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.
30 minutes	**51b Kinesiology Quiz**
25 minutes	**Cadaver Video:** Acland's DVD Atlas of Human Anatomy
10 minutes	**Break** Announce the return time and write it on the board.
55 minutes	**Anatomy in Clay**
10 minutes	**Break** Announce the return time and write it on the board.
60 minutes	**Palpation**
5 minutes	**Break down, clean up, and circle up**
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:

- 53a Internship Orientation Review Questions (Due before class starts. Packet A: 179-180).
- 55a Review Questions (Due before class starts. Packet A: 181-194).

Quizzes:

- 51b Kinesiology Quiz NOW!!

Preparation for upcoming classes:

- 52a Pathology: Nervous System
  - Werner: Pages 143-170 and 187-224.
  - Packet E: 117-122.
  - RQ - Packet A: 179-180.
  - RQ - Packet A: 190-191.
- 52b Integration Massage: Deep Swedish
  - Packet D: 1-4.

51b Kinesiology Quiz

Grading your Quiz

- If an answer is correct, DO NOTHING
- If an answer is incorrect
  - Put an X through the incorrect answer
  - Write the correct answer to the left in the margin
- Example:

C ~~B~~ 1. What is anatomy?

A. Study of fishing

B. Study of the functions of the body

C. Study of the structures of the body

D. None of the options

51b Kinesiology Quiz

Scoring your Quiz

- BASE GRADE: count the number of WRONG answers (questions 1-20) and circle that number on the front page of the quiz
- EXTRA CREDIT: count the number of CORRECT extra credit points earned (questions 21-25) and write that number on the line to the right.
- FINAL GRADE: add the base score to the extra credit points and write the final grade on the line to the right

8a Written Exam Prep Quiz

Name Christopher Fritel Group August 2014 Date 8/14/14

Start time 8:25 End time 8:35 Total test time 10 minutes

Number of wrong answers	Grade		Extra Credit		Final Grade
0	100%	+	_____	=	_____%
1	95%	+	_____	=	_____%
2	90%	+	_____	=	_____%
3	85%	+	_____	=	_____%
4	80%	+	_____	=	_____%
(5)	75%	+	3	=	78 %
6	70%	+	_____	=	_____%
7	65%	+	_____	=	_____%
8	60%	+	_____	=	_____%
9	55%	+	_____	=	_____%
10	50%	+	_____	=	_____%
11	45%	+	_____	=	_____%
12	40%	+	_____	=	_____%
13	35%	+	_____	=	_____%
14	30%	+	_____	=	_____%
15	25%	+	_____	=	_____%
16	20%	+	_____	=	_____%
17	15%	+	_____	=	_____%
18	10%	+	_____	=	_____%
19	5%	+	_____	=	_____%
20	0%	+	_____	=	_____%

Cadaver Video

DVD 1, Part 2, Chapters 3-8: Brachialis, biceps, and brachioradialis
DVD 1, Part 3, Chapters 4-7: Finger flexors
DVD 1, Part 3, Chapters 8-10: 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.

