

# WHO AM I? - LOWER BODY

## WHO AM I?

1. I am the only one of the deep posterior hip rotators which assists with medial rotation and extension of the femur. Hint, I can be a real pain in the you know what if the sciatic nerve is impinged.
2. We are the twins who help the Obturator Internus do its work.
3. I share tendonous connections to the Levator Ani of the pelvic floor.
4. I am a multi joint muscle which attaches from the transverse processes, spinal bodies and discs of T12-L5 to the lesser trochanter of the femur.
5. 60% of you do not have me.
6. I share a tendon with the Psoas.
7. We work together to help track the patella in knee extension.
8. I am the deepest of the quadriceps muscles, I wrap around the front and sides of the femur and I work in knee extension.
9. I am a 2 jointed muscle. I extend the knee and flex the hip. Very helpful when kicking a soccer ball.
10. I am a 2 jointed muscle that flexes the hip, abducts and externally rotates the leg. Hint: I am very helpful when sitting in lotus position.
11. I am the deepest abductor muscle. I lie underneath the gluteus medius and maximus.
12. I perform hip abduction and in all planes of motion.
13. I am a thick band of connective tissue which helps stabilize the knee and hip in standing and walking. Hint: I can really hurt when you roll on me.
14. I am the largest of the adductor muscles. My posterior fibers will also assist in hip extension.
15. I am a strap like muscle the acts as an adductor but also will flex the knee.
16. I am the portion of the hamstring that makes its attachment to the tibia via the pes anserinus, along with Sartorius and Gracilis.
17. I am a 2 headed hamstring who attaches from the ischial tuberosity to the lateral surface of the fibula.

## I AM!

\_\_\_\_\_OBTURATOR INTERNUS

\_\_\_\_\_RECTUS FEMORIS

\_\_\_\_\_PSOAS MAJOR

\_\_\_\_\_GIMELLI SUPERIOR AND INFERIOR

\_\_\_\_\_SARTORIUS

\_\_\_\_\_ADDUCTOR MAGNUS

\_\_\_\_\_GRACILIS

\_\_\_\_\_BICEPS FEMORIS

\_\_\_\_\_PIRIFORMIS

\_\_\_\_\_GLUTEUS MINIMUS

\_\_\_\_\_VASTUS INTERMEDIUS

\_\_\_\_\_GLUTEUS MEDIUS

\_\_\_\_\_ILIACUS

\_\_\_\_\_SEMI-TENDINOSUS

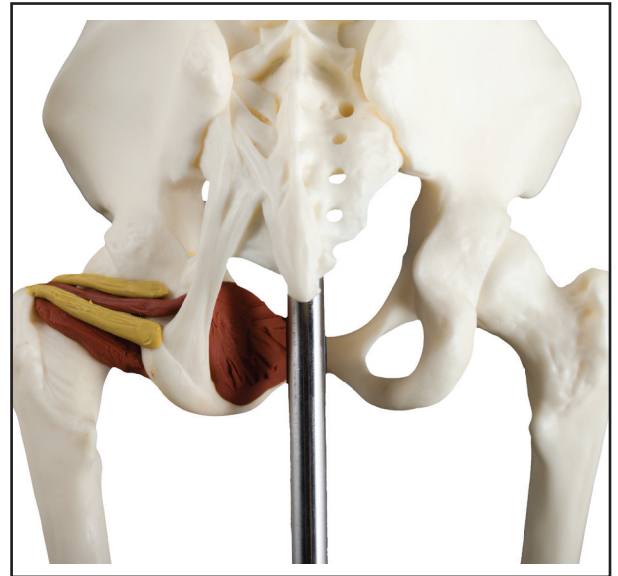
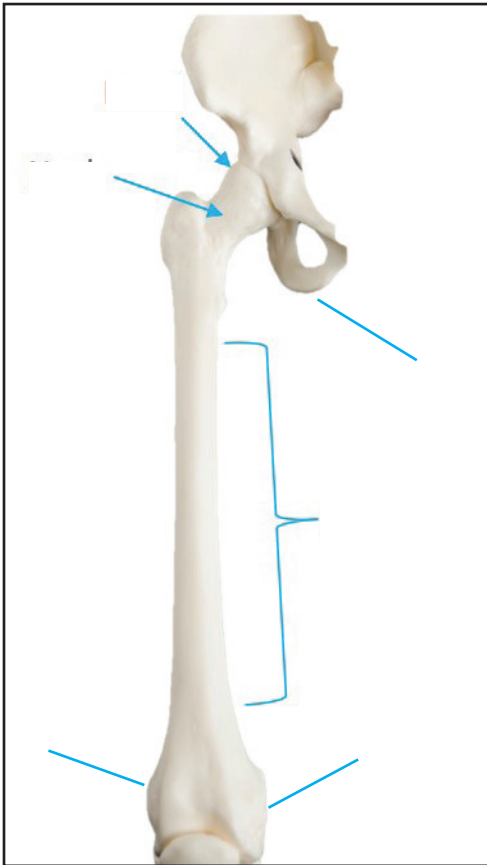
\_\_\_\_\_PSOAS MINOR

