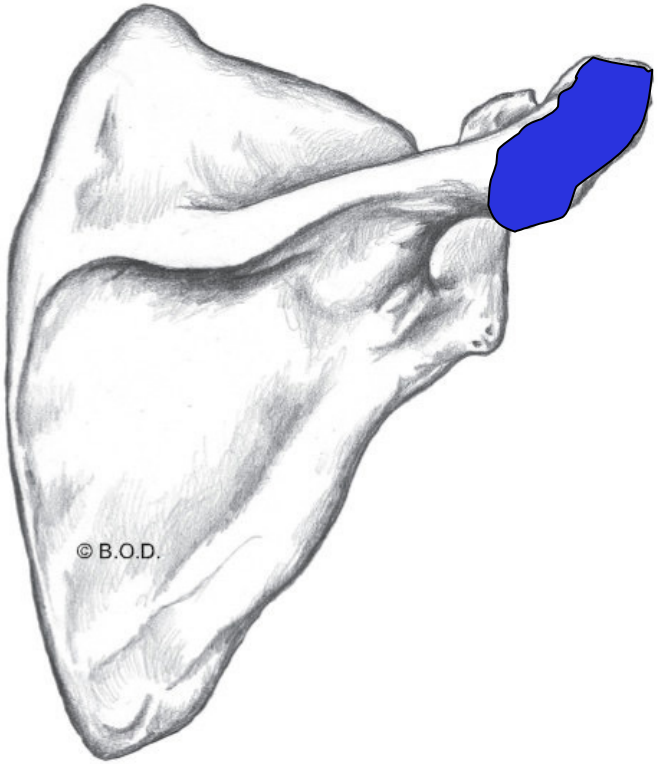
A All fibers:
Abduct the shoulder (G/H joint)

Anterior fibers:
Flex the shoulder (G/H joint)
Medially rotate the shoulder (G/H joint)
Horizontally adduct the shoulder (G/H joint)

Posterior fibers:
Extend the shoulder (G/H joint)
Laterally rotate the shoulder (G/H joint)
Horizontally abduct the shoulder (G/H joint)

O Lateral one-third of clavicle
Acromion
Spine of scapula

I Deltoid tuberosity



Posterior View

Deltoid

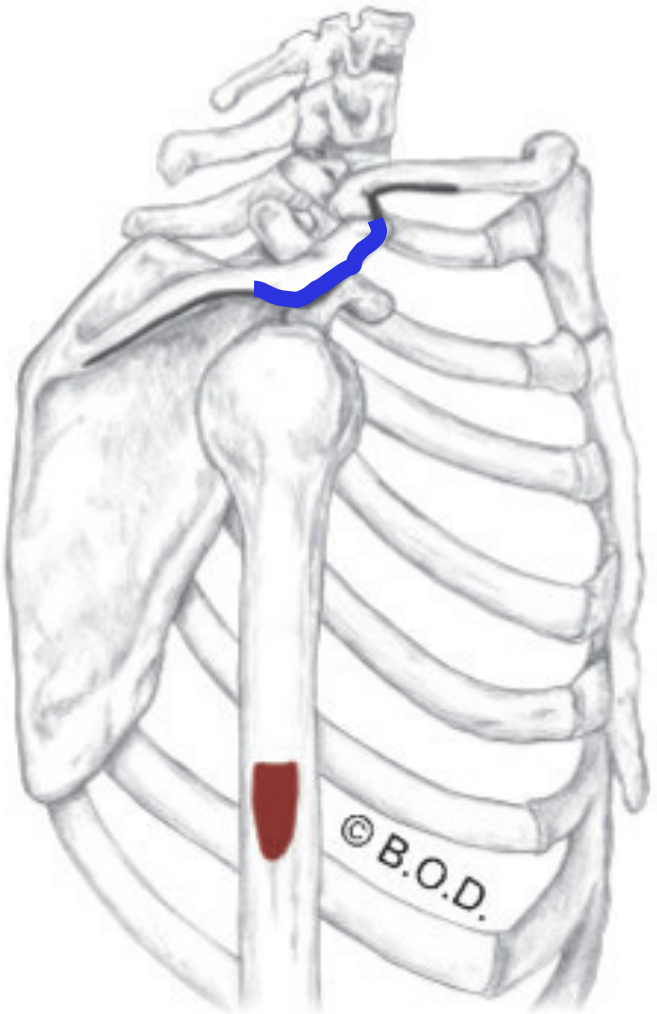
A All fibers:
Abduct the shoulder (G/H joint)

Anterior fibers:
Flex the shoulder (G/H joint)
Medially rotate the shoulder (G/H joint)
Horizontally adduct the shoulder (G/H joint)

Posterior fibers:
Extend the shoulder (G/H joint)
Laterally rotate the shoulder (G/H joint)
Horizontally abduct the shoulder (G/H joint)

O Lateral one-third of clavicle
Acromion
Spine of scapula

I Deltoid tuberosity



Lateral View

Deltoid

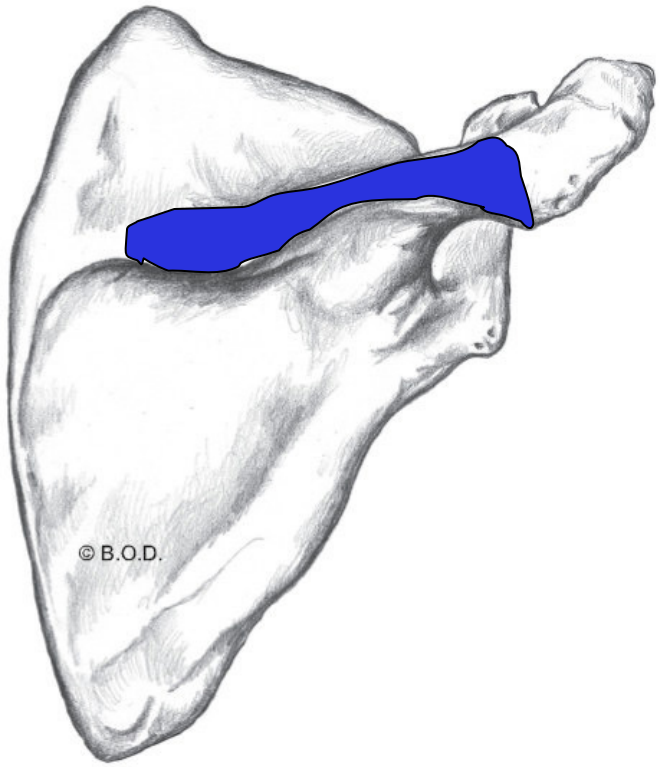
A All fibers:
Abduct the shoulder (G/H joint)

Anterior fibers:
Flex the shoulder (G/H joint)
Medially rotate the shoulder (G/H joint)
Horizontally adduct the shoulder (G/H joint)

Posterior fibers:
Extend the shoulder (G/H joint)
Laterally rotate the shoulder (G/H joint)
Horizontally abduct the shoulder (G/H joint)

