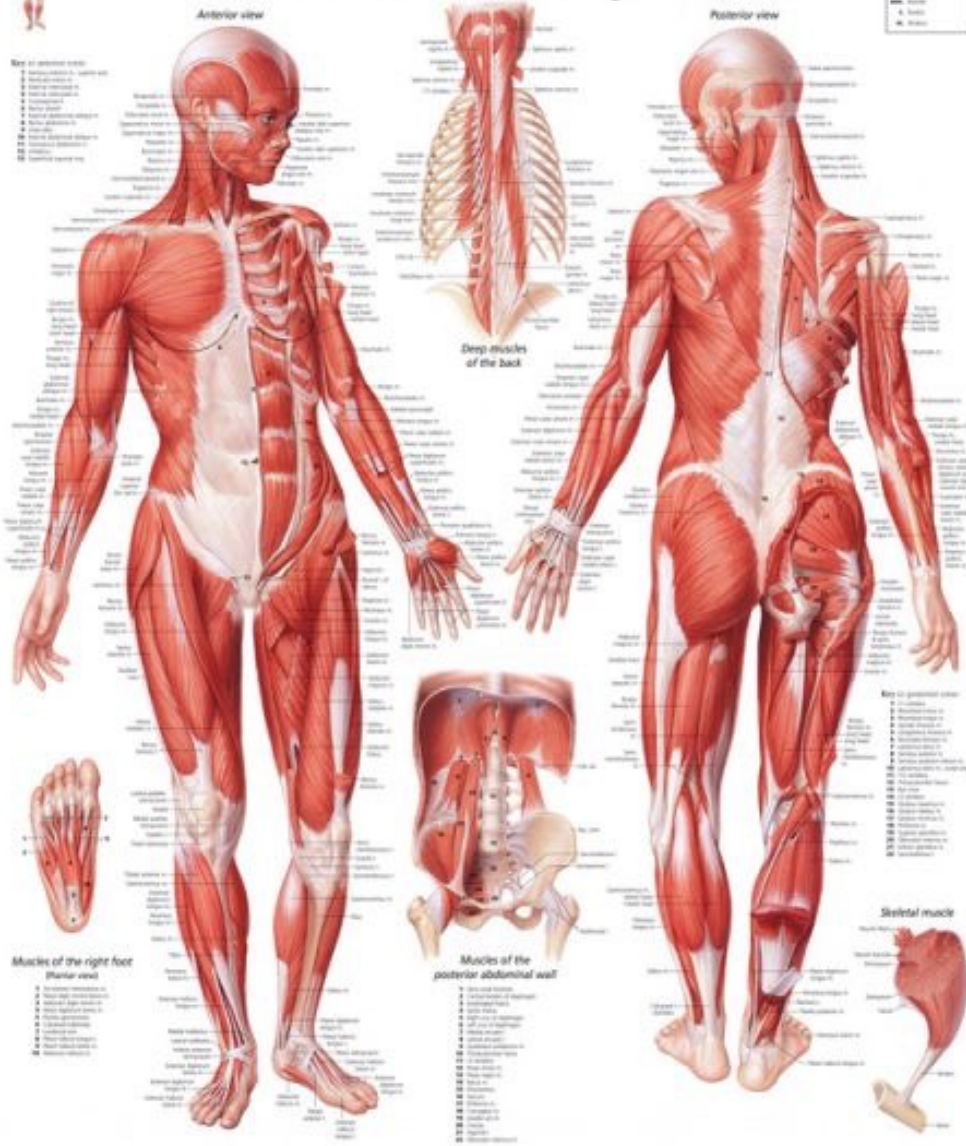


FIRST:
DO THE BONY
LANDMARK QUIZ

MUSCULOSKELETAL REVIEW: GETTING THE BIG PICTURE



The Female Muscular System

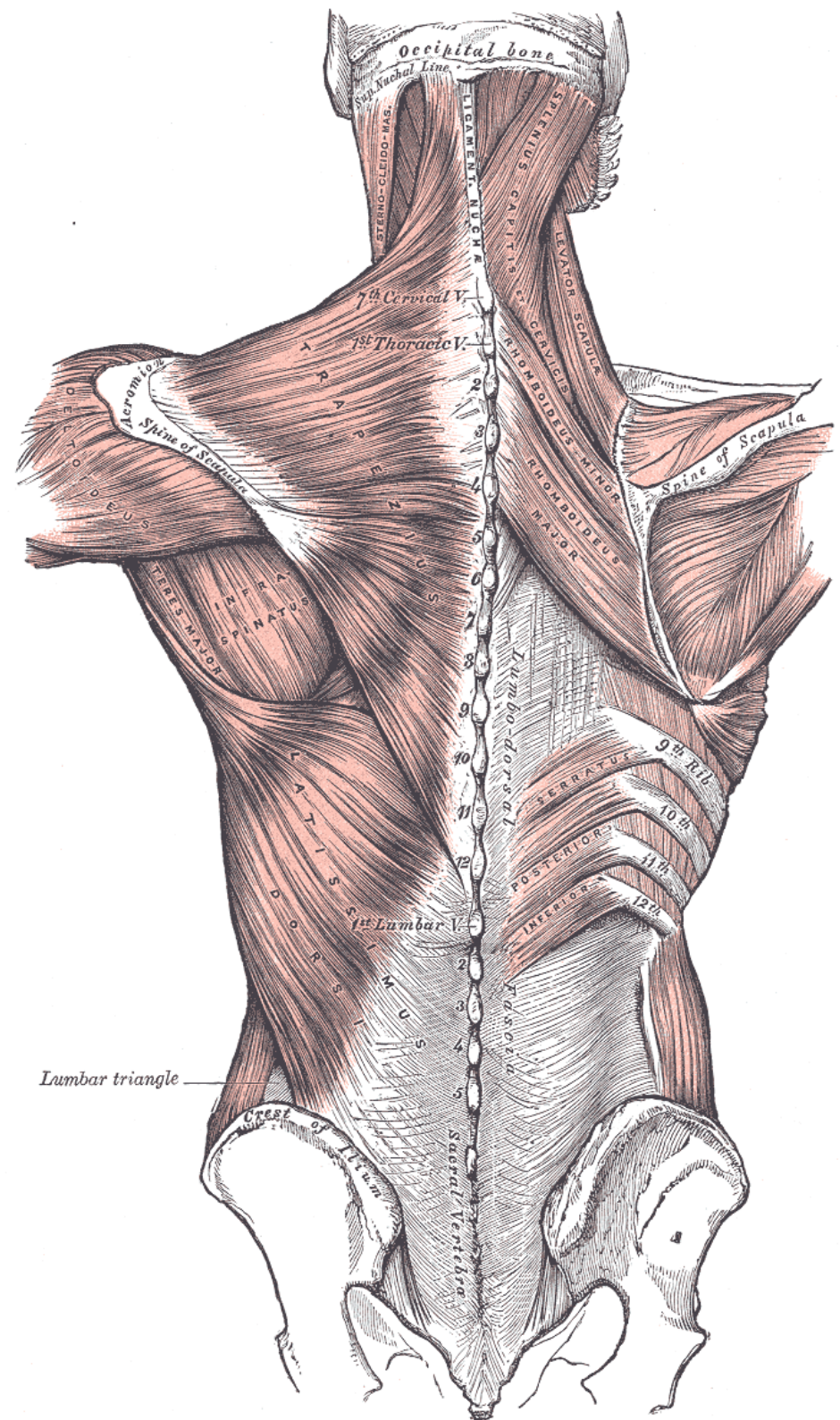


THE MUSCULAR SYSTEM



READING A MUSCULOSKELETAL CHART

SUPERFISCIAL & DEEP



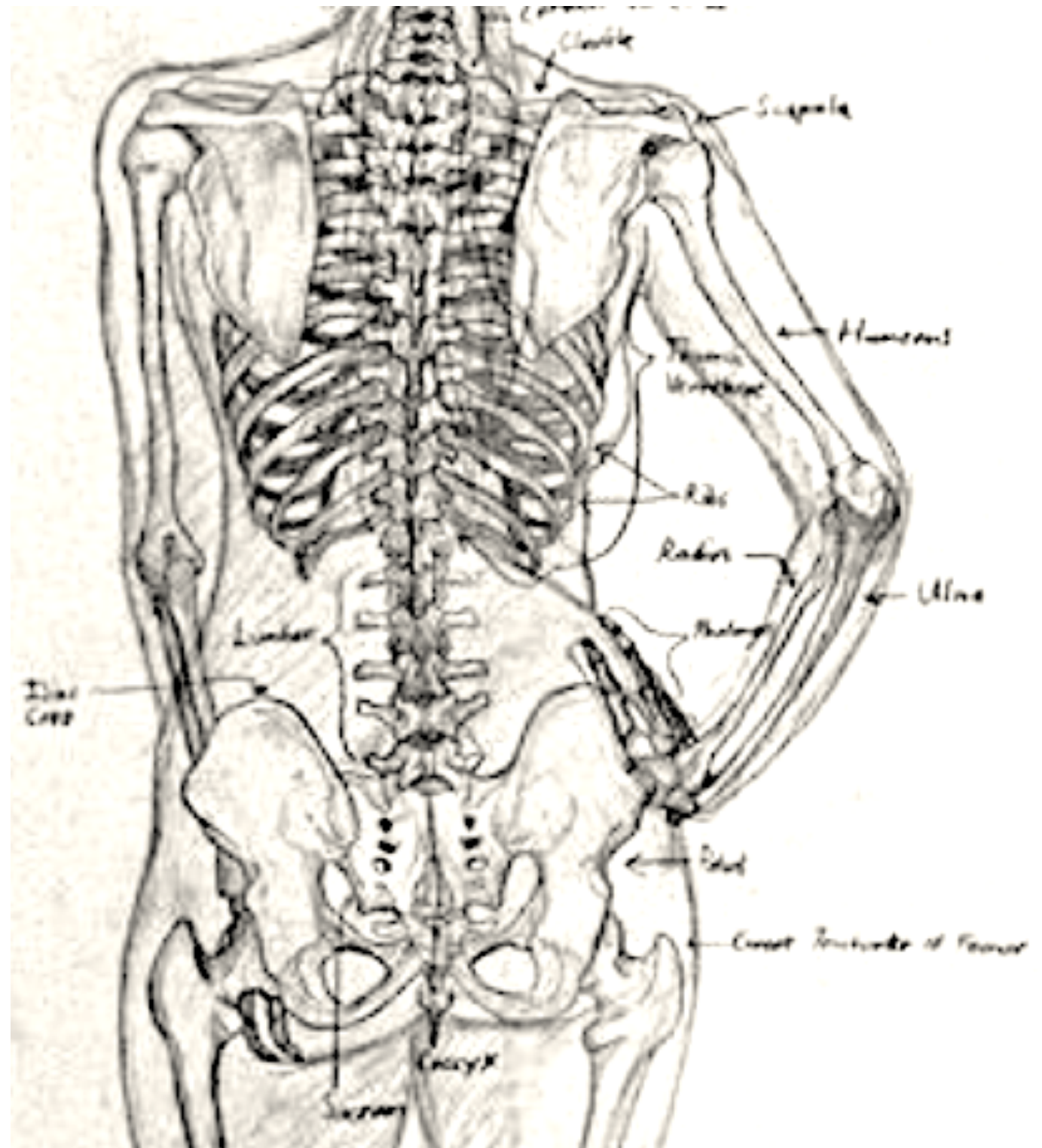
OVERVIEW OF *ESSENTIAL* BONEY LANDMARKS

- Pelvis
 - Iliac Crest
 - ASIS & PSIS
 - Pubic Symphysis
 - Ischial Tuberosity
- Scapula
 - Inferior & Superior Angles
 - Medial & Lateral Borders
 - Acromion Process
 - Coracoid Process
 - Spine of the Scapula
- Spine
 - Sacrum
 - L1-5
 - T1-12
 - C2-7
- Skull
 - Mandible
 - Cranium
 - Occipital Ridge