\_\_\_\_\_ILIOTIBIAL BAND

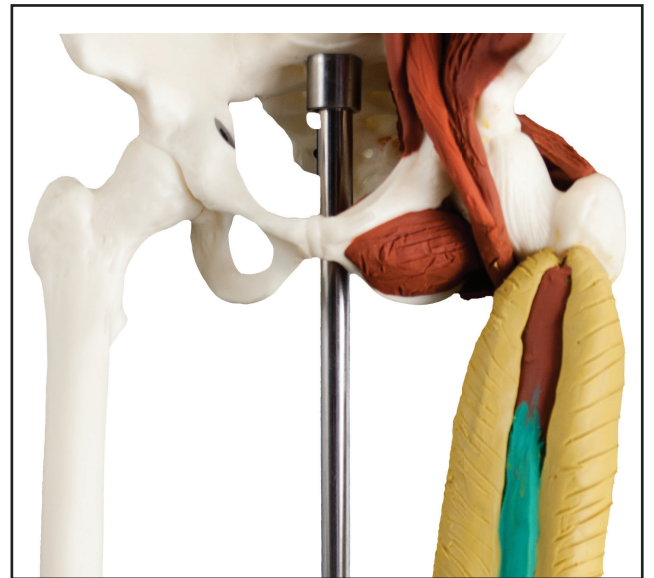
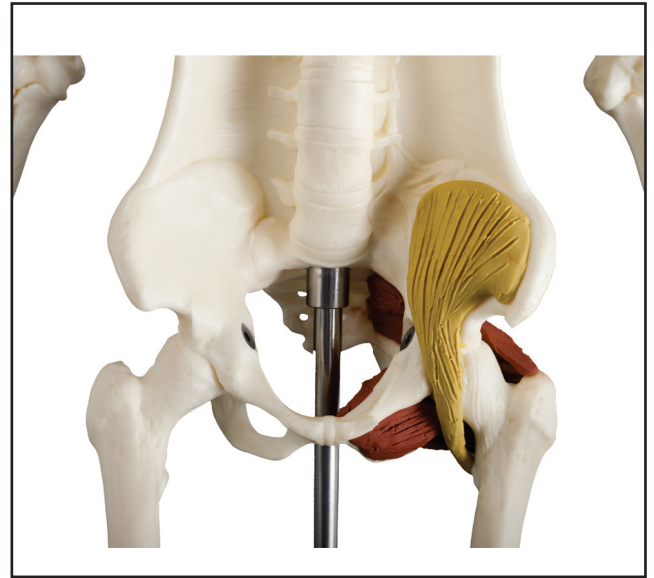
\_\_\_\_\_VASTUS MEDIALIS AND LATERALIS

