

YTT Weekend 5 (July) Anatomy Homework and Reading

Review

Before moving on to study the new material for July, please take this week to review and integrate the anatomy from this weekend.

- Read the lecture note handout on “Pillars of the Legs”
- Fill in any areas in the notes that are blank as homework
- Use the articles that I have posted as a resource if you find it helpful

New Chapter Reading

- Read Lasater:
 - Chapter 3: Introduction to the Vertebral Column p. 33-47
 - Chapter 6: The Lumbar Spine p. 71- 77
 - Chapter 5: The Thoracic Spine, p. 65-68
 - Chapter 7: The Sacrum p. 81-86
 - Chapter 11: The Abdomen p. 135 - 140
 - Chapter 12: The Diaphragm p. 143 - 146
- Read Little:
 - Chapter 3: The Sacred Sacrum p. 74 - 102
 - Chapter 4: The Belly Brain p. 103 - 135

Study in the Trail Guide:

- Review: Components of the spine and thorax p. 170-174
 - Study bony landmarks on vertebrae - p. 172
- Study : Muscles of the Spine and Thorax
 - P. 188, 189, 190;
 - Erector Spinae Group : p. 196 - 197
 - Quadratus Lumborum: p. 207-208
 - Abdominals: p. 209 - 212
 - Diaphragm, Intercostals, Serratus Posterior : p. 213- 216
 - Thoracolumbar Aponeurosis: p. 220
 - Intervertebral Joints : p. 222
- Study: Hip Flexors
 - Iliopsoas: p. 332 - 336

Anatomy App (Or Netter's Atlas)

- Use these as a resource to engage with the muscles in a deeper way

Please email me directly with any questions!