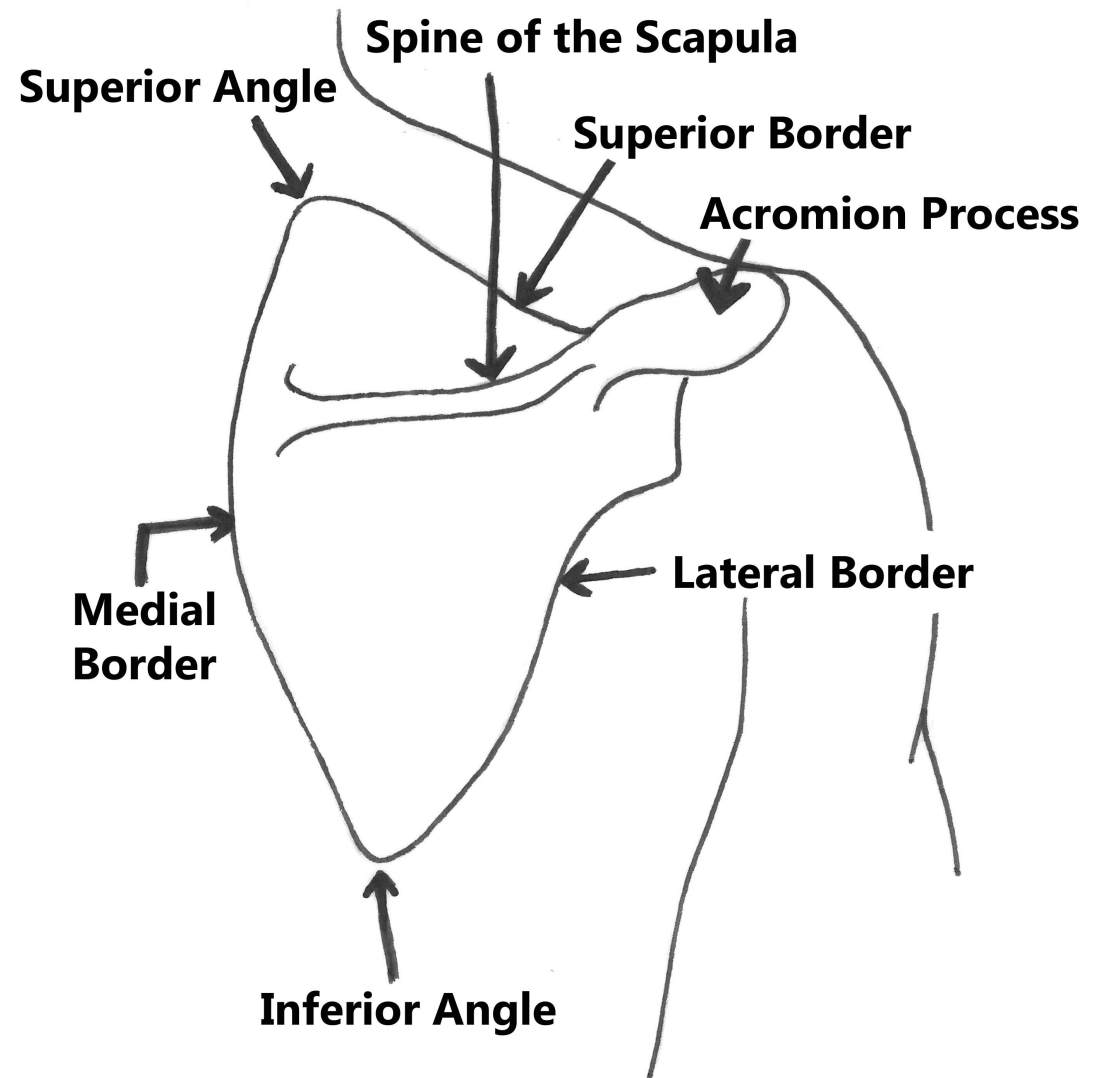
SCAPULA

SPINE

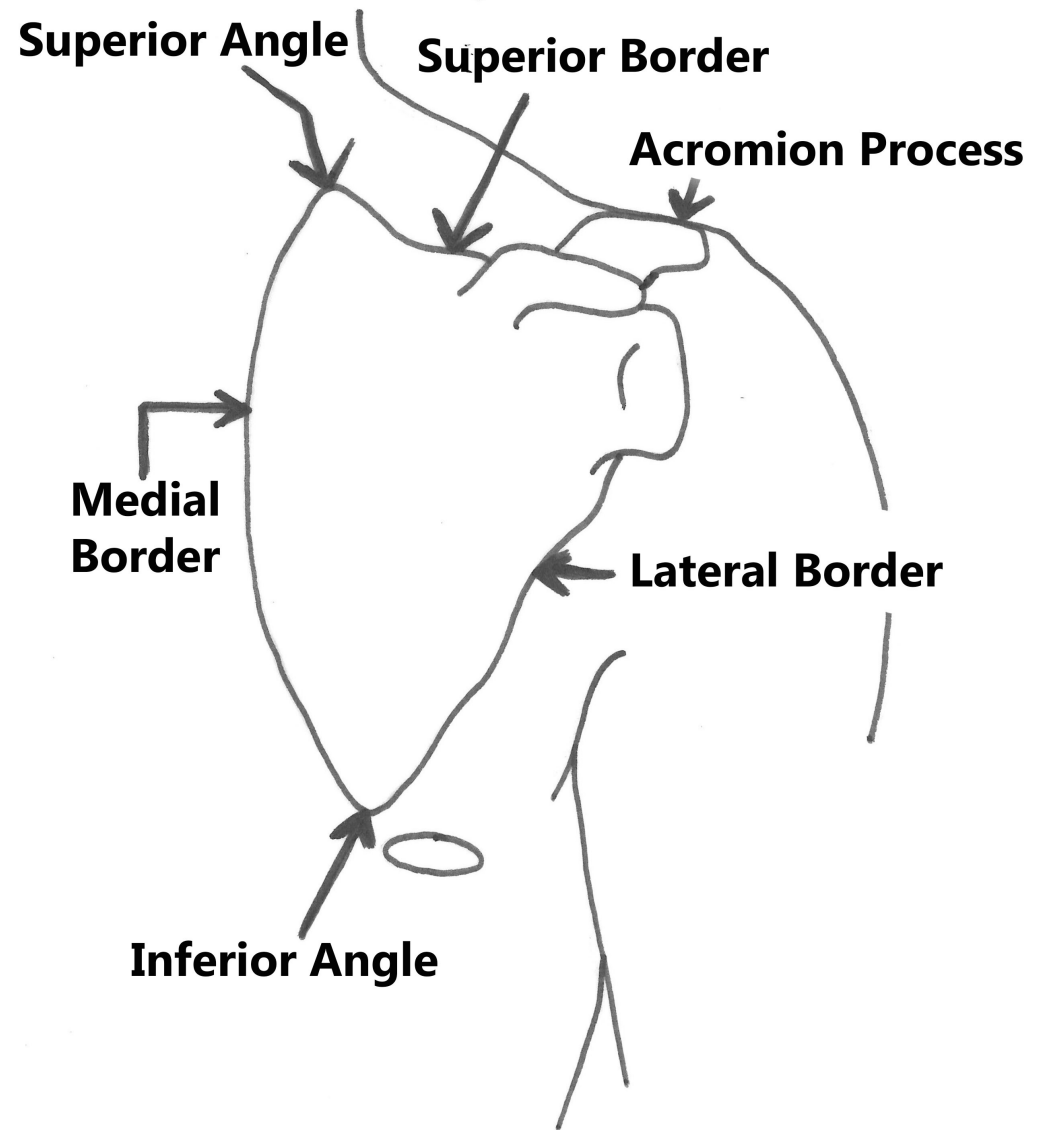
PELVIS

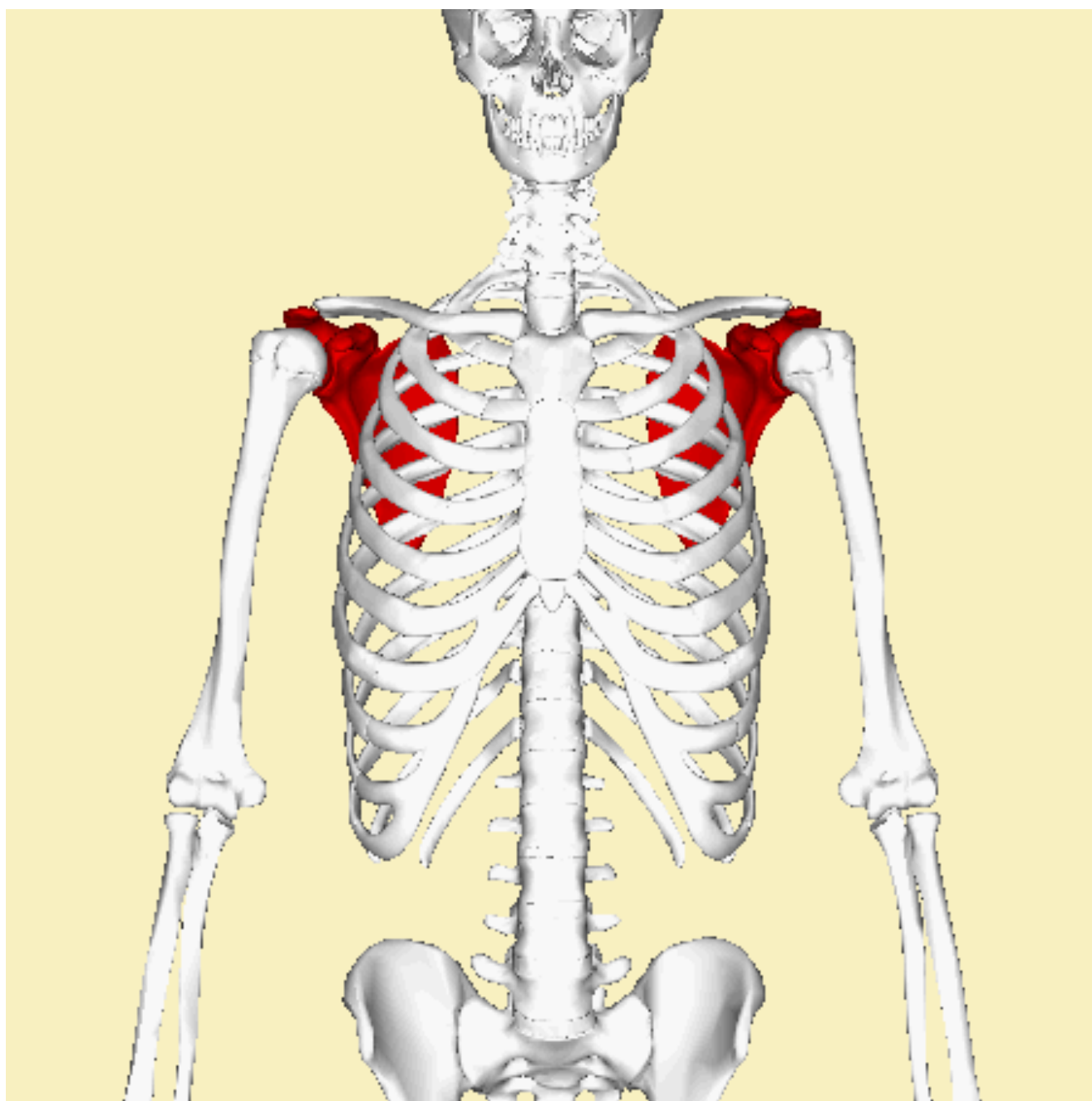


POSTERIOR VIEW OF THE SCAPULA



ANTERIOR VIEW OF THE SCAPULA