# WHAT AM I? - LOWER BODY

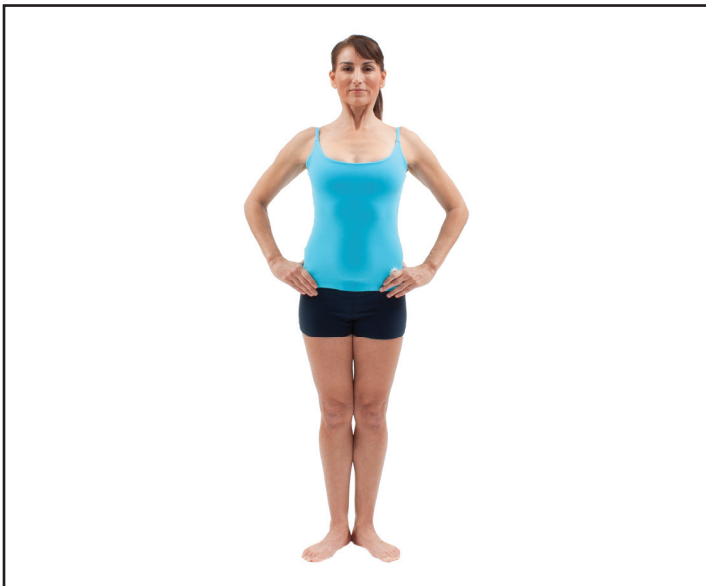
1. FEMORAL SHAFT
2. MEDIAL EPICONDYLE
3. HEAD OF FEMUR
4. NECK OF FEMUR
5. ISCHIAL TUBEROSITY
6. LATERAL EPICONDYLE



# WHAT AM I? - LOWER BODY

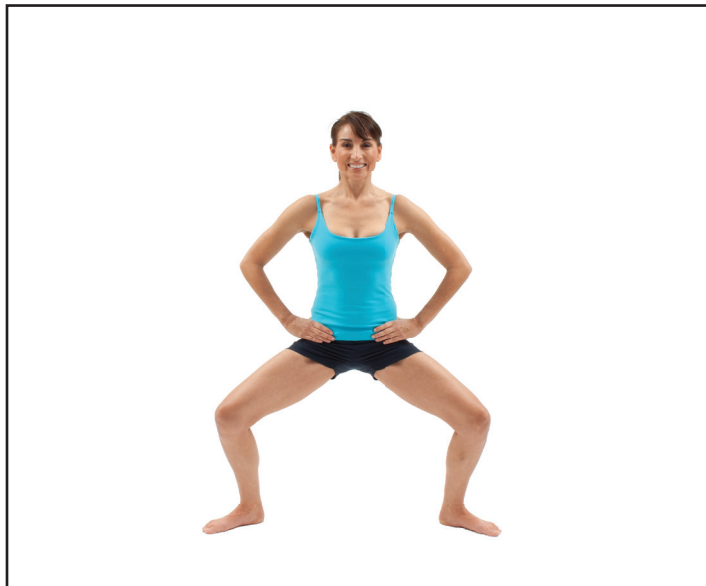


# WHAT AM I DOING ? - LOWER BODY



WHAT IS THE POSITION OF THE HIP?

WHAT MUSCLES ARE INVOLVED?



WHAT IS THE POSITION OF THE HIP?

WHAT MUSCLES ARE INVOLVED?



WHAT IS THE POSITION OF THE PELVIS?

WHAT HIP MUSCLES ARE INVOLVED?



WHAT IS THE POSITION OF THE HIP AND KNEE?

WHAT HIP AND KNEE MUSCLES ARE INVOLVED?

# WHO AM I? - TORSO

## WHO AM I?

## I AM!

1. I am the primary muscle of respiration. My origin includes the inner border of the ribcage, costal cartilages and the 12th rib.

\_\_\_\_\_RECTUS ABDOMINUS

2. I am the intercostals who assist in inhalation.

3. I elevate the first rib and assist with inspiration. When I work bilaterally, I flex the head and neck. When I work unilaterally I laterally flex the head to the same side and rotate the head and neck to the opposite side.

\_\_\_\_\_ROTATOIRES AND MULTIFIDI

4. I attach to the inferior border of the 12th rib, to the transverse processes of L1-L5 and the iliac crest. I am an important postural muscle that lies behind the Psoas and within the layers of the thoracolumbar fascia.

