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

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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.
60 minutes	**Palpation**
30 minutes	**Active Study Skills**
10 minutes	**Break down, clean up, and circle up**
3h 30m	**Total Class Time**

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

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
- 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.

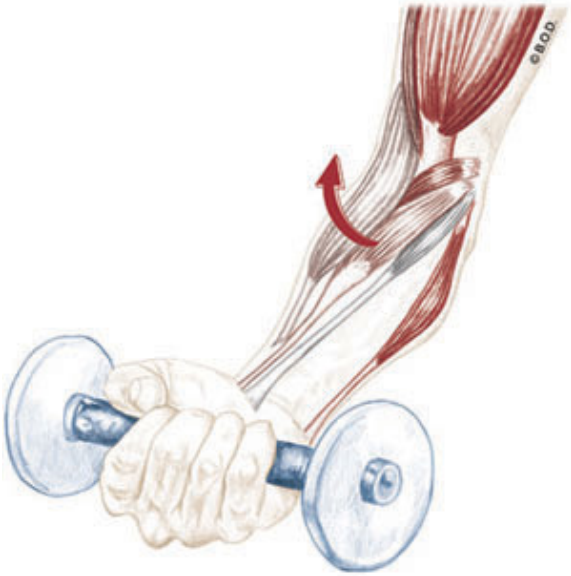
Brachialis, page 132

A Flex the elbow (humeroulnar joint)

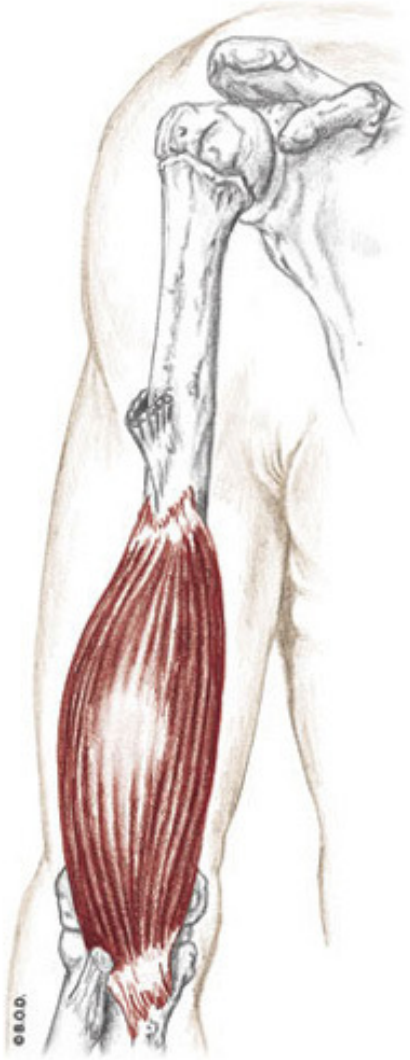
O Distal half of anterior surface of humerus