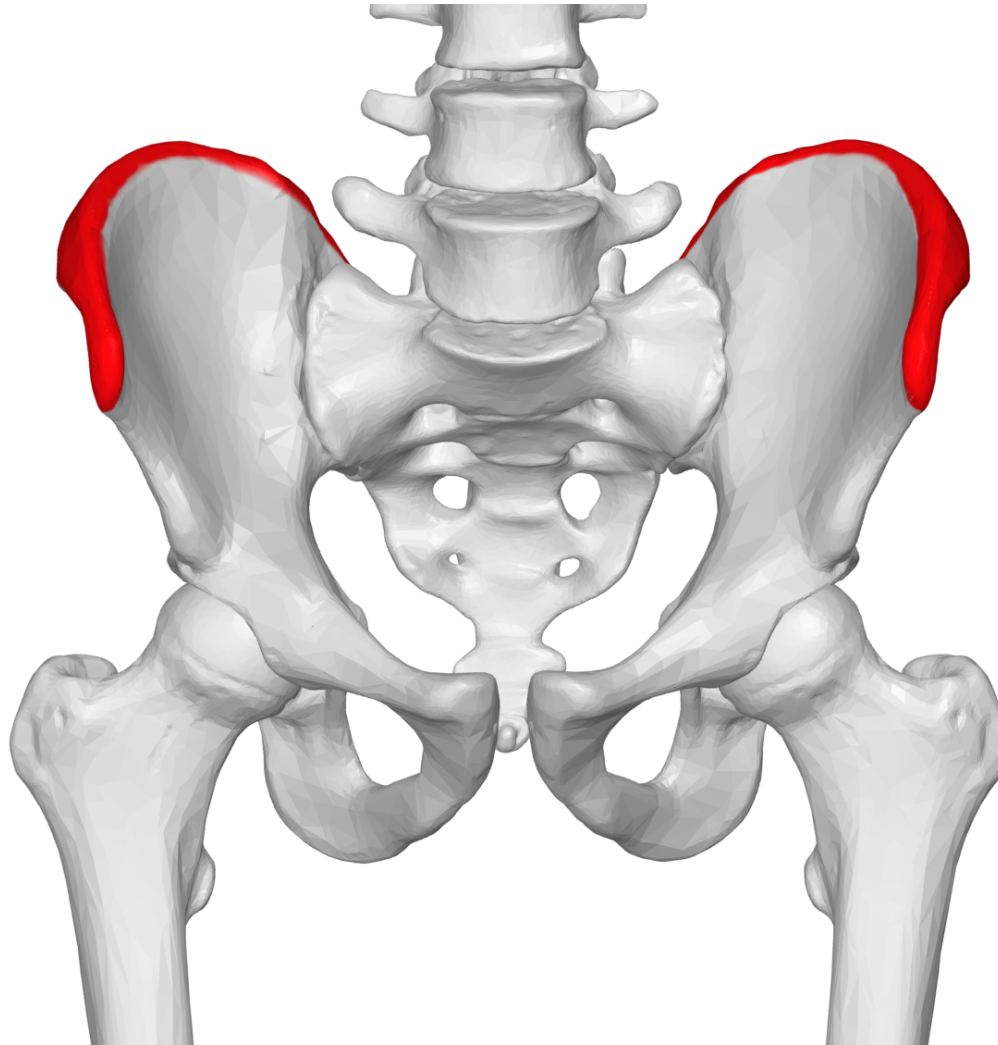




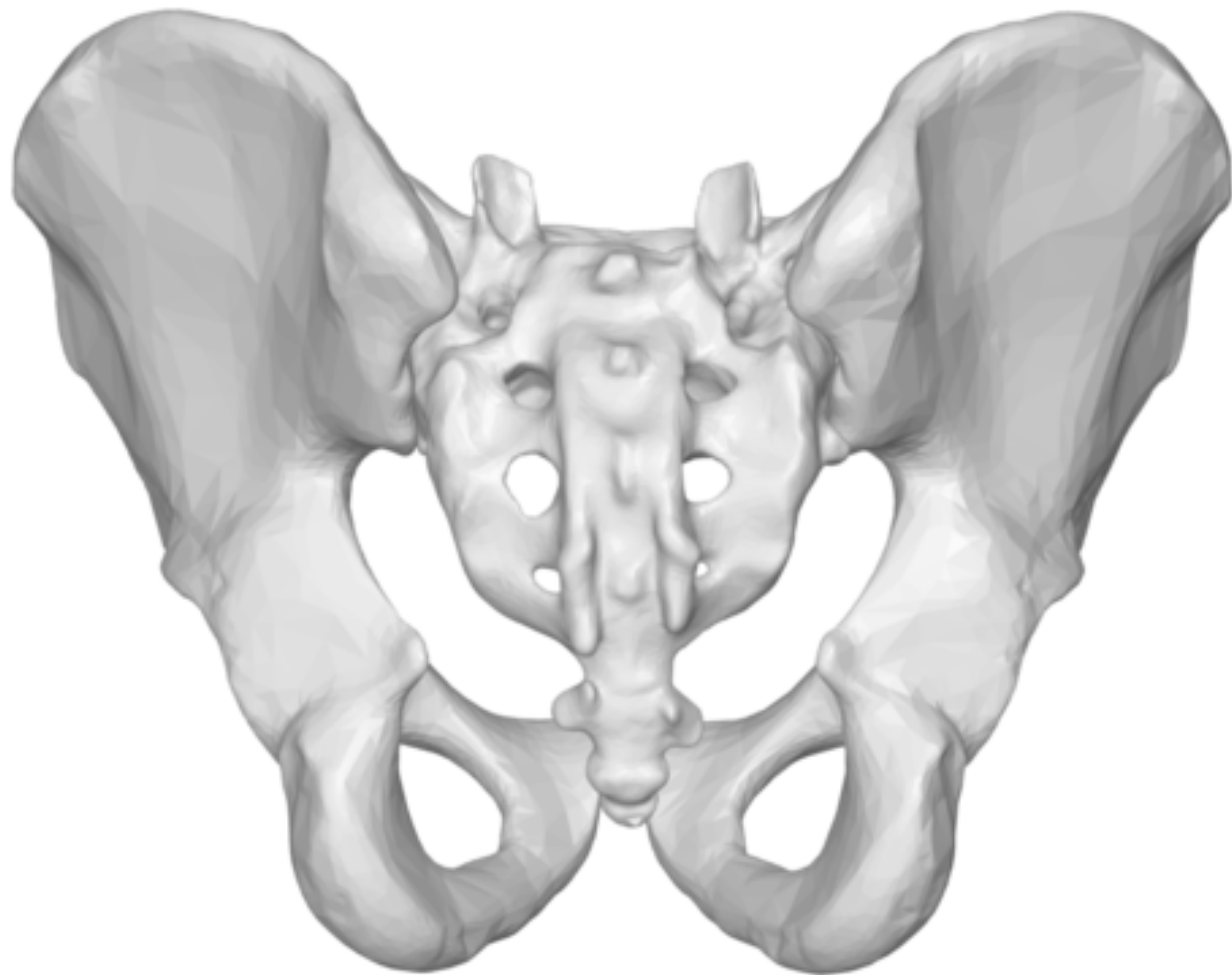
ANTERIOR VIEW OF THE PELVIS



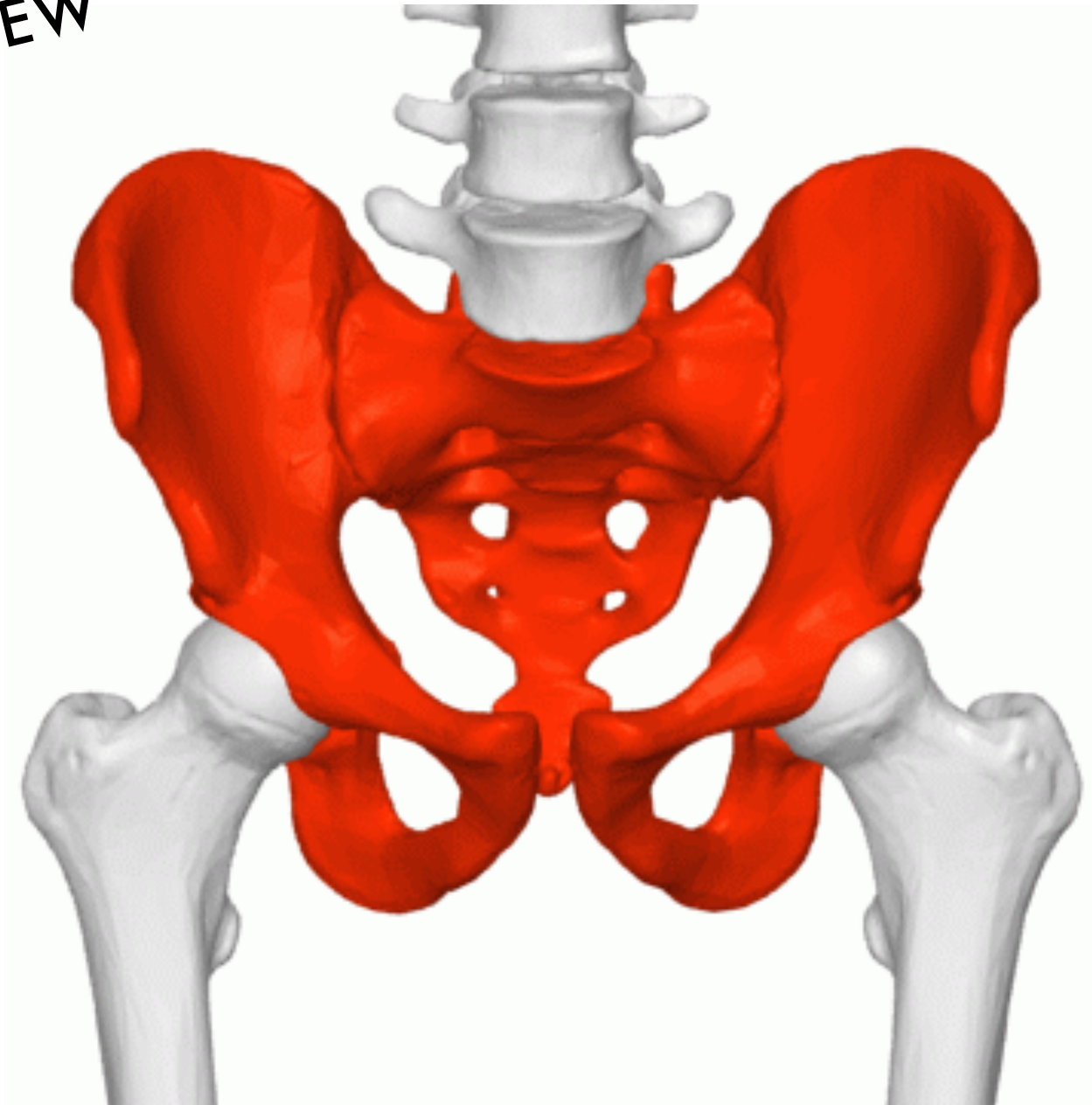
Iliac Crest ("Crest of the ilium")
Goes from the ASIS TO THE PSIS