O Lateral one-third of clavicle
Acromion
Spine of scapula

I Deltoid tuberosity



Posterior View

Deltoid

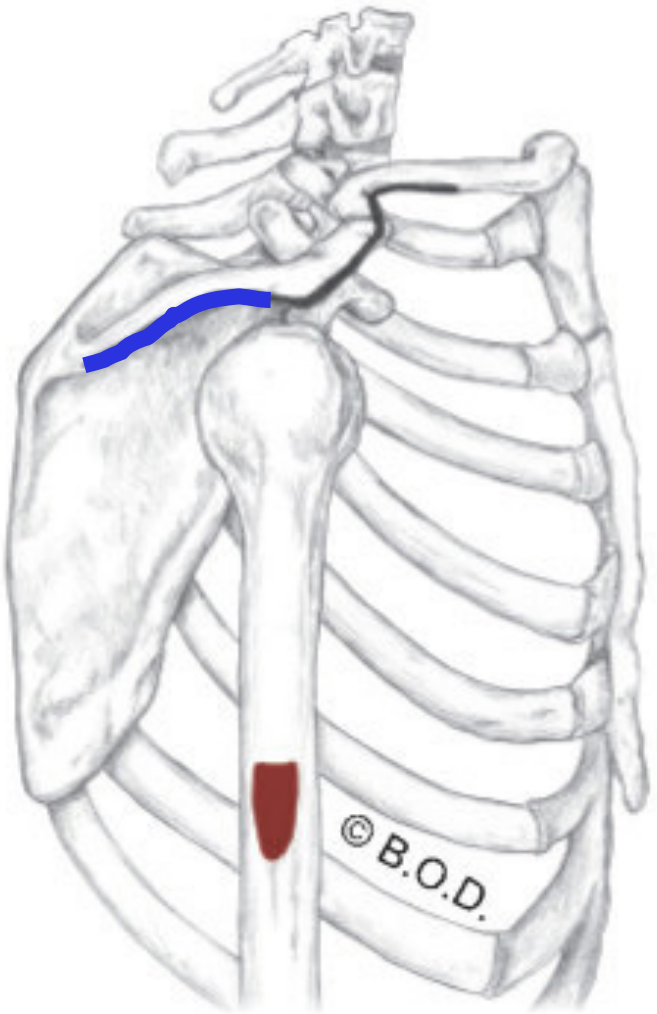
A All fibers:
Abduct the shoulder (G/H joint)

Anterior fibers:
Flex the shoulder (G/H joint)
Medially rotate the shoulder (G/H joint)
Horizontally adduct the shoulder (G/H joint)

Posterior fibers:
Extend the shoulder (G/H joint)
Laterally rotate the shoulder (G/H joint)
Horizontally abduct the shoulder (G/H joint)

O Lateral one-third of clavicle
Acromion
Spine of scapula

I Deltoid tuberosity



Lateral View

Deltoid

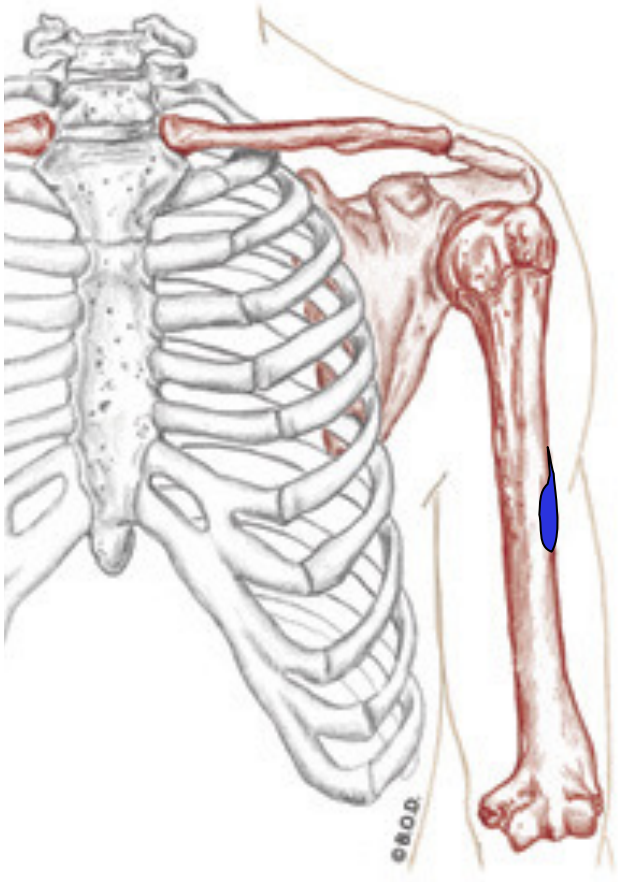
A All fibers:
Abduct the shoulder (G/H joint)

Anterior fibers:
Flex the shoulder (G/H joint)
Medially rotate the shoulder (G/H joint)
Horizontally adduct the shoulder (G/H joint)

Posterior fibers:
Extend the shoulder (G/H joint)
Laterally rotate the shoulder (G/H joint)
Horizontally abduct the shoulder (G/H joint)

O Lateral one-third of clavicle
Acromion
Spine of scapula

I Deltoid tuberosity



Anterior View

Deltoid

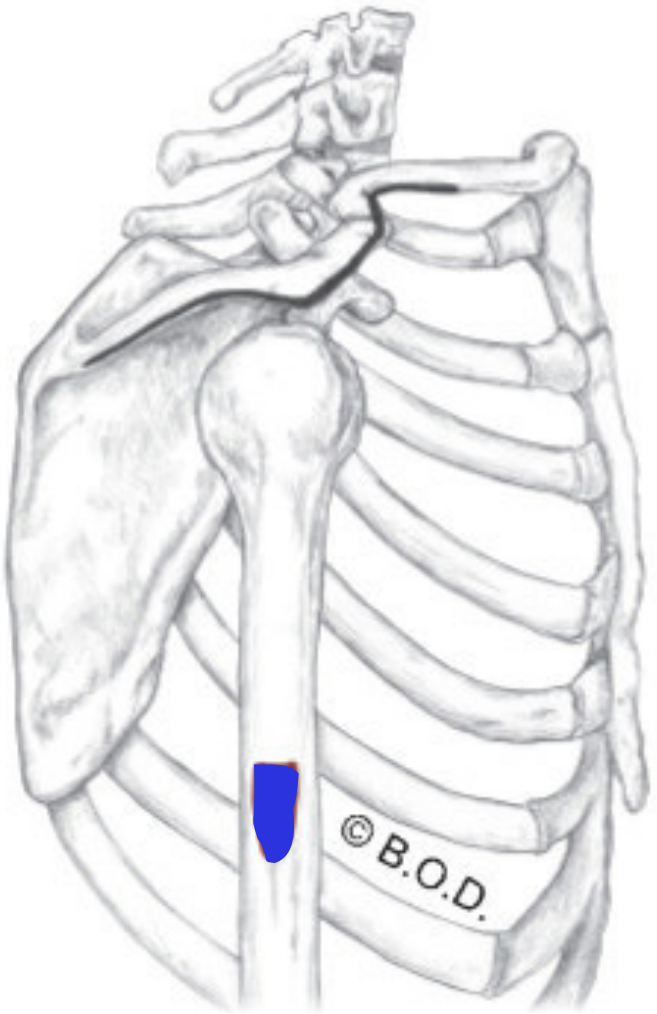
A All fibers:
Abduct the shoulder (G/H joint)

Anterior fibers:
Flex the shoulder (G/H joint)
Medially rotate the shoulder (G/H joint)
Horizontally adduct the shoulder (G/H joint)

Posterior fibers:
Extend the shoulder (G/H joint)
Laterally rotate the shoulder (G/H joint)
Horizontally abduct the shoulder (G/H joint)