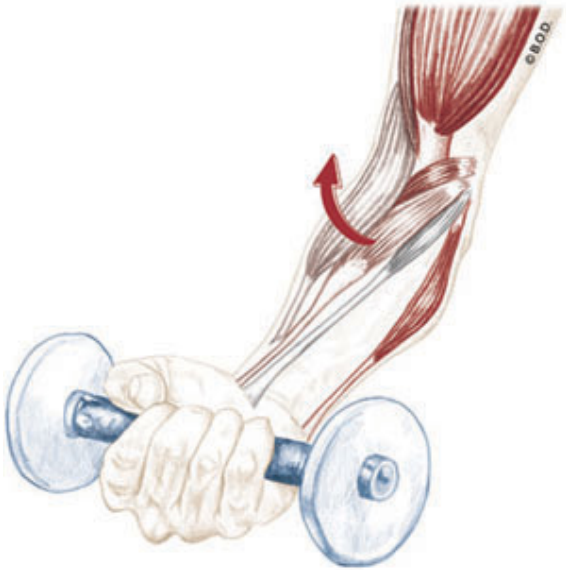
Brachialis, page 132

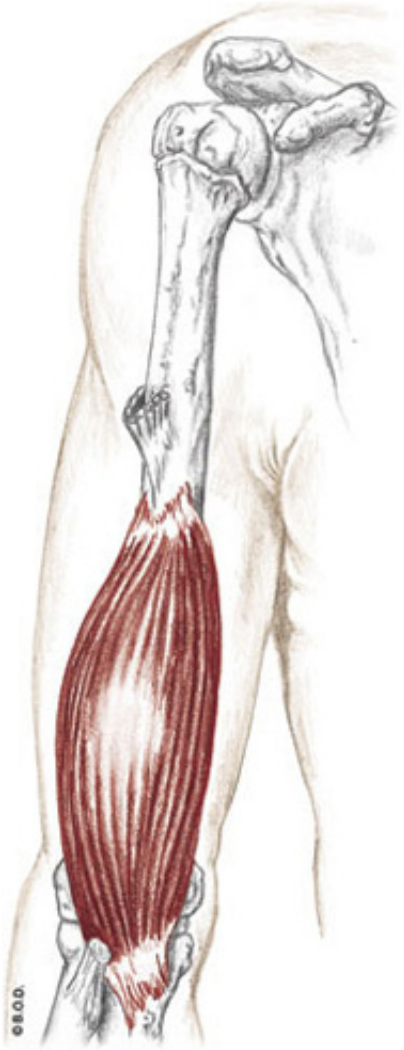
A Flex the elbow (humeroulnar joint)

O Distal half of anterior surface of humerus

I Tuberosity of the ulna

Coronoid process of the ulna





Anterior View

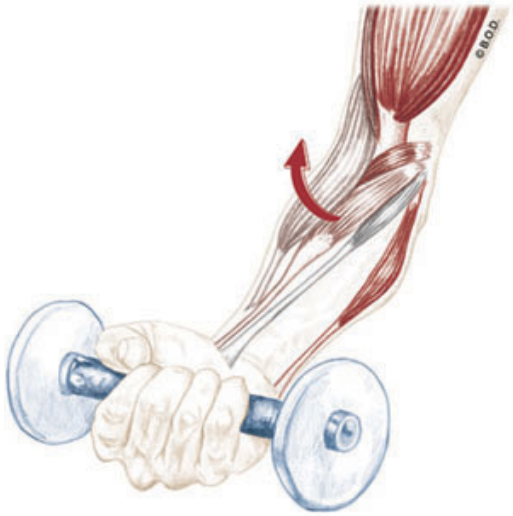
Brachioradialis, page 133

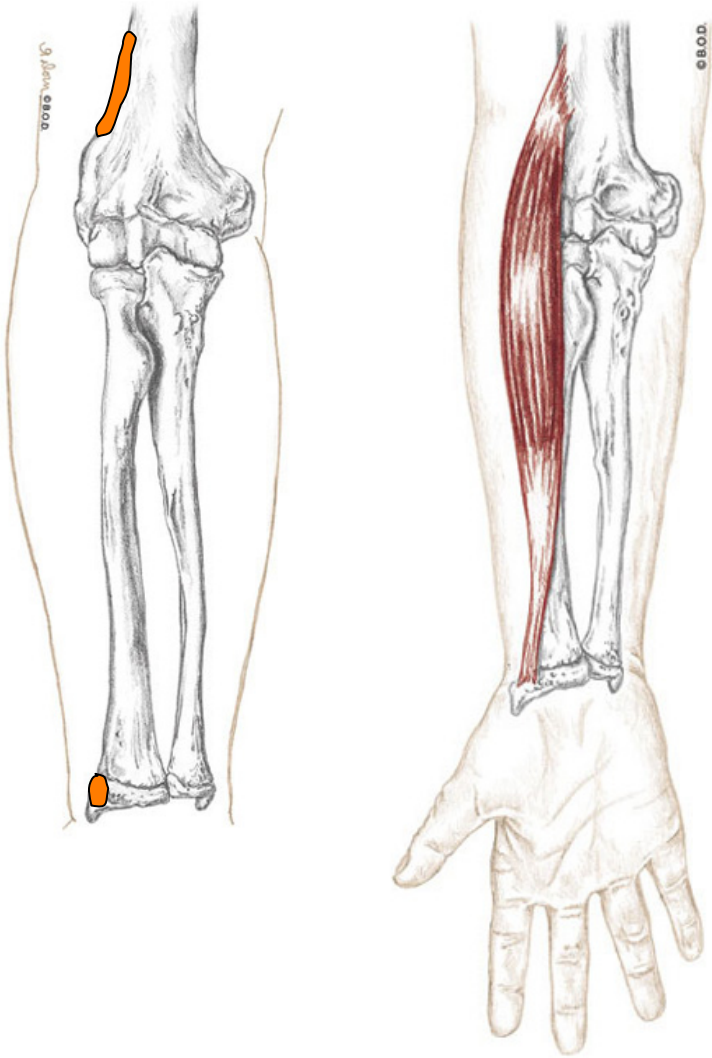
A Flex the elbow (humeroulnar joint)