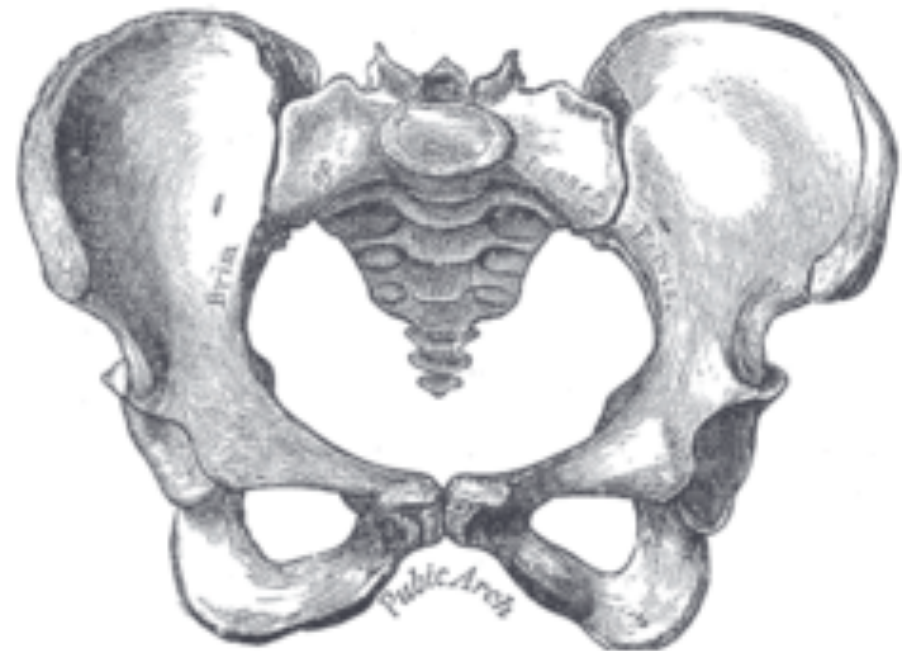
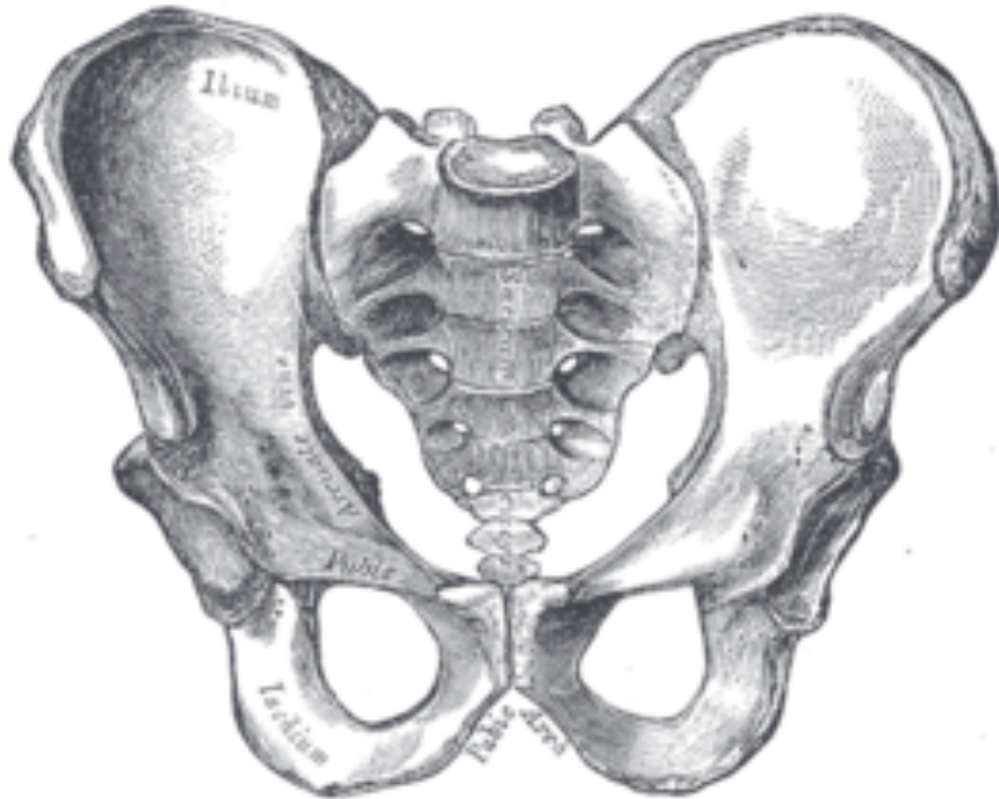
POSTERIOR VIEW OF THE PELVIS



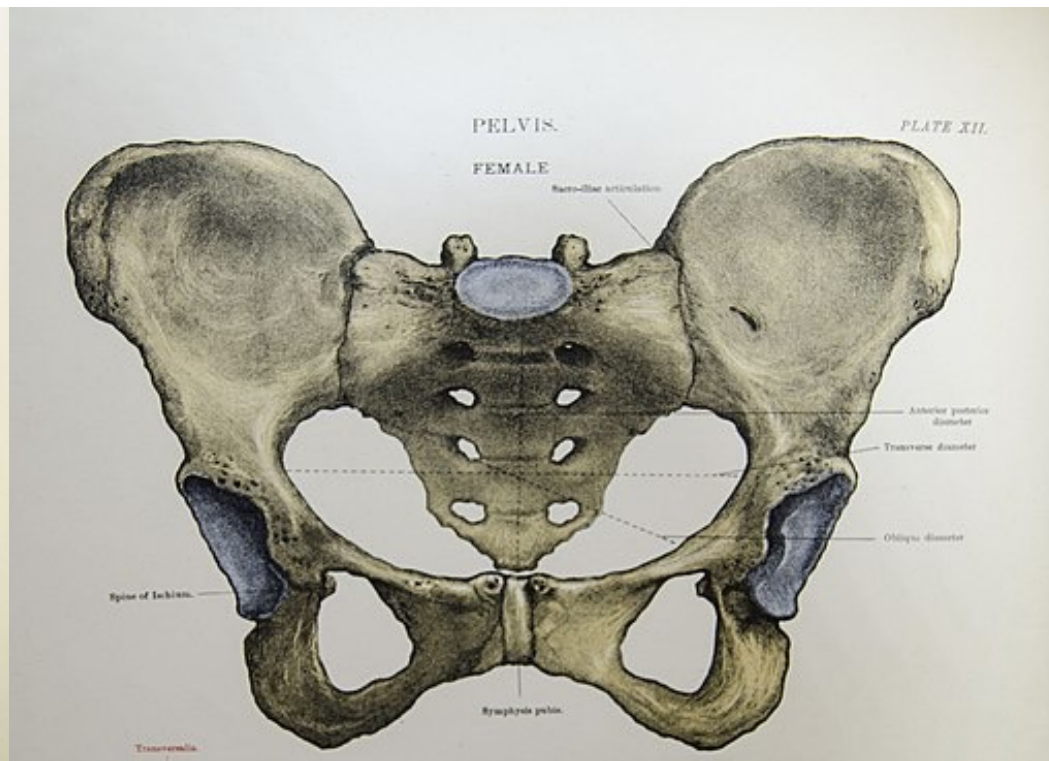
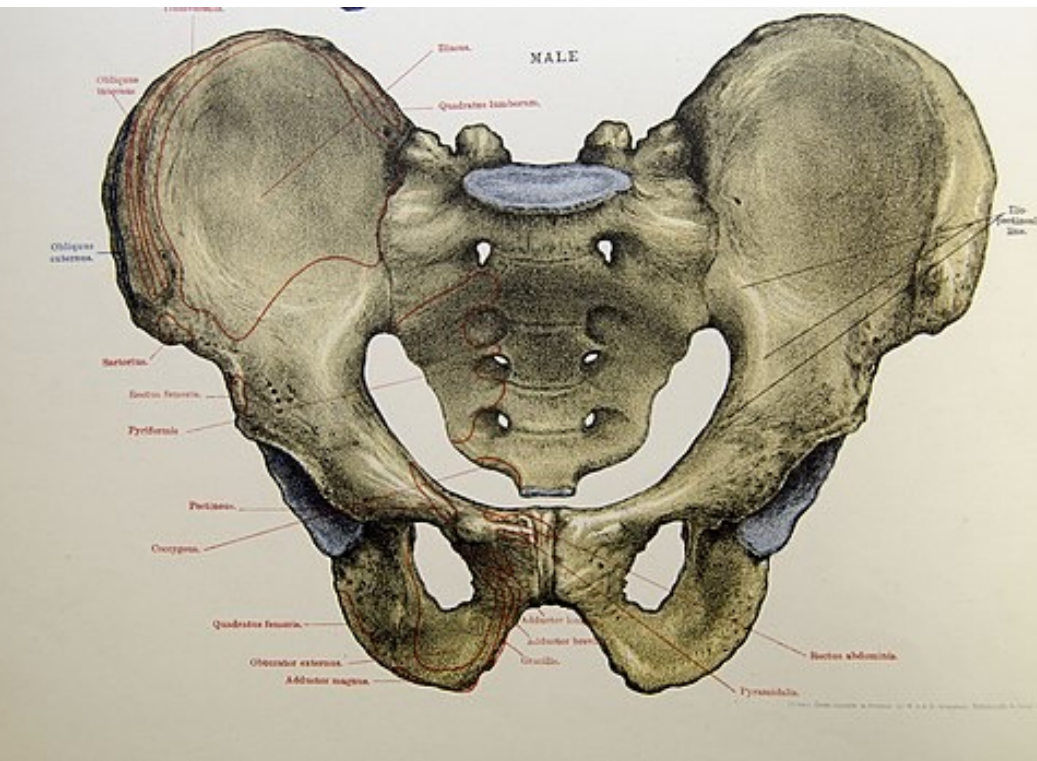
360° VIEW



MALE VS. FEMALE PELVIS



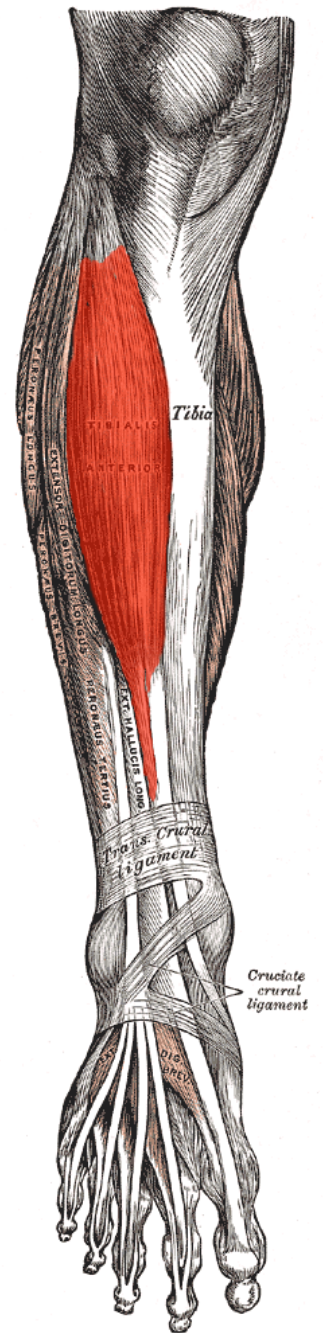
CONTINUED...