O Lateral one-third of clavicle
Acromion
Spine of scapula

I Deltoid tuberosity



Lateral View

Deltoid

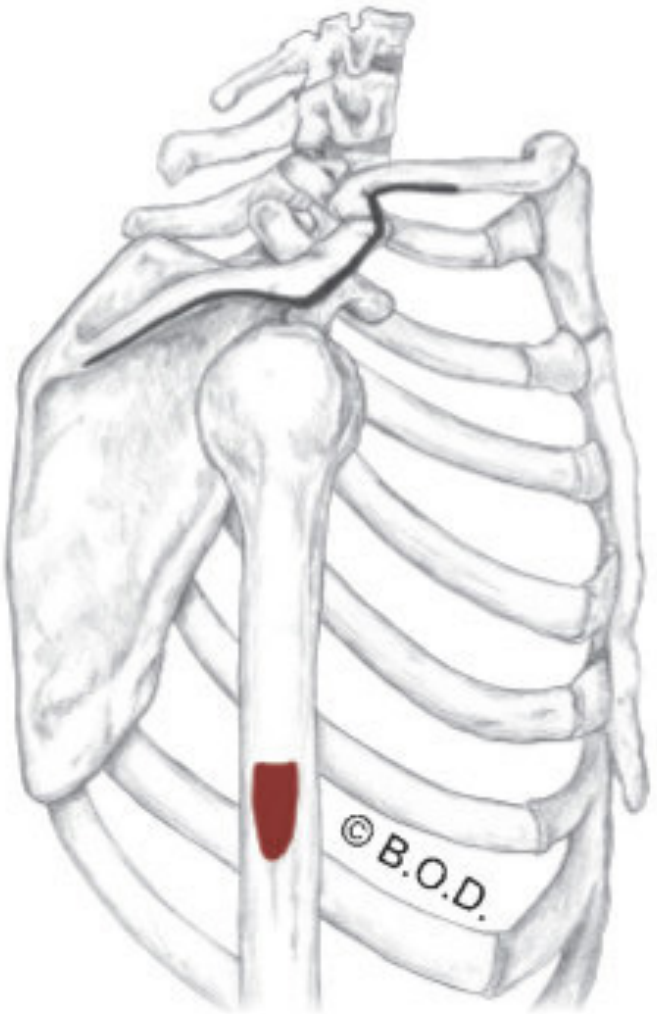
A All fibers:
Abduct the shoulder (G/H joint)

Anterior fibers:
Flex the shoulder (G/H joint)
Medially rotate the shoulder (G/H joint)
Horizontally adduct the shoulder (G/H joint)

Posterior fibers:
Extend the shoulder (G/H joint)
Laterally rotate the shoulder (G/H joint)
Horizontally abduct the shoulder (G/H joint)

O Lateral one-third of clavicle
Acromion
Spine of scapula

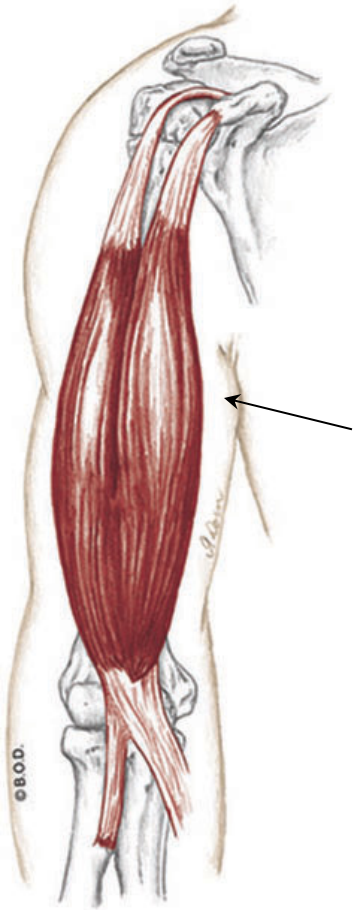
I Deltoid tuberosity



Lateral View

Biceps Brachii

Trail Guide, Page 95

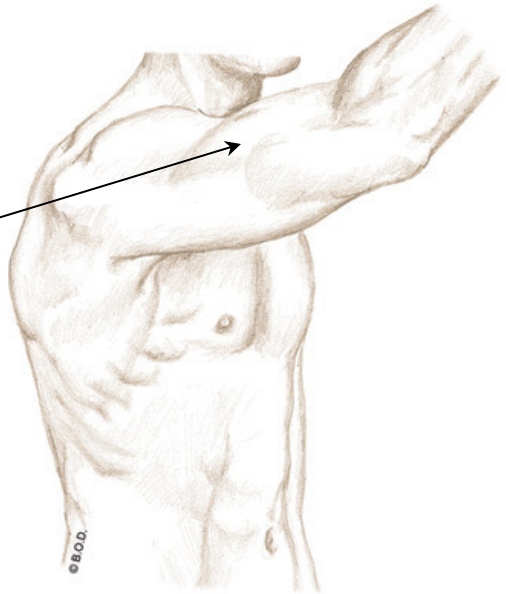


Anterior View

Biceps brachii
lies superficially on the anterior arm.

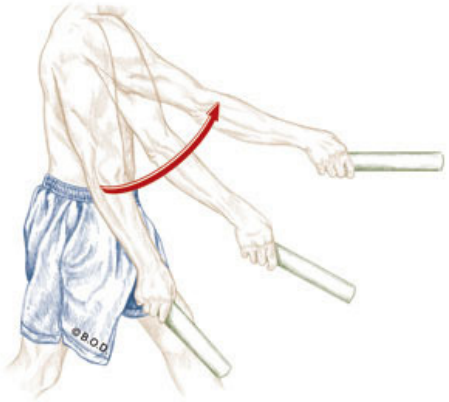
The proximal tendon of the long head of biceps brachii runs through the intertubercular groove.

When do you use your biceps brachii?