\_\_\_\_\_INTERNAL OBLIQUE ABDOMINAL

\_\_\_\_\_THORACOLUMBAR FASCIA

5. We tie the spine together by connecting the transverse processes and spinous processes at the deepest level.

\_\_\_\_\_SCALENES

6. Of the three primary erector spinae muscle groups, I am the one most lateral to the spine. I connect the sacrum and pelvis to the ribs and the ribs to the cervical spine

\_\_\_\_\_SUB-OCCIPITALS

7. I am connective tissue that connects the ribs, spine and pelvis to the deep abdominals, spinal muscles and latissimus dorsi.

8. I am the deepest of the abdominal muscles. My fibers run horizontally around the waist. I connect the ribs, spine and pelvis while protecting the internal organs.

\_\_\_\_\_DIAPHRAGM

9. I am the deep oblique abdominal muscle which covers the TA, and whose fibers are oriented up toward the midline. In addition to working with my partner oblique to facilitate flexion and lateral flexion, I also rotate the spine in the same direction, ipsilateral rotation.

\_\_\_\_\_EXTERNAL INTERCOSTALS

\_\_\_\_\_QUADRATUS LUMBORUM

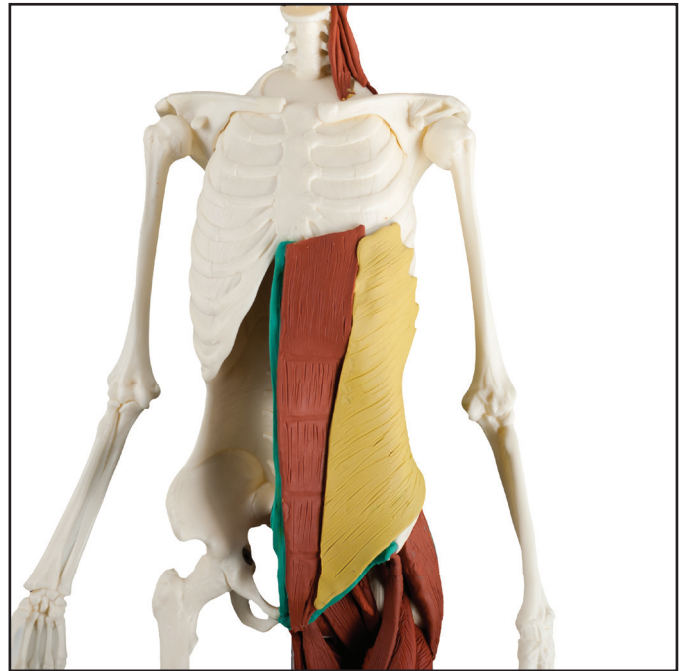
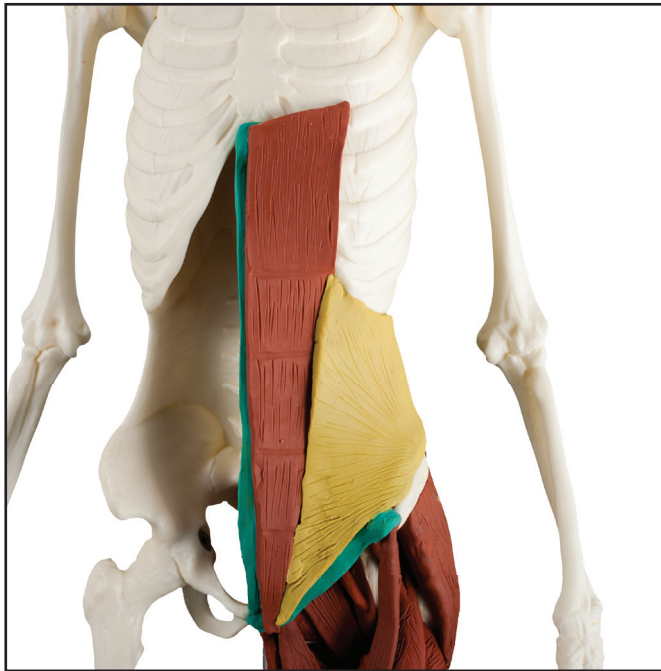
10. I am the abdominal muscle often referred to as the 6-pack. I connect the front of the ribcage to the pubic bone.