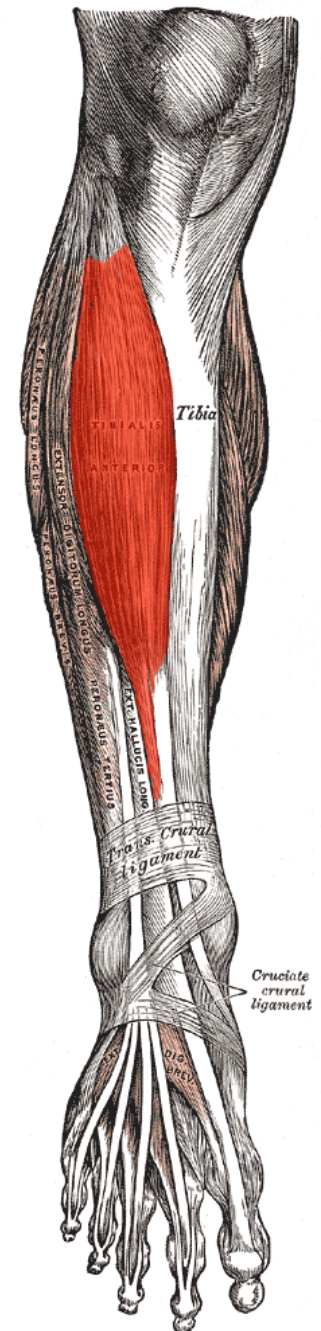
OVERVIEW OF KEY MUSCLE GROUPS

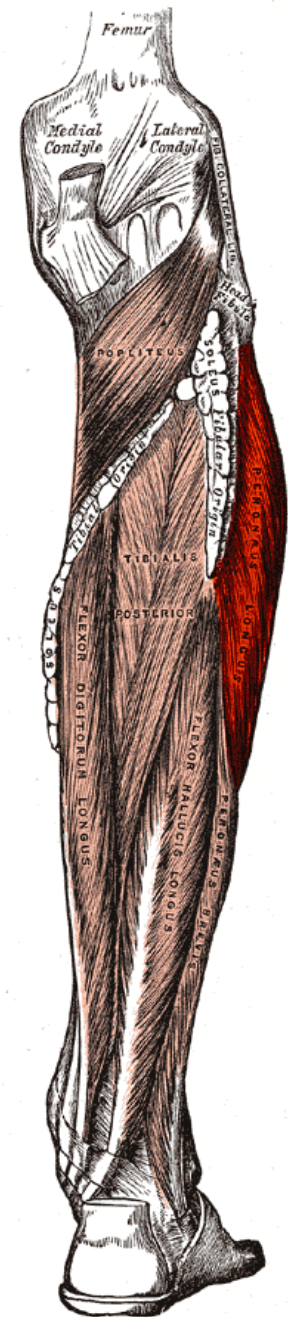
- **Lower Leg:** Intrinsic & Extrinsic Foot Muscles
- **Upper Leg:** Quadriceps, Adductors, Hamstrings, Sartorius
- **Pelvis:** Pelvic Floor(s), Internal and External Hip Rotators, Hip Flexors,
- **Low Back & Trunk:** Abdominal Muscle Group, Superficial & Deep Back Muscles, Pec Major & Minor, costals
- **Shoulders, Arms & Hands:** Rotator "Cuff", Biceps, Triceps, Intrinsic & Extrinsic Muscles of the Hand.
- **Head & Jaw:** SCM, Scalenes, Temporalis, Masseter, Suboccipitals

