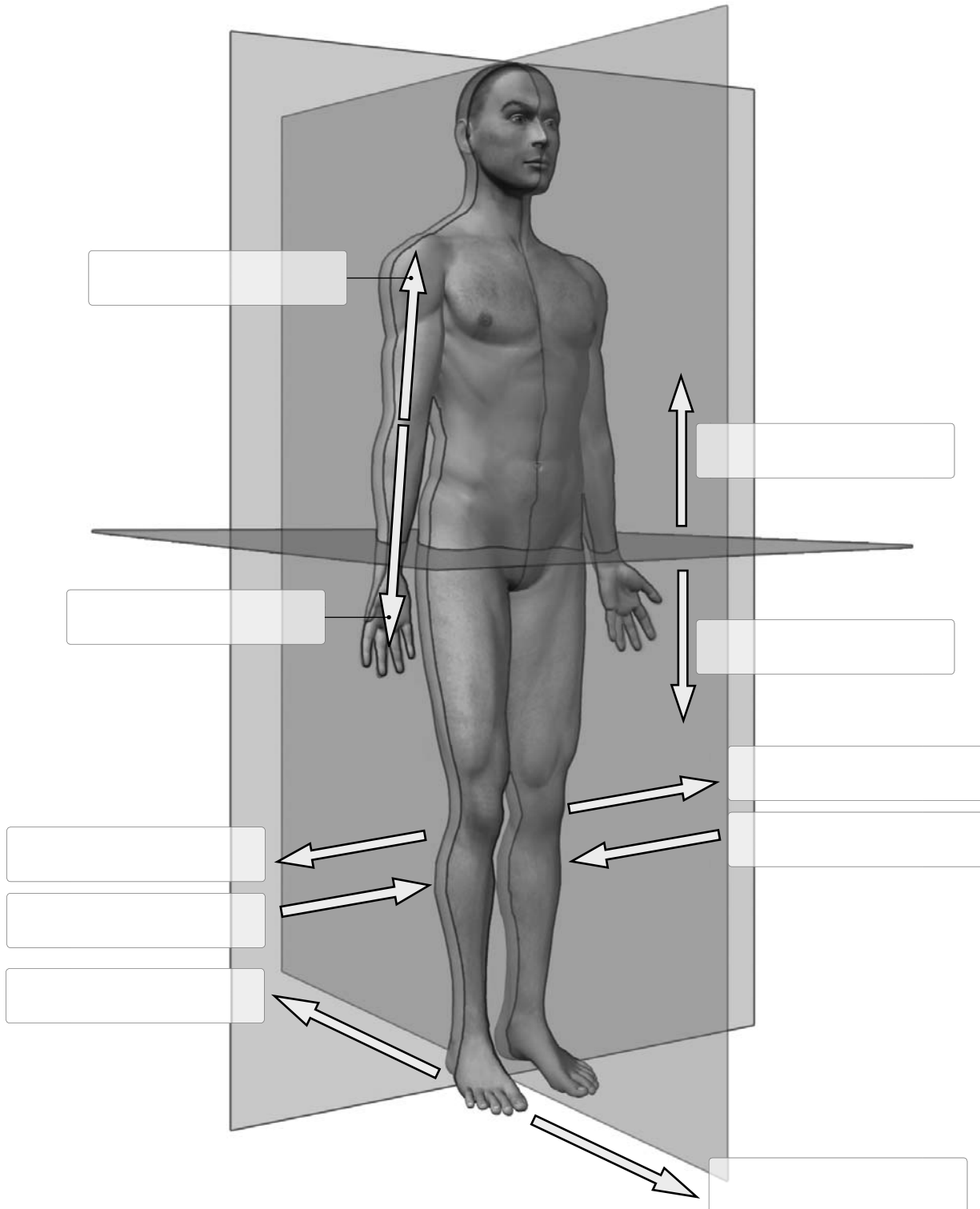




⚡ 3 The Language of Anatomy

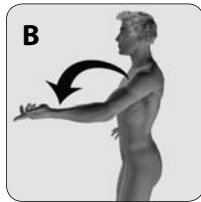
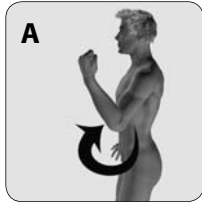
Of particular importance to studying anatomy is understanding the terminology that describes the location of specific body parts relative to other body parts. Label the directional terms on the figure below, and think of at least one example of how you would use each term in a sentence. Try it with a partner.