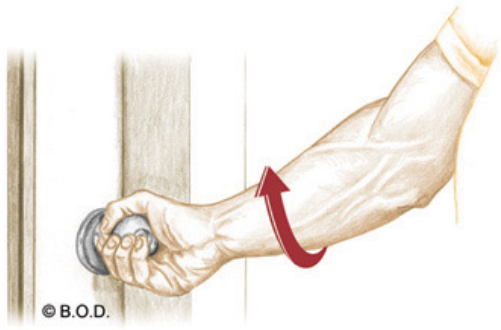


Anterolateral View

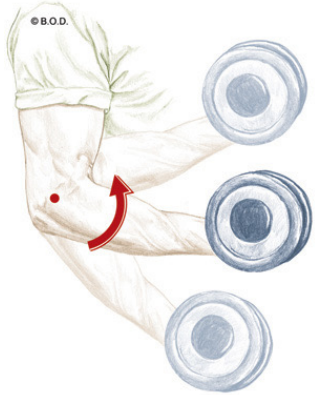
Actions of the Biceps Brachii, page 95



Glenohumeral flexion



Radioulnar supination



Humeroulnar flexion

Biceps Brachii, page 95

A

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

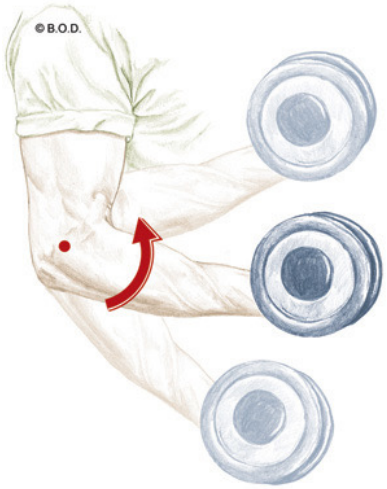
O

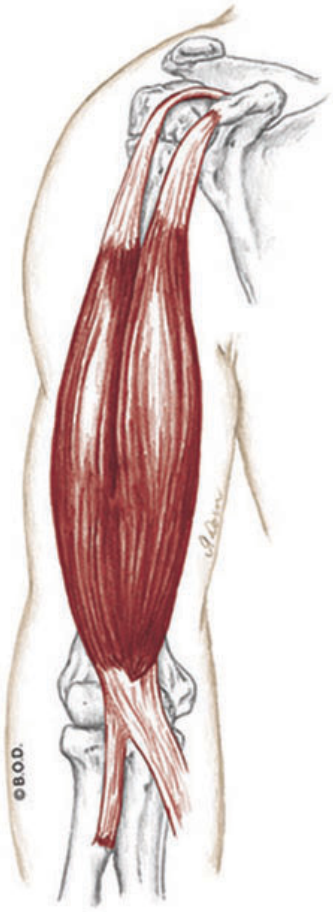
Short head:
Coracoid process of scapula

Long head:
Supraglenoid tubercle of scapula

I

Tuberosity of the radius
Aponeurosis of the biceps brachii





Anterior View

Biceps Brachii, page 95

A

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

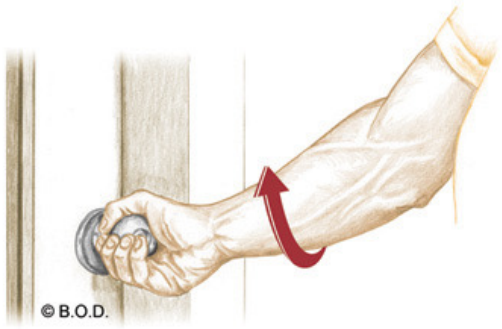
O

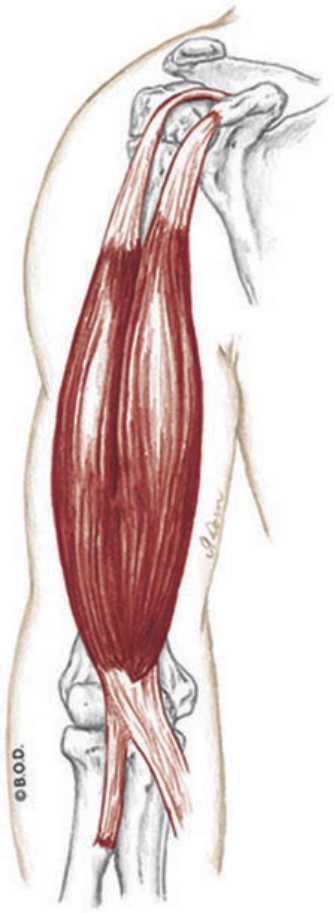
Short head:
Coracoid process of scapula

Long head:
Supraglenoid tubercle of scapula

I

Tuberosity of the radius
Aponeurosis of the biceps brachii





Anterior View

Biceps Brachii, page 95

A

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

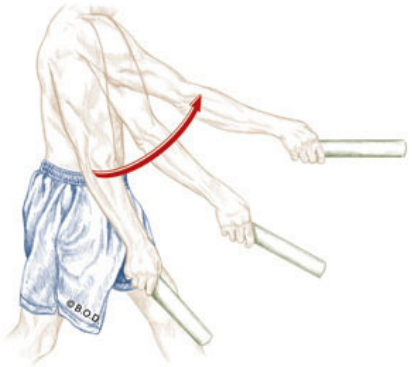
O

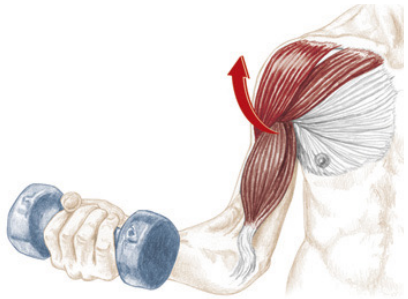
Short head:
Coracoid process of scapula

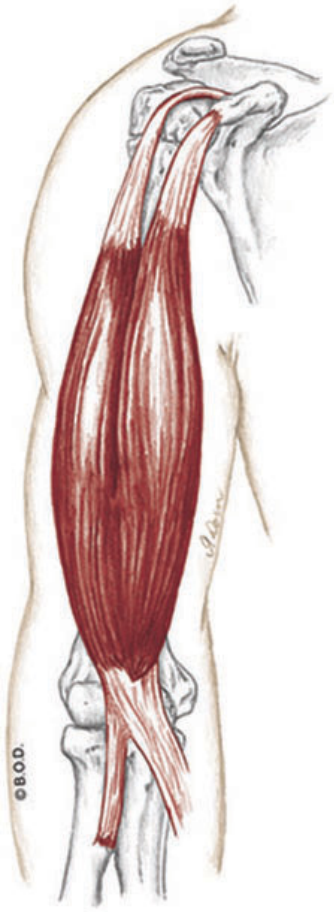
Long head:
Supraglenoid tubercle of scapula

I

Tuberosity of the radius
Aponeurosis of the biceps brachii







Anterior View

Biceps Brachii, page 95

A

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

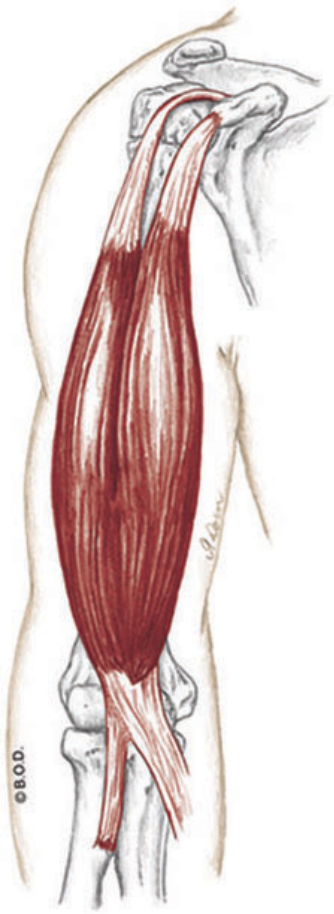
O

Short head:
Coracoid process of scapula

Long head:
Supraglenoid tubercle of scapula

I

Tuberosity of the radius
Aponeurosis of the biceps brachii



Anterior View

Biceps Brachii, page 95

A

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

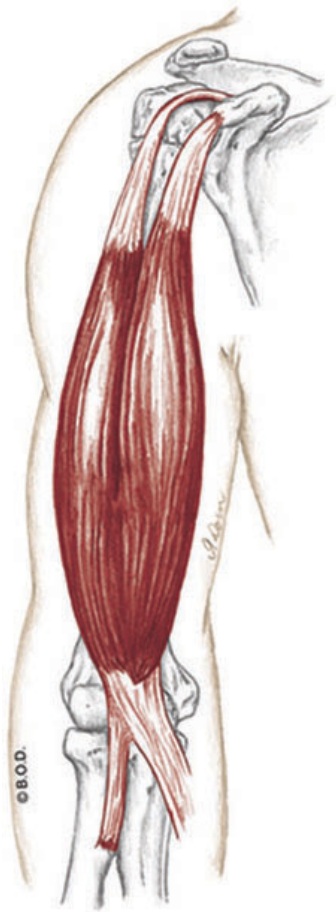
O

Short head:
Coracoid process of scapula

Long head:
Supraglenoid tubercle of scapula

I

Tuberosity of the radius
Aponeurosis of the biceps brachii



Anterior View

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

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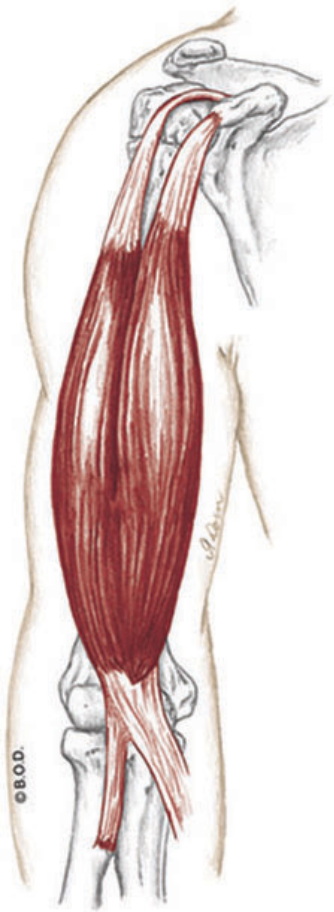
Tuberosity of the radius
Aponeurosis of the biceps brachii