**WHAT'S THIS
MUSCLE?**

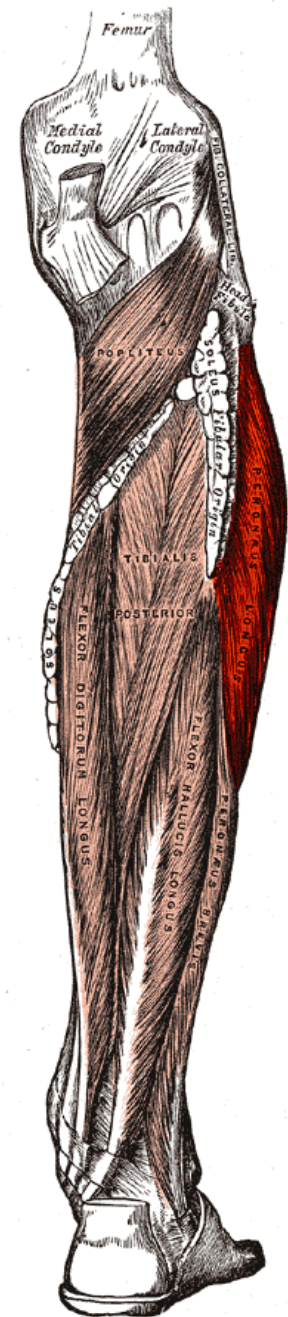


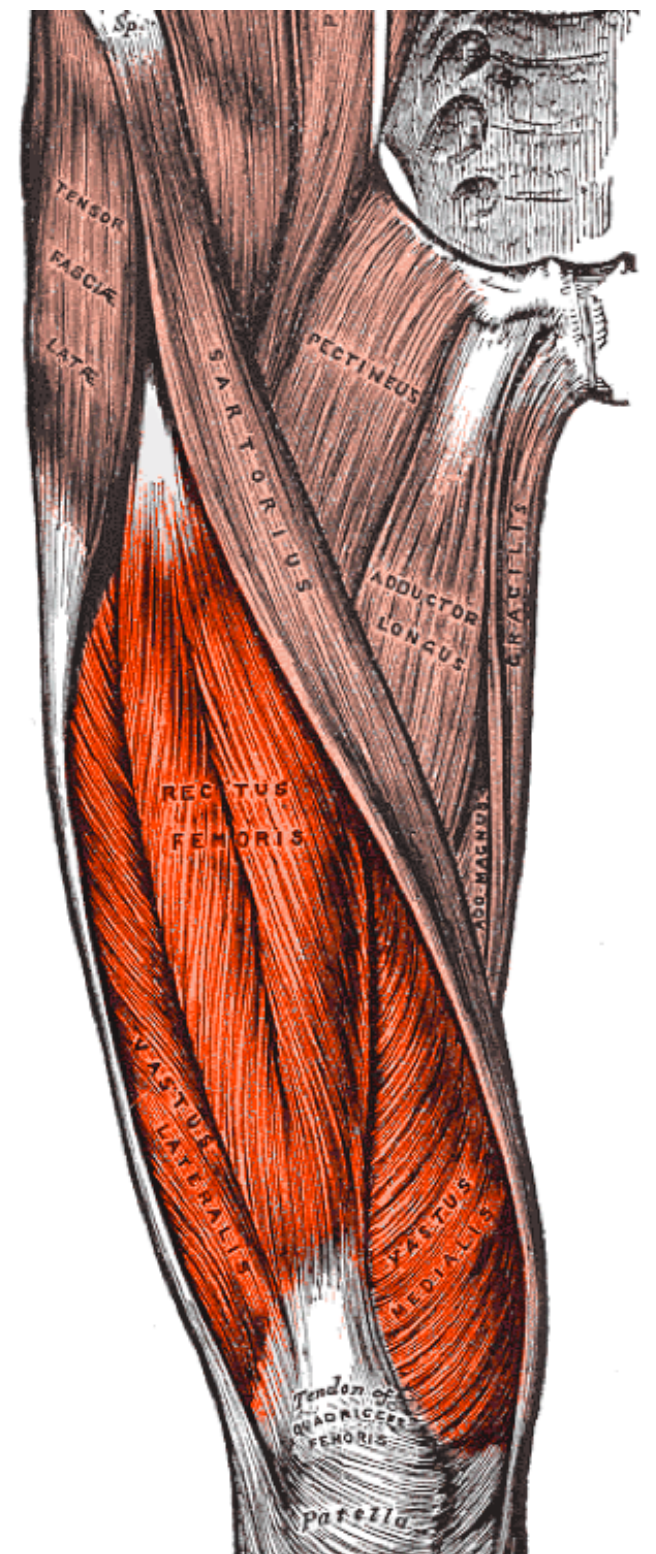
TIBIALIS ANTERIOR



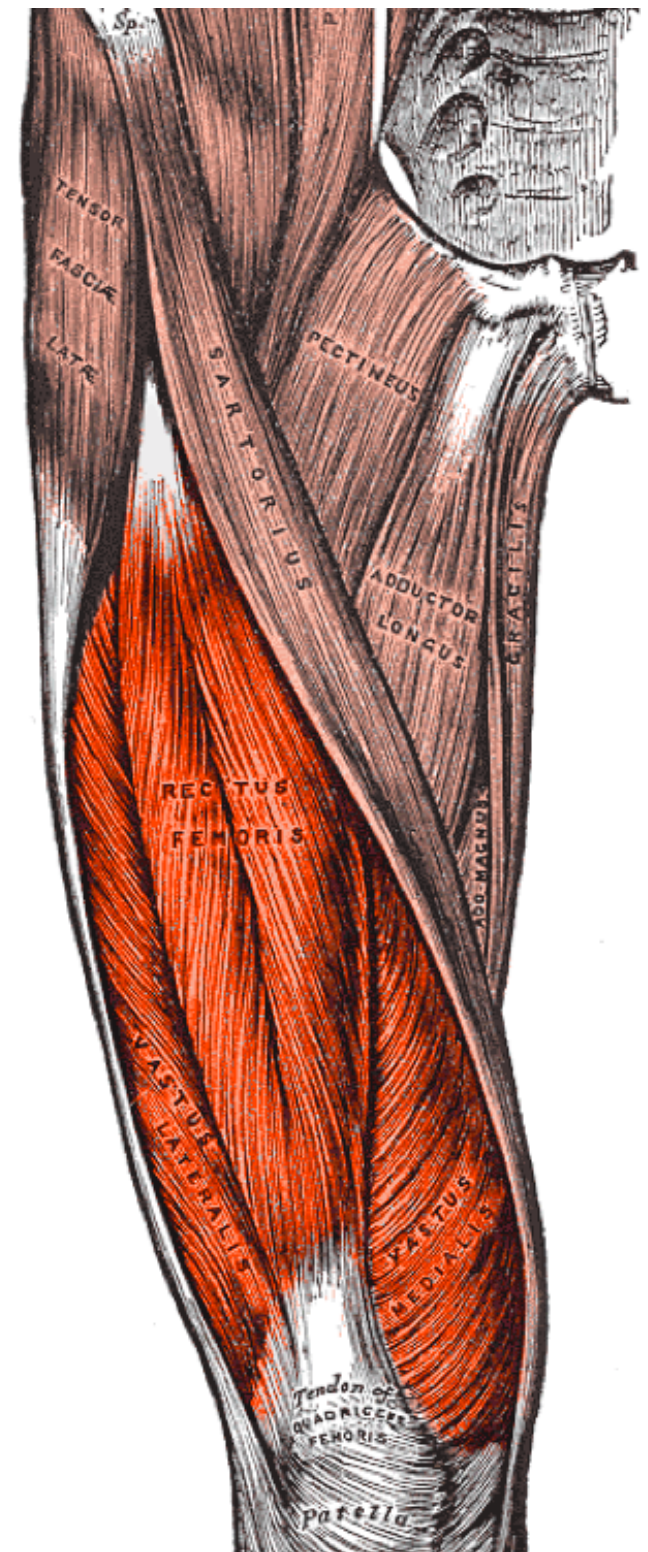