I Tuberosity of the ulna

Coronoid process of the ulna







Anterior View

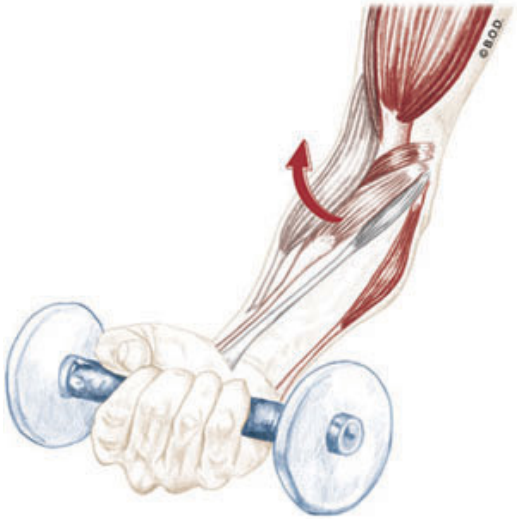
Brachioradialis, page 133

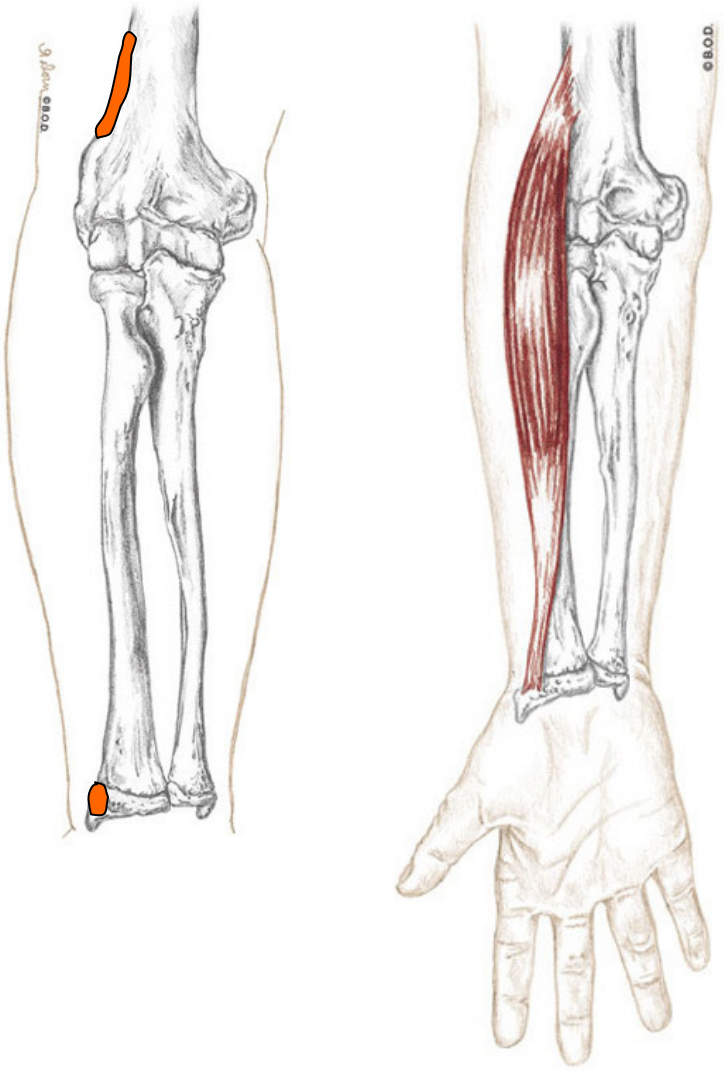
A Flex the elbow (humeroulnar joint)