\_\_\_\_\_ILIOCOSTALIS

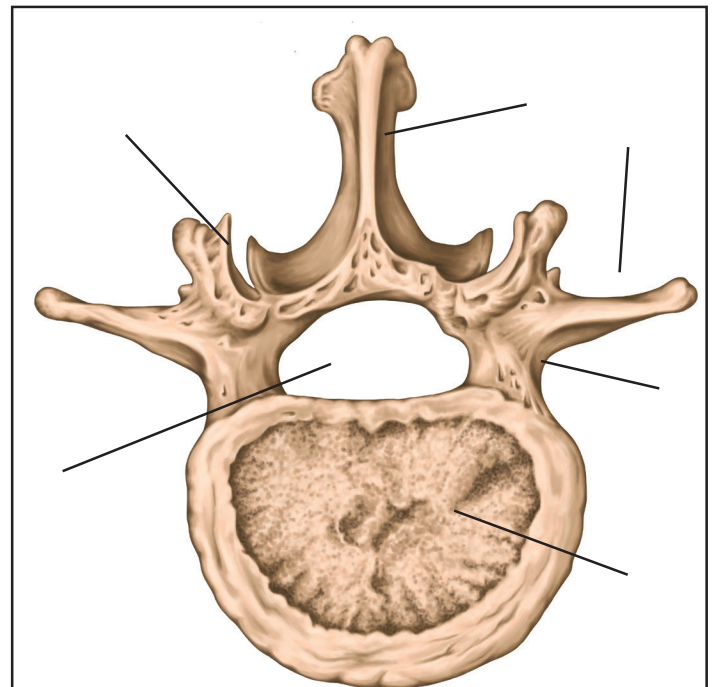
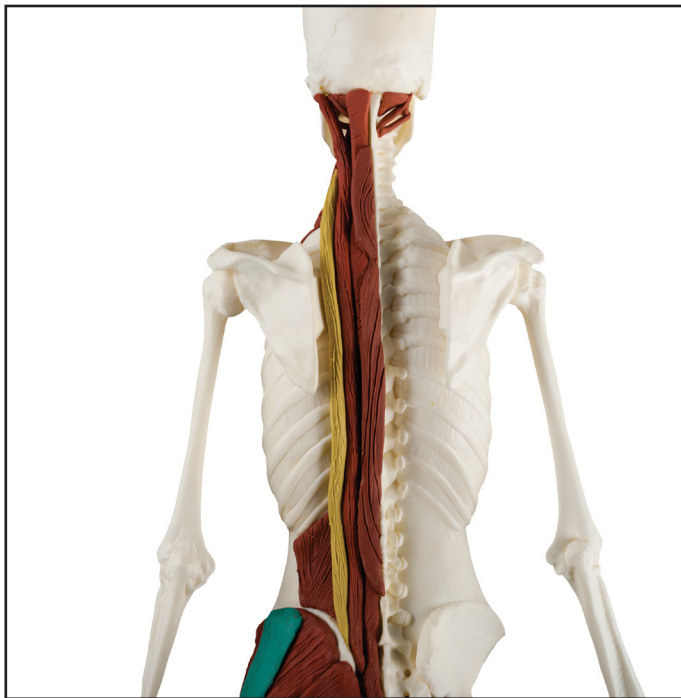
11. I am the small muscles of the head and neck which make microadjustments as eyes and head move.

\_\_\_\_\_TRANSVERSE ABDOMINIS

# WHAT AM I? - TORSO



# WHAT AM I? - TORSO



A. Vertebral body  
B. Pedicle  
C. Transverse process

D. Vertebral foramen  
E. Superior articular facet  
F. Spinous process

# WHAT AM I DOING ? - TORSO



WHAT IS THE POSITION OF THE SPINE?

NAME 3 MUSCLES WHICH ARE INVOLVED?