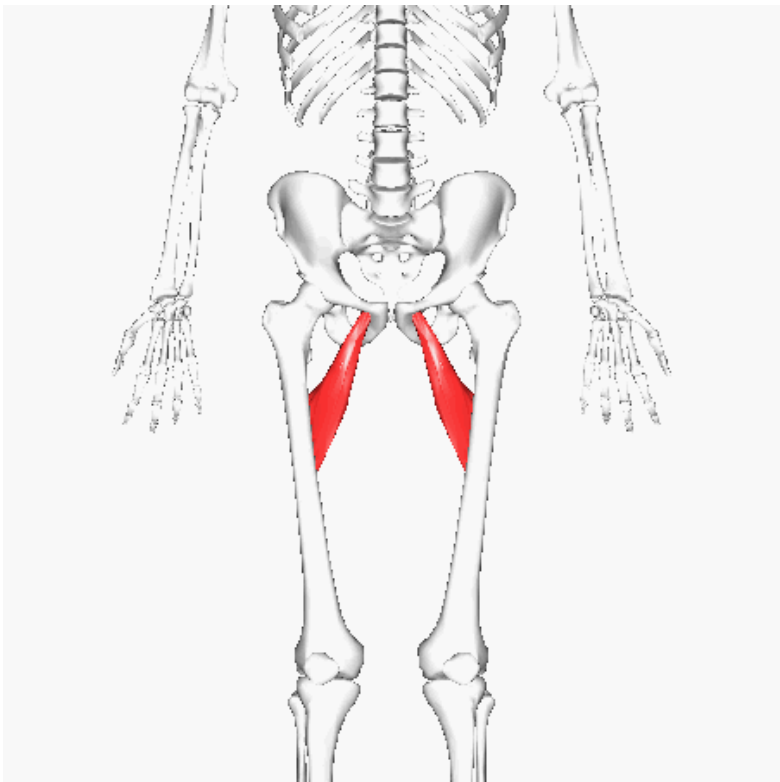
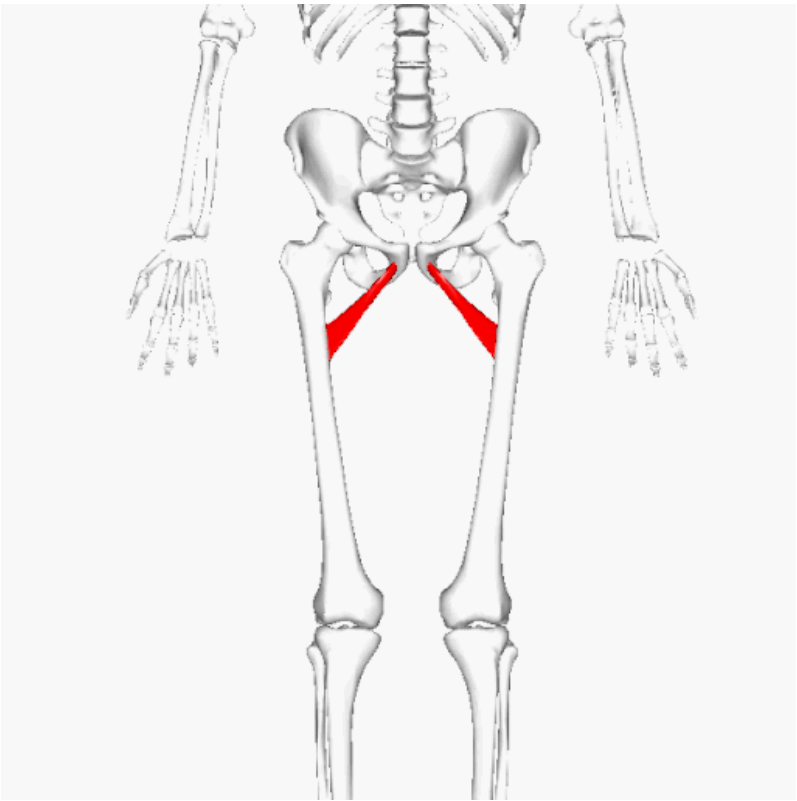
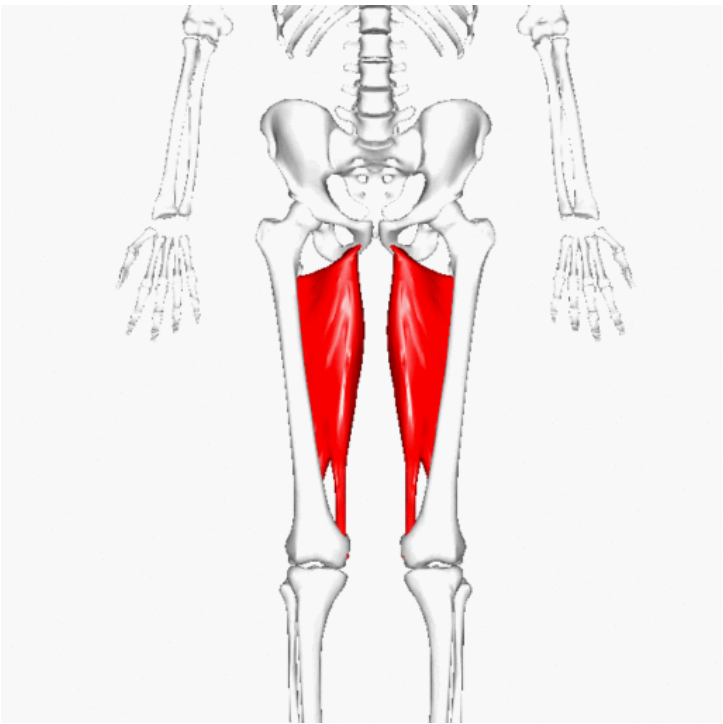
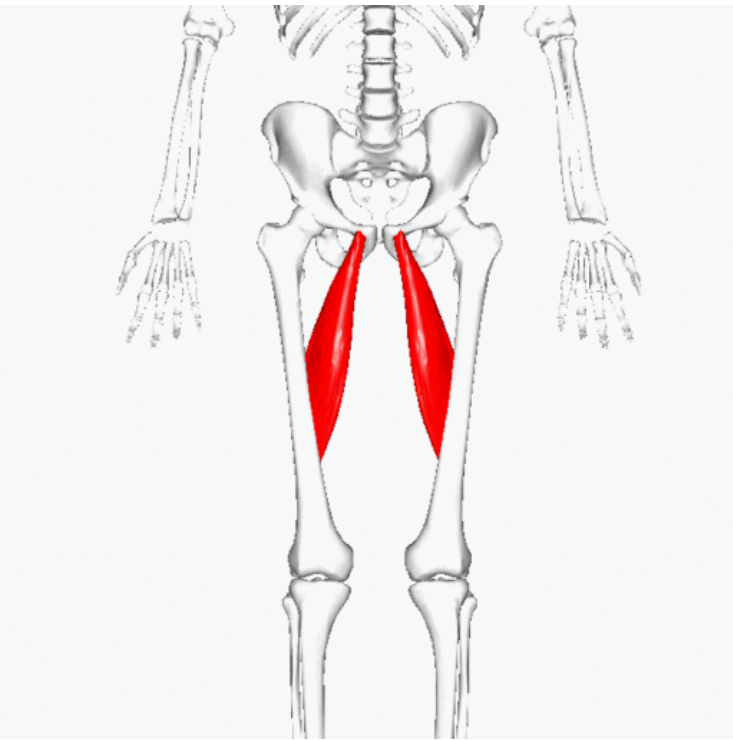
FIBULARIS (PERONEALS)