4 Joint Movements

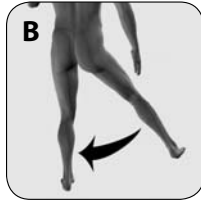
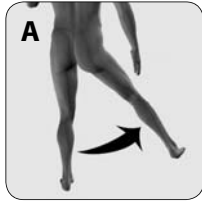
Most movements occur in antagonistic pairs, so for every movement, there is generally a movement opposite to it. Identify the major joint movements below, and provide at least one movement example for each set of movements. Then demonstrate some of these actions with a partner.



A _____ .

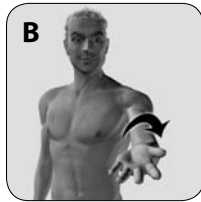
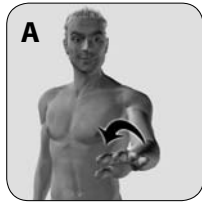
B _____ .

Movement examples:



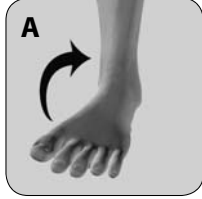
A _____ .

B _____ .



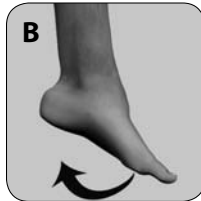
A _____ .

B _____ .



A _____ .

B _____ .



A _____ .

B _____ .



_____ .

_____ .

_____ .



_____ .

_____ .

_____ .



3

JOINTS OF THE HUMAN BODY (Textbook pages 32–42)



1 Key Terms and Definitions




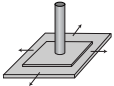
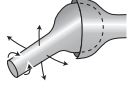
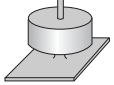


Define the key terms below in your own words.

Key Term	Definition
ball and socket joint	
cartilaginous joint	
condyloid (knuckle) joint	
fibrous joint	
hinge (ginglymus) joint	
ligaments	
pivot joint	
plane (gliding) joint	
saddle joint	
synovial joint	



2 Types of Synovial Joints

Synovial joints vary widely in structure and movement capabilities. Complete the table below summarizing the classification of synovial joints based on shape.

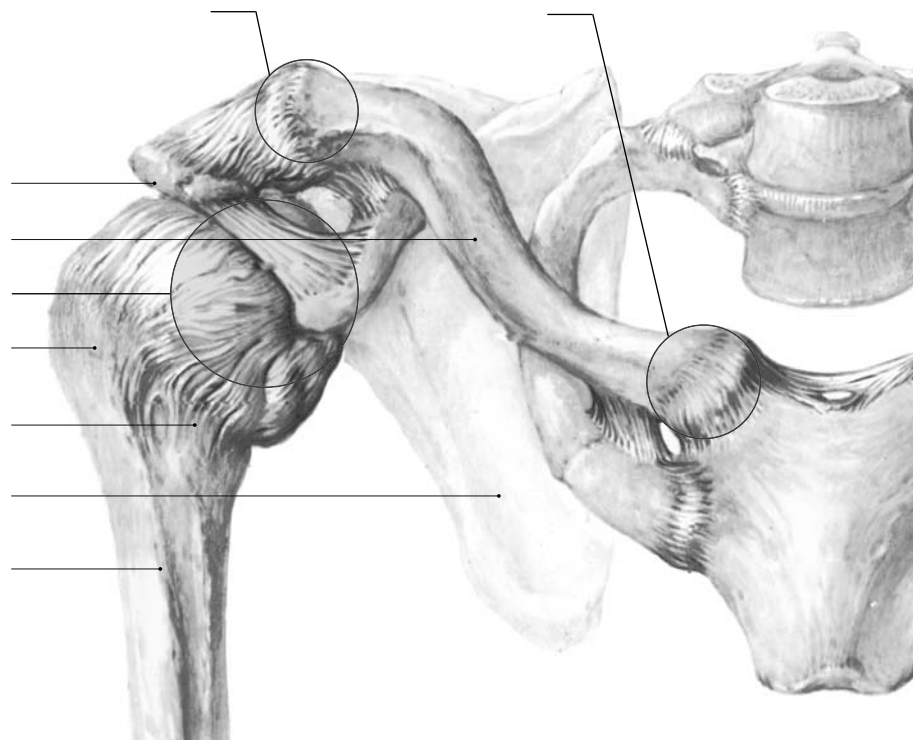
	Joint Type	Movement	Examples
			Elbow, interphalangeal joints of the fingers
	Plane		
		Movement in all planes: greatest range of movement	
			Atlantoaxial joint of the neck, forearm during pronation–supination
	Condyloid		
		Bones are set together as in sitting on a horse	Carpometacarpal joint of the thumb

