

## **Anatomy Homework-June**

### **Reading:**

Please read the following chapters before our next meeting in June:

Little, Chapter 2 p. 43 - "The Pelvis Potential"

Lasater, Chapters 8-9 p. 93-118 - "The Pelvis, Hip, and Femur" and "The Knee joint and Leg"

### **Muscles:**

Study the major muscle groups in the lower extremity. Review each muscle individual as well as together with their muscle group. Don't worry about the major actions, for now just take in the location on the body and look for commonalities with their neighboring muscles. Use all of our resources (Trail Guide, anatomy app or Netter Atlas) to study the following muscles:

(TG =Trail Guide)

- Gastrocnemius - TG Page 371
- Hamstrings- biceps femoris, semi-membranous, semitendinosus (all 3) TG 311-314
- Quadriceps (all 4)- vastus lateralis, vastus medialis, vastus intermedius; rectus femoris; TG 306-310
- Gluteus maximus, medius, and minimus; TG 315-318
- IT Band and TFL; TG 324-325
- Adductor Muscle Group; TG 319-323

Also, please review the bony landmarks on Pelvis and study the landmarks in the Femur. Use your Trail Guide for reference.

Please contact me with any questions!

Happy Studying!