Anterior View

Biceps Brachii, page 95

A

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

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Short head:
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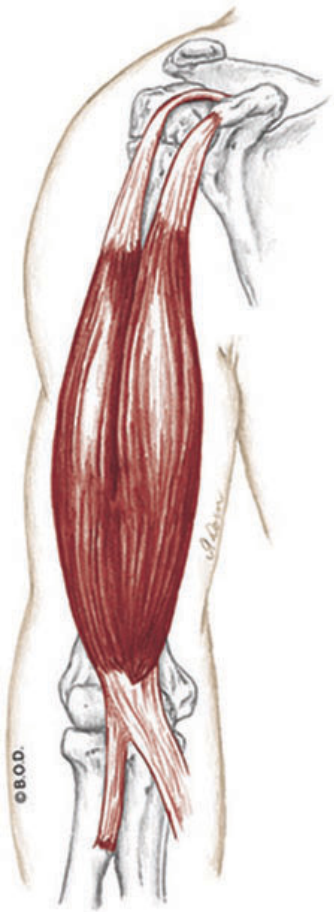
I

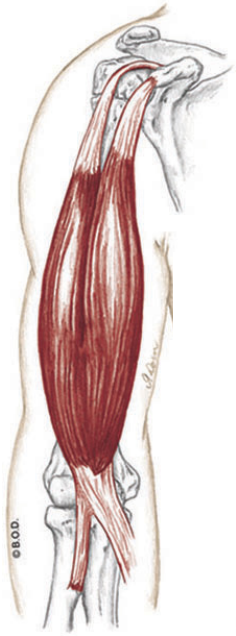
Tuberosity of the radius
Aponeurosis of the biceps brachii

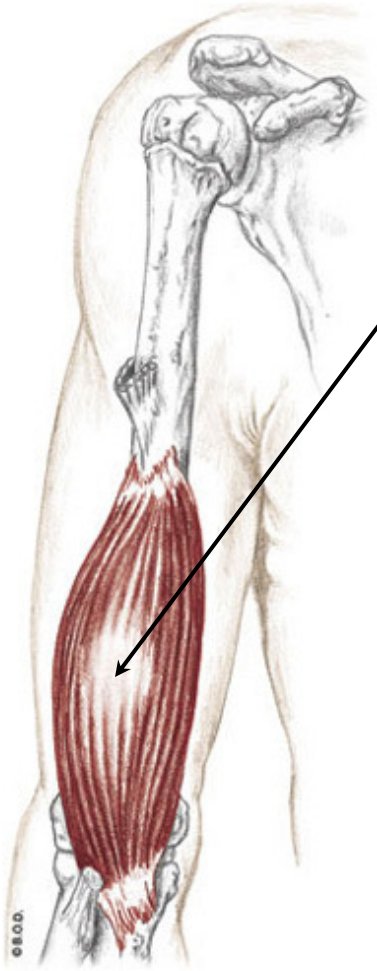


Anterior View

Brachialis

Trail Guide, Page 132





Anterior View

Brachialis is a strong elbow flexor that lies deep to biceps brachii on the anterior arm.

The girth of brachialis helps the biceps to bulge out from the arm.

Similar to the relationship between gastrocnemius and soleus, the lateral edge of brachialis is superficial and palpable.

Anterior View

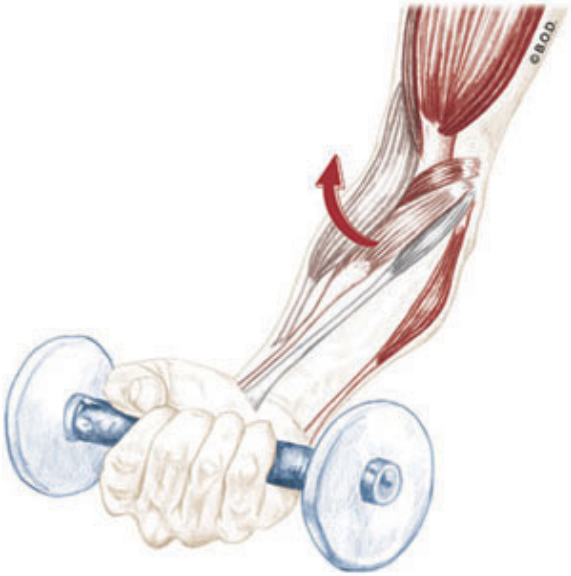
Brachialis, page 132

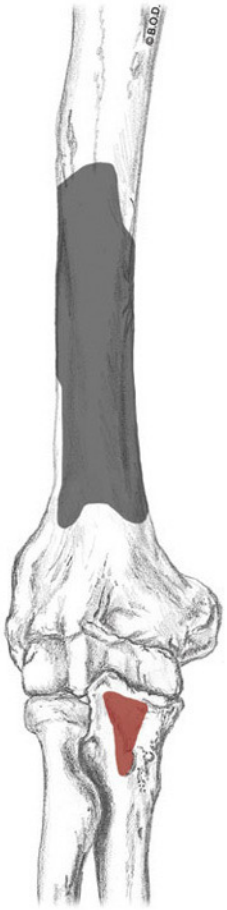
A Flex the elbow (humeroulnar joint)

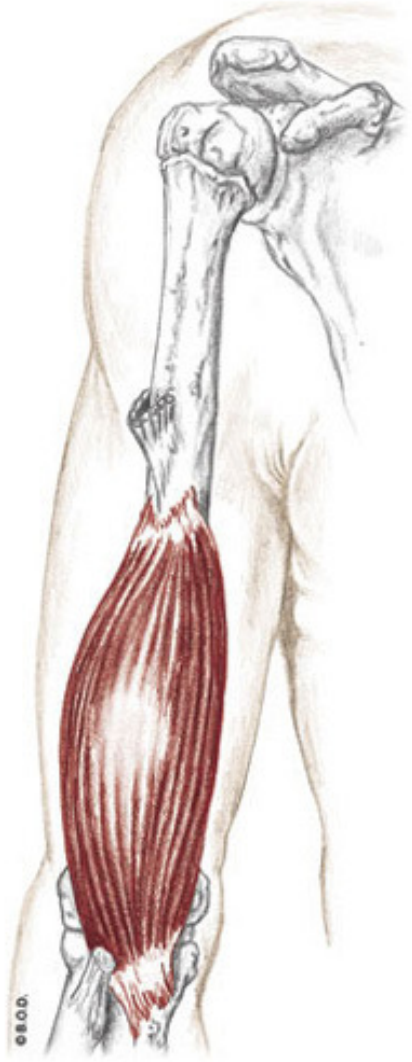
O Distal half of anterior surface of humerus