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

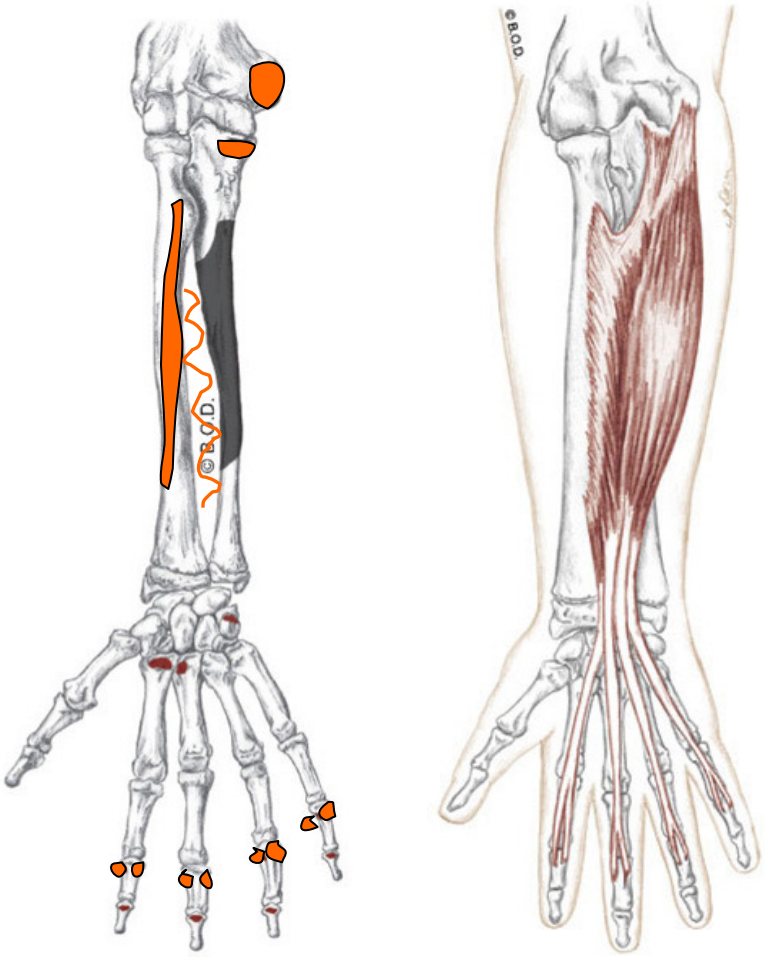
Ulnar collateral ligament

Coronoid process of ulna

Interosseous membrane

Proximal shaft of radius

I Sides of middle phalanges of second through fifth fingers



Anterior View

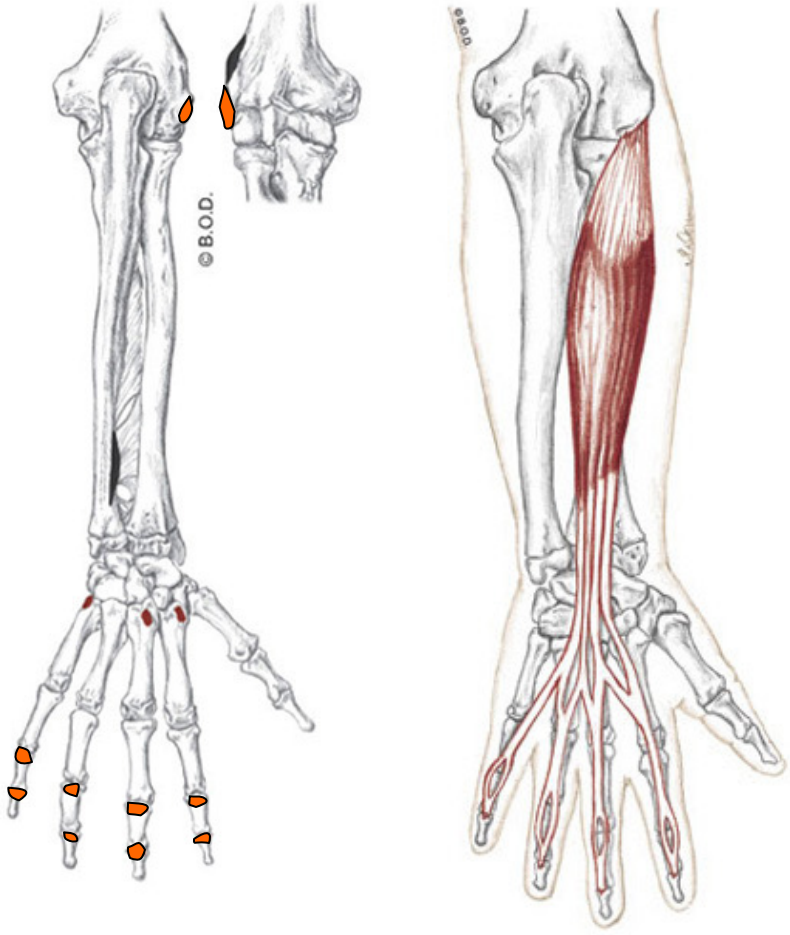
Extensor Digitorum, Trail Guide Page 136

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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