WHAT IS THE POSITION OF THE SPINE?

WHAT CORE MUSCLES ARE INVOLVED?



WHAT IS THE POSITION OF THE SPINE?

WHAT CORE MUSCLES ARE INVOLVED?



WHAT IS THE POSITION OF THE SPINE?

WHAT MUSCLES ARE INVOLVED?

# WHO AM I? - UPPER BODY

## WHO AM I?

1. The four of us work together to hold the humerus in the glenoid fossa and adjust humeral motion within the joint (choose all that apply).

I AM!  
\_\_\_\_\_BRACHIALIS

2. Of the four rotator cuff muscles I am the only one that lies on the underside of the scapula. I make my connection to the lesser tubercle of the humerus and am responsible for medial rotation, adduction and extension of the glenohumeral joint.

\_\_\_\_\_TRAPEZIUS

3. I am also one of the four rotator cuff muscles. I sit on top of the scapula and make my connection to the greater tubercle of the humerus. My tendon runs under the roof of the acromion. I am primarily active the first 30° of abduction and help the head of the humerus avoid bumping up against the acromion.

\_\_\_\_\_TERES MAJOR

\_\_\_\_\_SUBSCAPULARIS

4. I connect the scapula to the humerus and assist the larger latissimus dorsi muscle. I extend, adduct and medially rotate the glenohumeral joint.

\_\_\_\_\_SERRATUS ANTERIOR

5. I am a three headed muscle of the arm and the primary elbow extensor.

\_\_\_\_\_TRICEPS BRACHII

6. I cover the anterior aspect of the humerus and I attach to the ulna. As a result, I flex the elbow regardless of the position of the forearm.

\_\_\_\_\_PECTORALIS MAJOR

7. I tie the scapula to the ribcage and work as a key stabilizer of the scapula. If I am weak, you may 'wing'. I am involved with upward rotation and protraction of the scapula.

\_\_\_\_\_INFRASPINATUS

8. I, along with the biceps brachii and coracobrachialis, attach to the coracoid process. I make my attachment to the anterior surface of ribs 3-5.

\_\_\_\_\_PECTORALIS MINOR

9. I am the widest muscle of the back and I tie the mobile humerus to the stability of the thoracolumbar fascia and the pelvis.

\_\_\_\_\_DELTOID

10. I am a large fan shaped muscle that connects the humerus to the anterior torso. You make me in three pieces. I am involved in adduction, horizontal adduction and medial rotation.

\_\_\_\_\_TERES MINOR

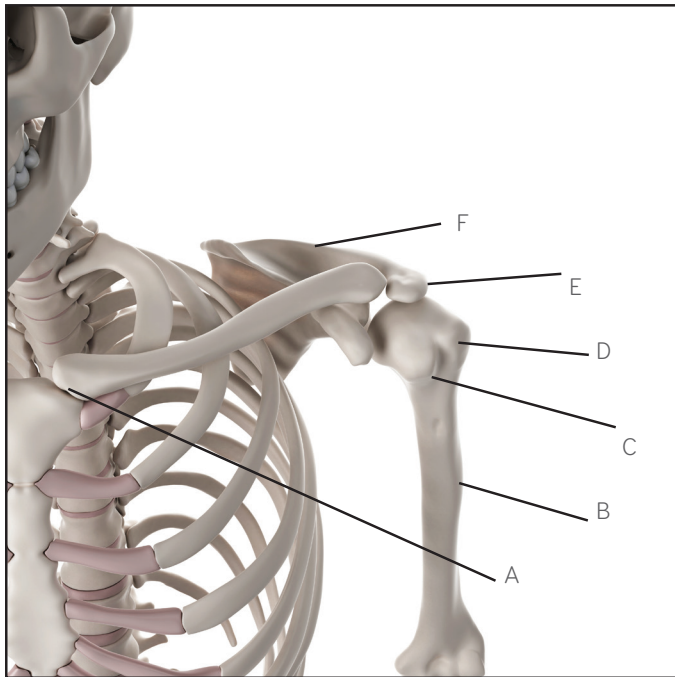
11. I create the bulk of the surface anatomy of the shoulder. Because of my origins on the clavicle, acromion and scapular spine and my attachment on the humerus, I am active anytime the arm lifts.