I Tuberosity of the ulna

Coronoid process of the ulna







Anterior View

Brachialis, page 132

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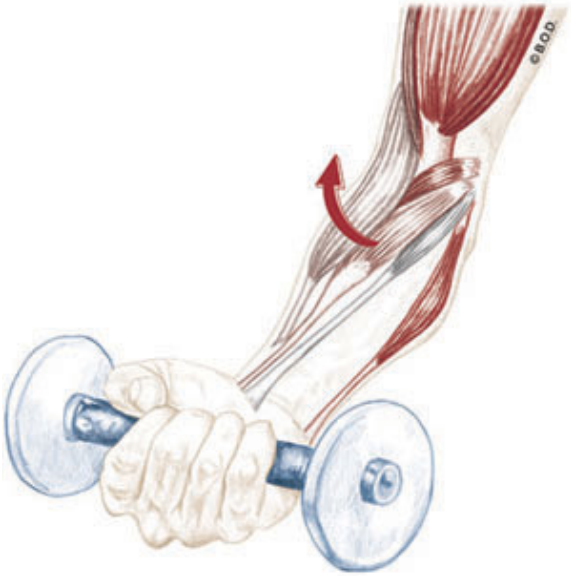
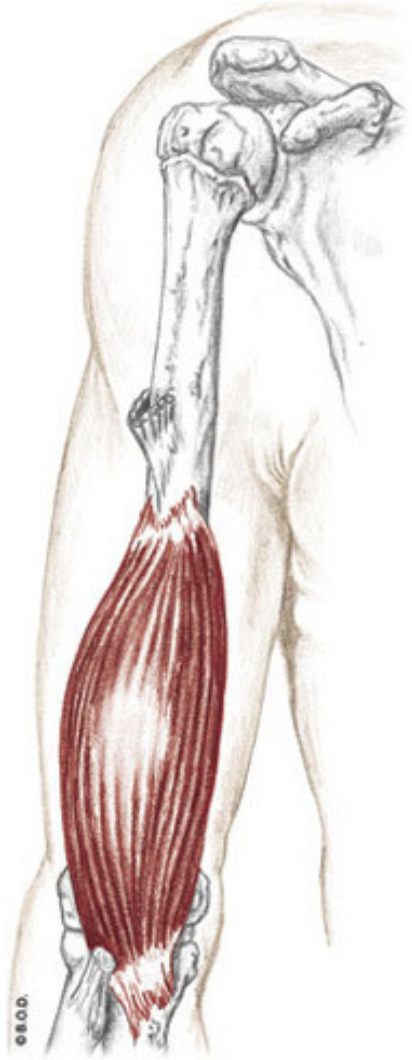
O Distal half of anterior surface of humerus

I Tuberosity of the ulna

Coronoid process of the ulna





Anterior View

Brachialis, page 132

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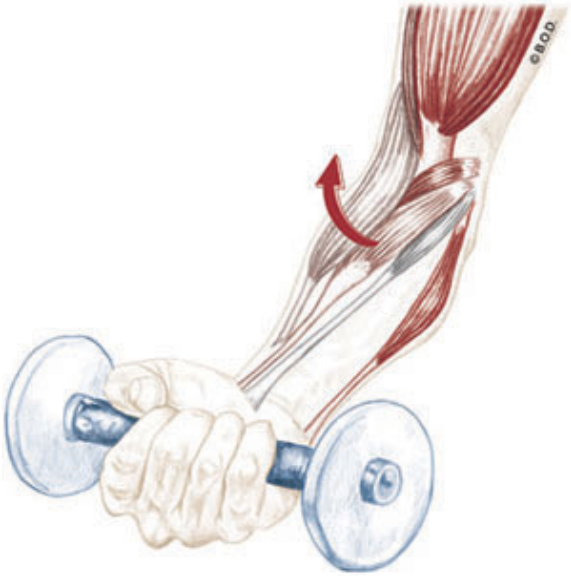
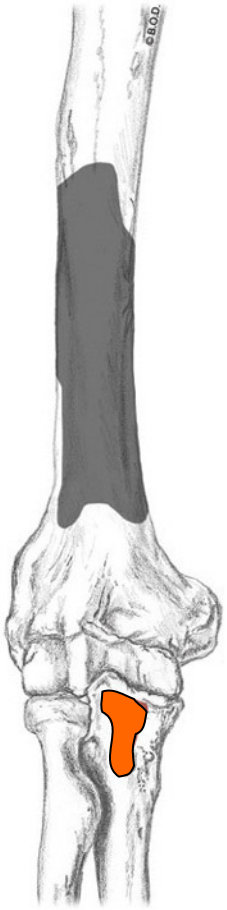
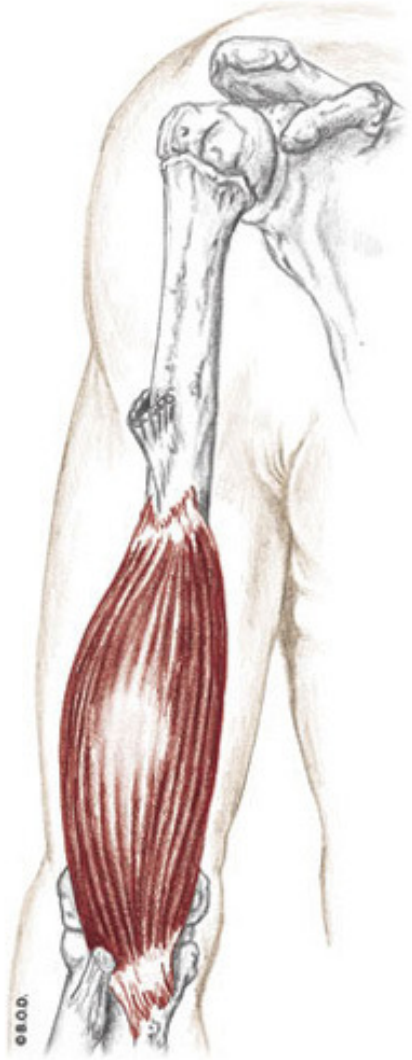
I Tuberosity of the ulna