3 Joints: From Head to Toe

(A) Joints of the Pectoral Girdle and Shoulder

Complete the diagram below using each of the following labels.

- 1 acromioclavicular joint
- 2 acromion
- 3 clavicle
- 4 glenohumeral joint
- 5 greater tubercle
- 6 humerus
- 7 lesser tubercle
- 8 scapula
- 9 sternoclavicular joint

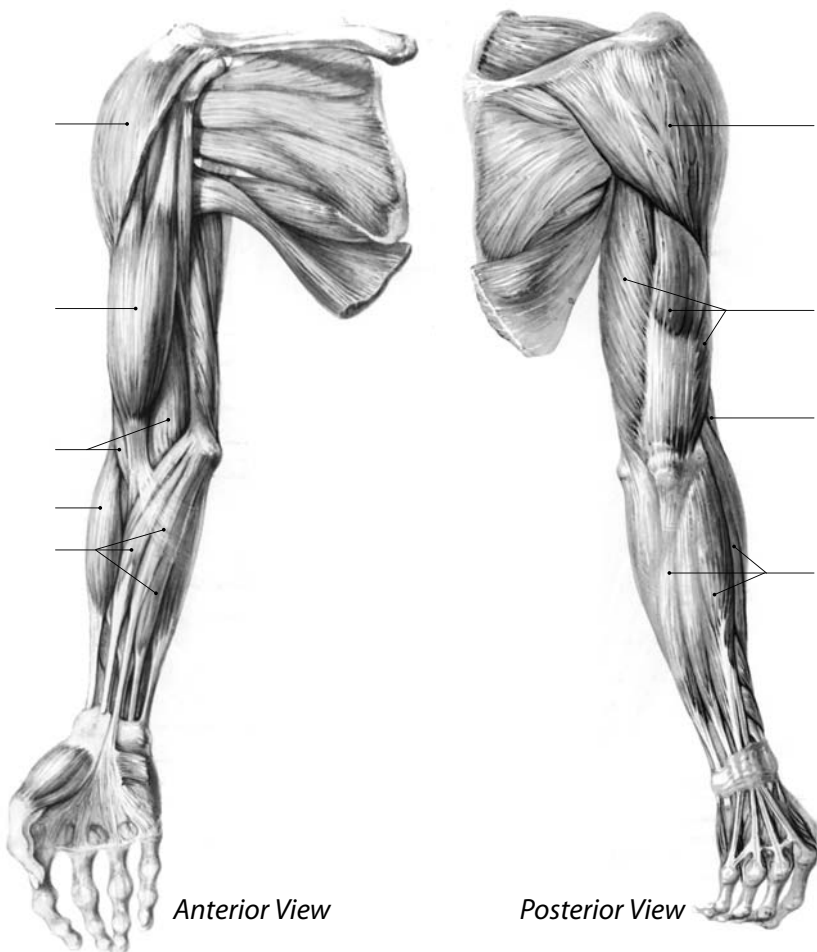




(F) Anterior and Posterior Muscles of the Arm

Complete the figures below using the labels provided.