\_\_\_\_\_LATISSIMUS DORSI

12. I too am a muscle you build in 3 parts. I may be superficial but I cover a lot of territory as I attach the skull to T12, fill the superior border of the clavicle, acromion and scapular spine.

\_\_\_\_\_SUPRASPINATUS

# WHAT AM I? - UPPER BODY



---

---

---



---

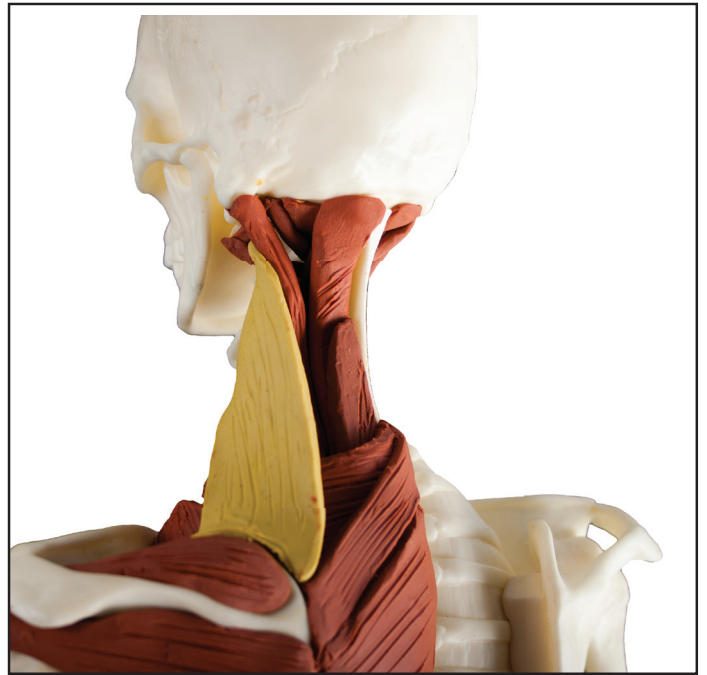


---



---

# WHAT AM I? - UPPER BODY



# WHAT AM I DOING ? - UPPER BODY



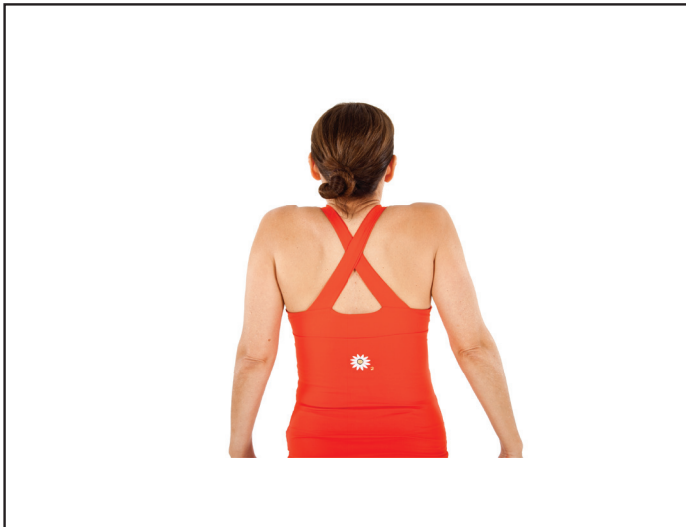
WHAT IS THE POSITION OF THE SCAPULA?

NAME MUSCLES WHICH ARE INVOLVED?



WHAT IS THE POSITION OF THE SHOULDER?

WHAT MUSCLES ARE INVOLVED?



WHAT IS THE POSITION OF THE SCAPULA?

WHAT MUSCLES ARE INVOLVED?



WHAT ARE THE ACTIONS OF THE SPINE AND LEFT SHOULDER?

WHAT ARE SOME OF THE MUSCLES INVOLVED?