Coronoid process of the ulna



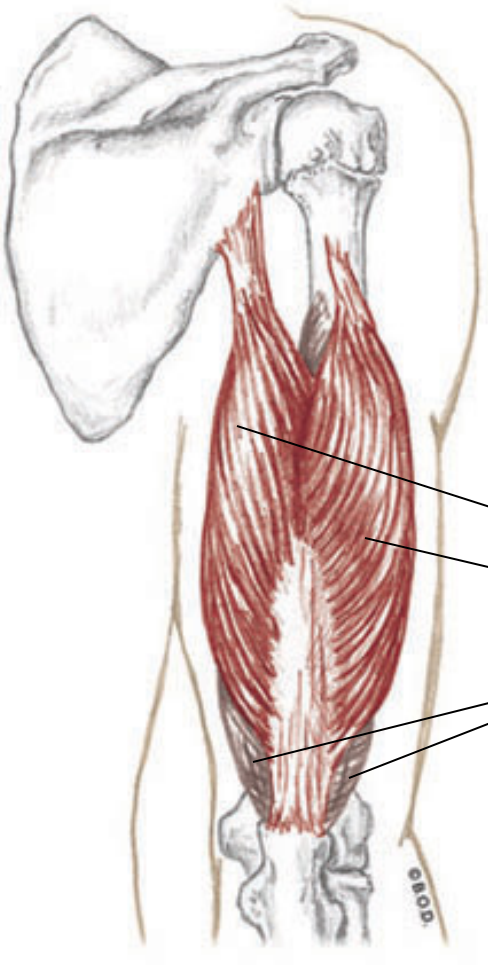




Anterior View

Triceps Brachii

Trail Guide, Page 97



Posterior View

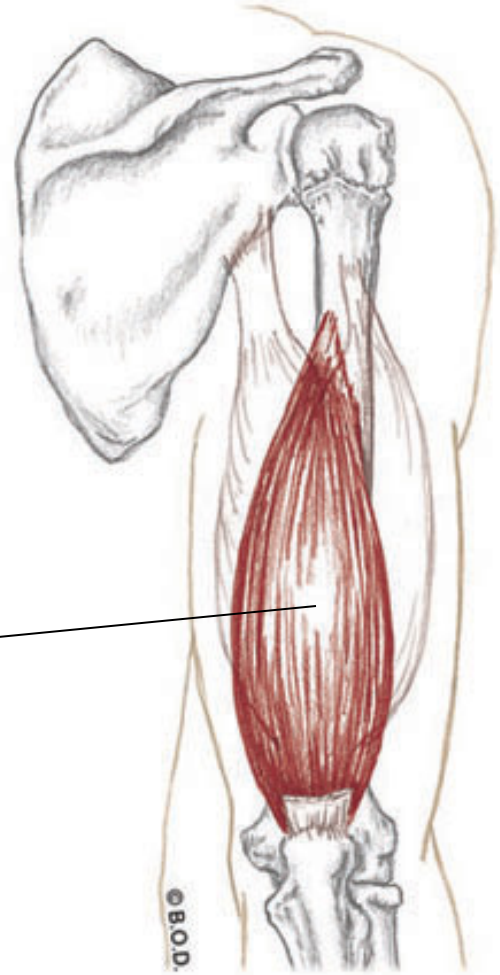
Triceps brachii is the only muscle located on the posterior arm.

The name means “three-headed muscle of the arm”.

The three muscle bellies are:

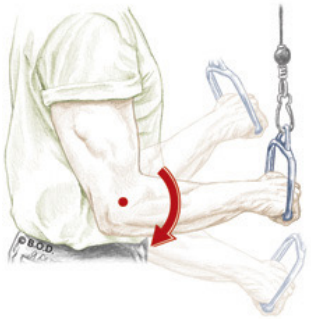
- Long head
- Lateral head
- Medial head

When do you use your triceps brachii?

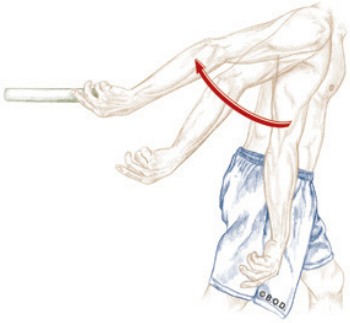


Posterior View

Actions of the triceps brachii

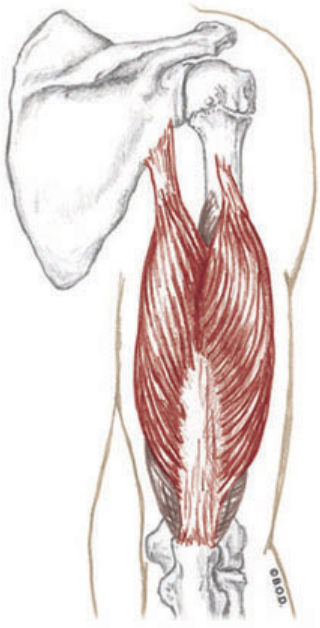


Humeroulnar extension

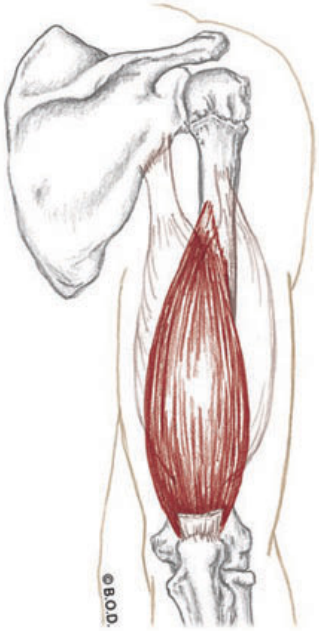


Glenohumeral extension

Glenohumeral adduction



Posterior View



Triceps brachii

A *All heads:*
Extend the elbow (humeroulnar joint)

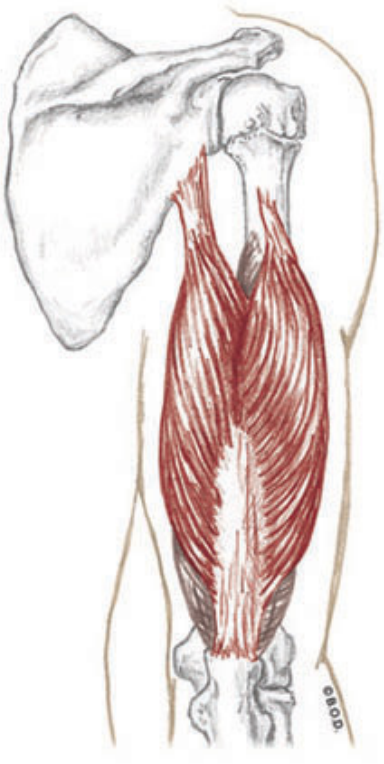
Long head:
Extend the shoulder (glenohumeral joint)
Adduct the shoulder (G/H joint)

O *Long head:*
Infraglenoid tubercle of the scapula

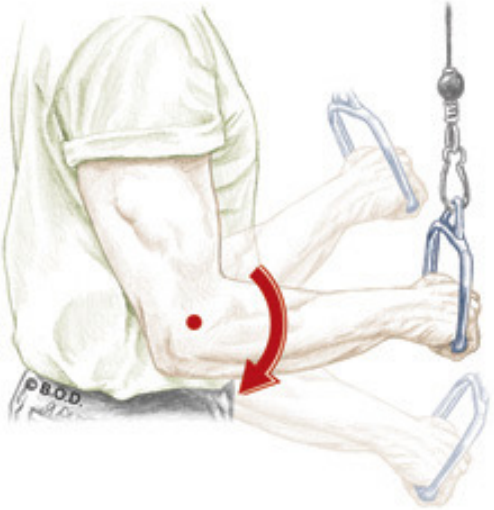
Lateral head:
Posterior surface of proximal half of the humerus

Medial head:
Posterior surface of distal half of the humerus

I Olecranon process of the ulna



Posterior View



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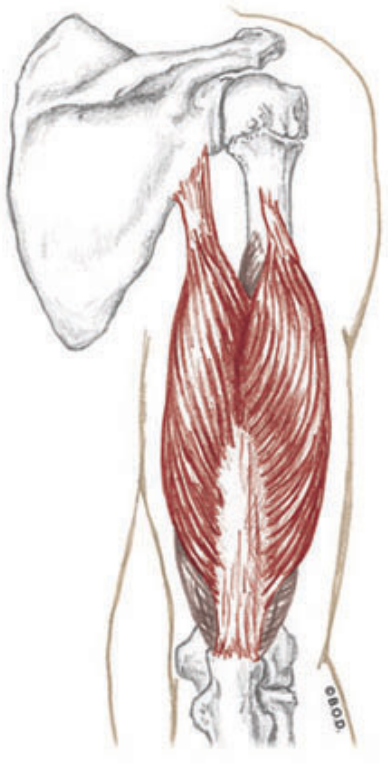
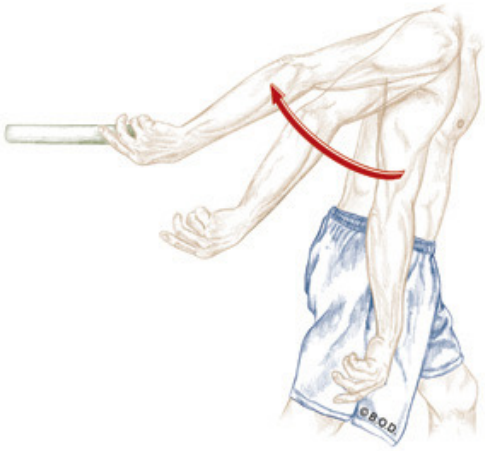