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)

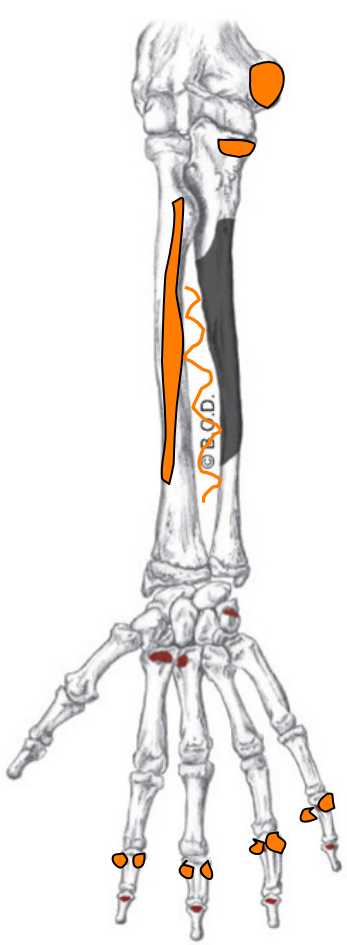
O Common flexor tendon from medial epicondyle of humerus

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

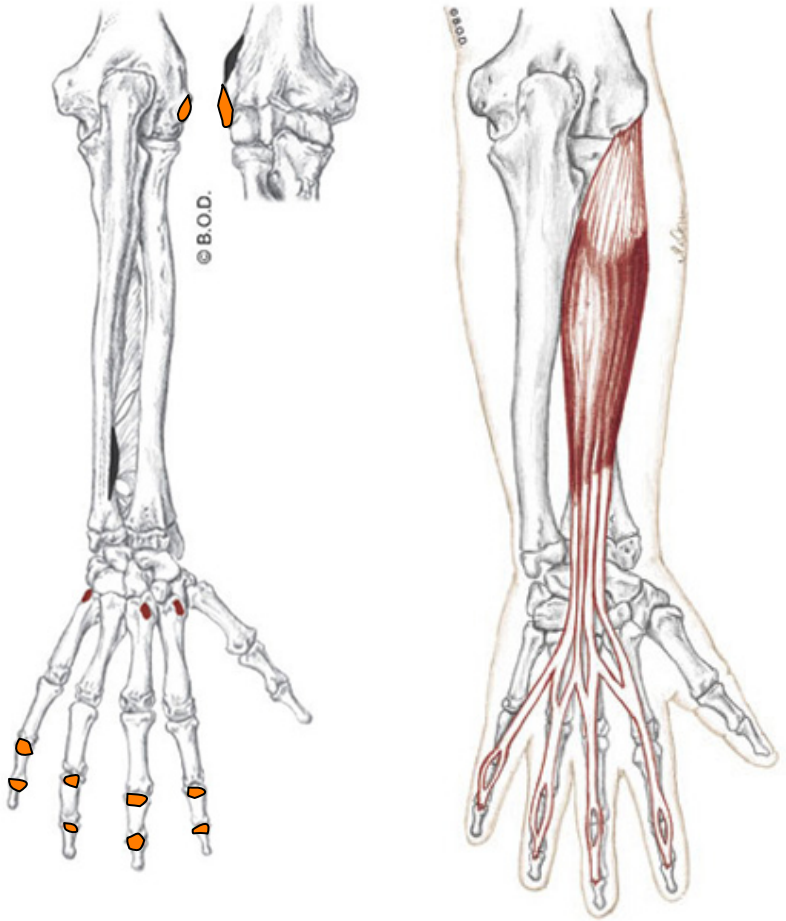
Extensor Digitorum, Trail Guide Page 136

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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