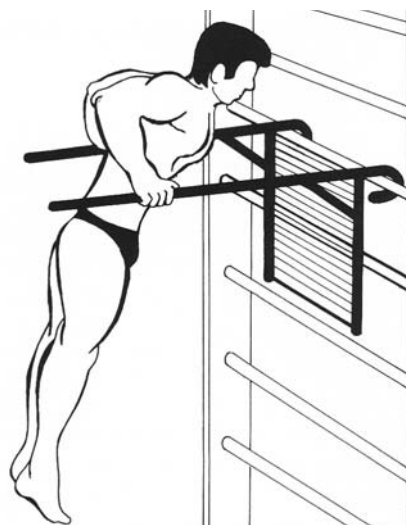
- 1 biceps brachii
- 2 brachialis
- 3 brachioradialis
- 4 deltoid
- 5 extensors of the wrist and digits
- 6 flexors of the wrist and digits
- 7 triceps brachii



The figure on the right depicts an exercise (“dips”) that can be used to strengthen the arms. Below, list other exercises used to develop the muscles of the arms, and specify which muscle group (i.e., flexors or extensors) is being worked.

Exercises:

- e.g., dips → extensors (triceps)
-
-
-



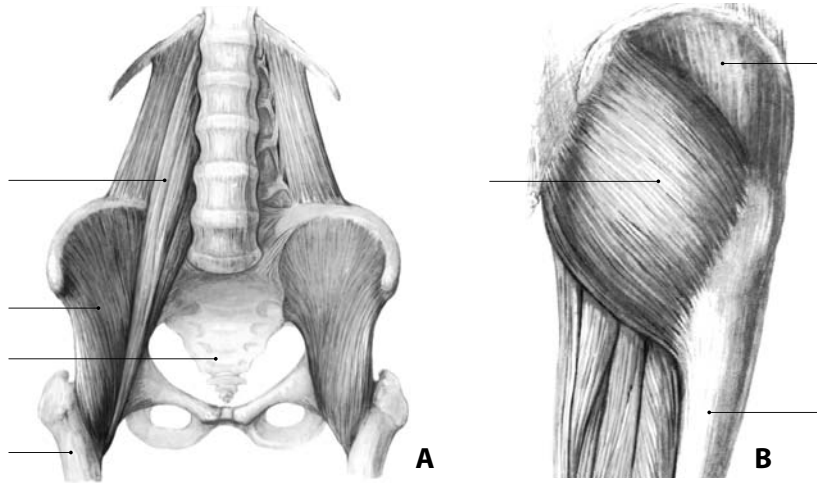


(G) Anterior and Posterior Muscles of the Pelvic Girdle

Identify the muscles below using the labels provided.



- 1 femur
- 2 gluteus maximus
- 3 gluteus medius
- 4 iliacus
- 5 psoas major
- 6 sacrum



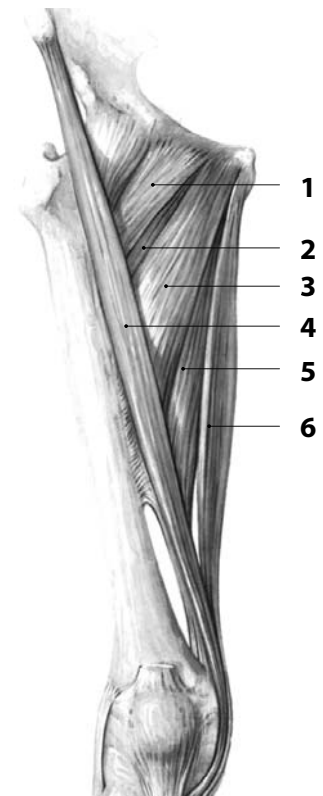
Labels 4 and 5 above unite to form the _____ muscle – the primary flexor of the hip.

List the three muscles that make up the *gluteals* from the most superficial layer to the deepest layer.

(H) Muscles of the Medial Compartment of the Thigh

Fill in the appropriate labels for the muscles of the medial compartment of the thigh.

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____



This group of medial thigh muscles has one primary action – that is, to _____ the thigh towards the midline.