Posterior View



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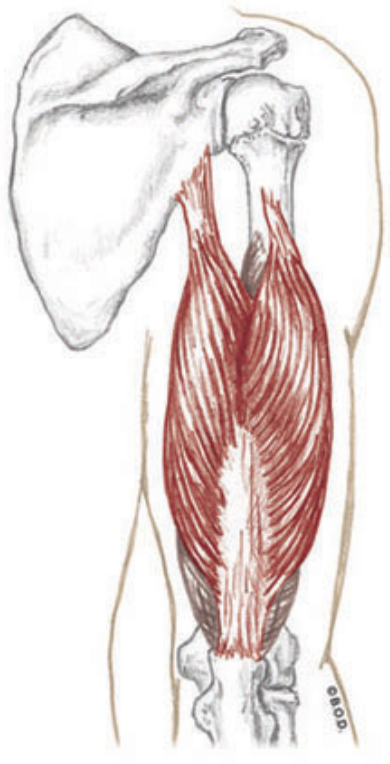
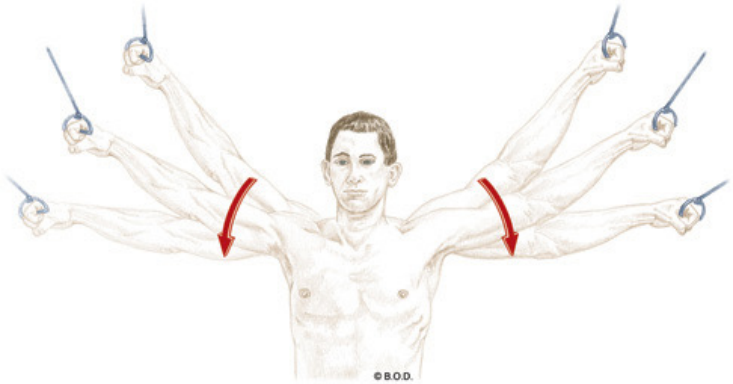


Posterior View



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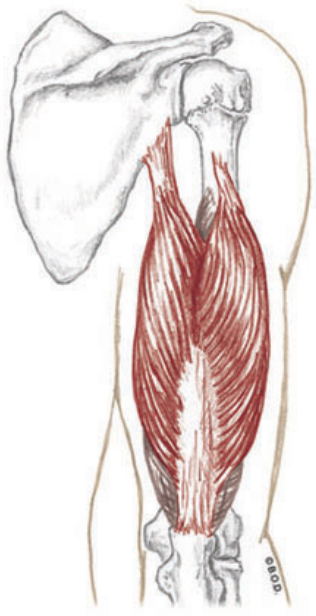

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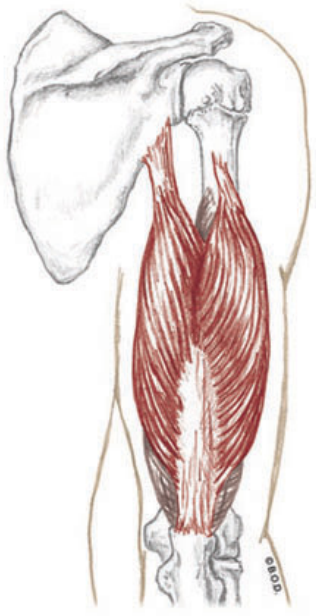

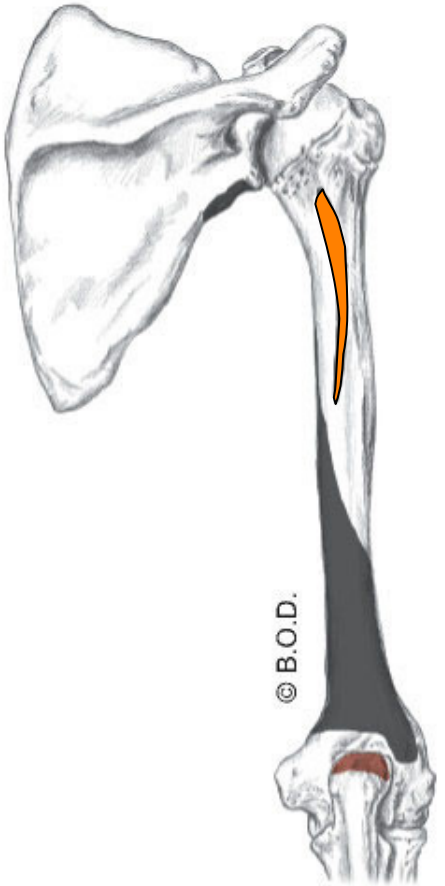

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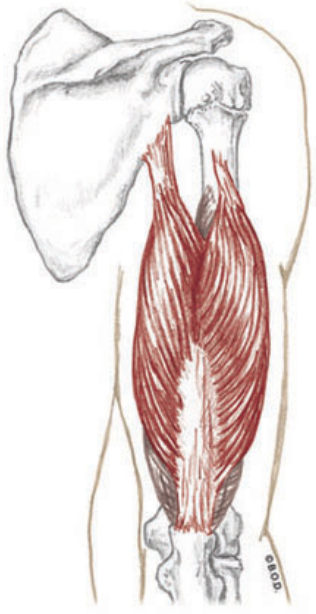

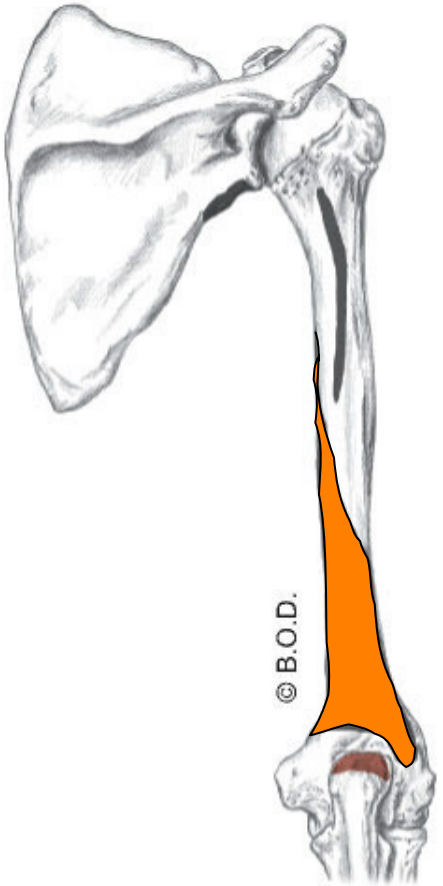

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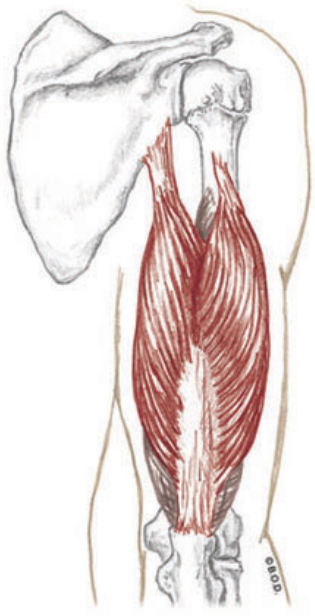

93a Kinesiology: Palpation Anterior Torso and Arms