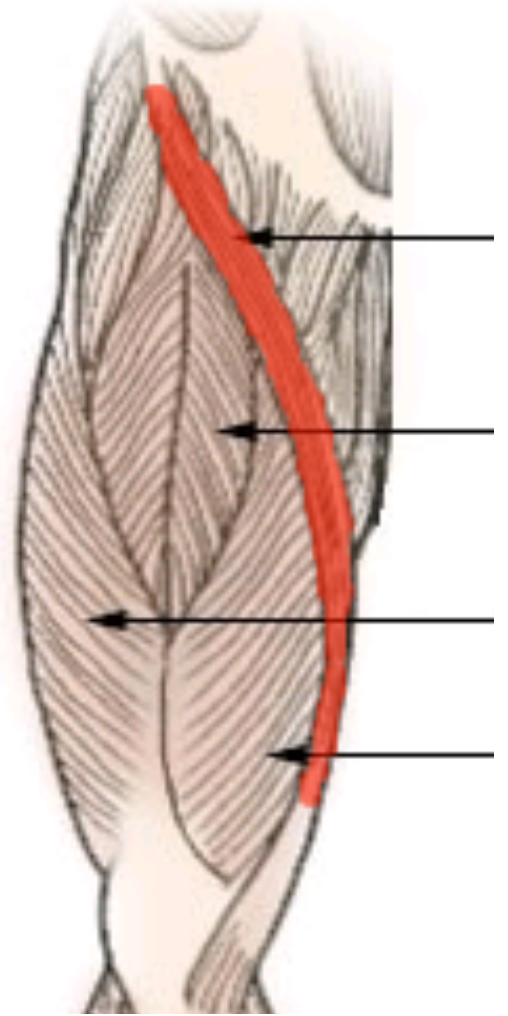


QUADRICEPS



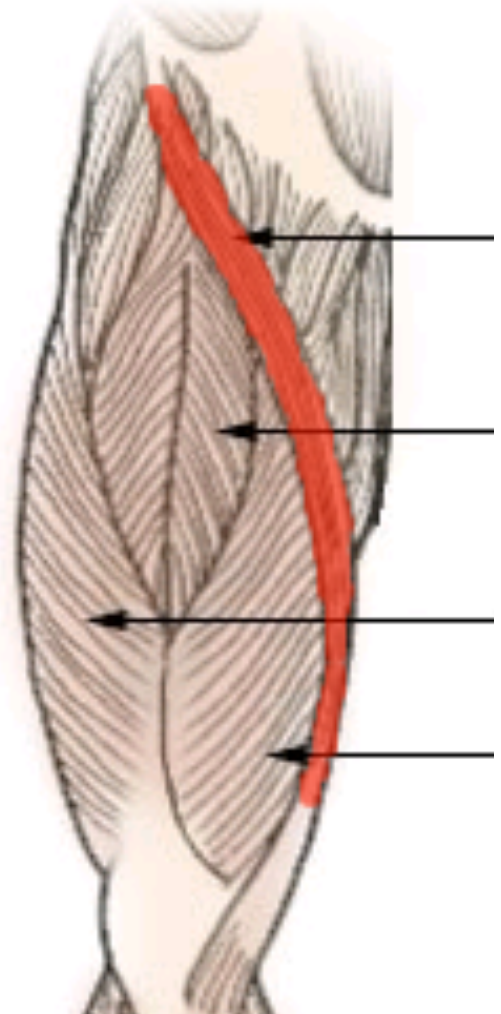


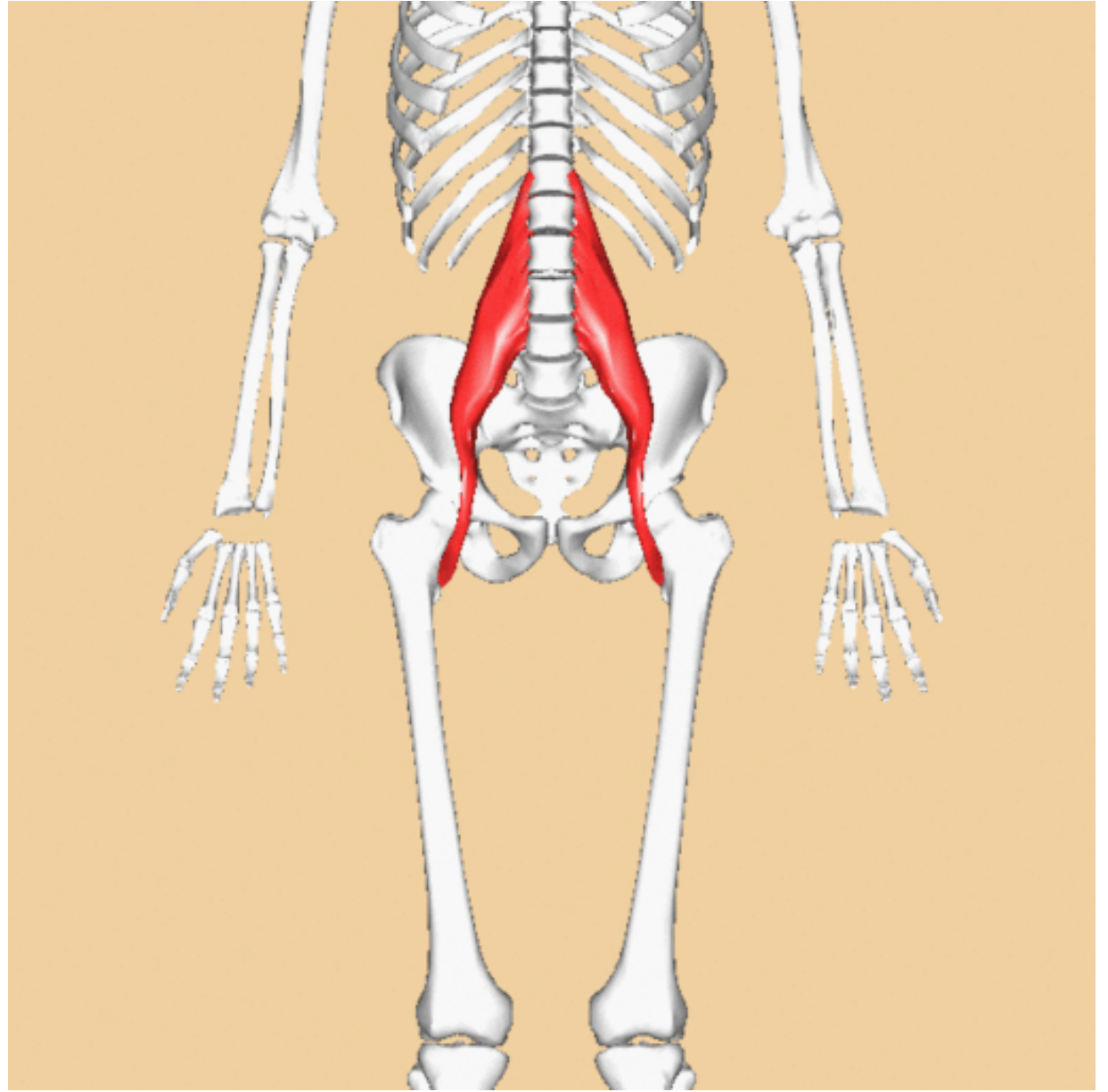
ADDUCTOR BREVIS
ADDUCTOR MINIMUS
ADDUCTOR MAGNUS
ADDUCTOR LONGUS



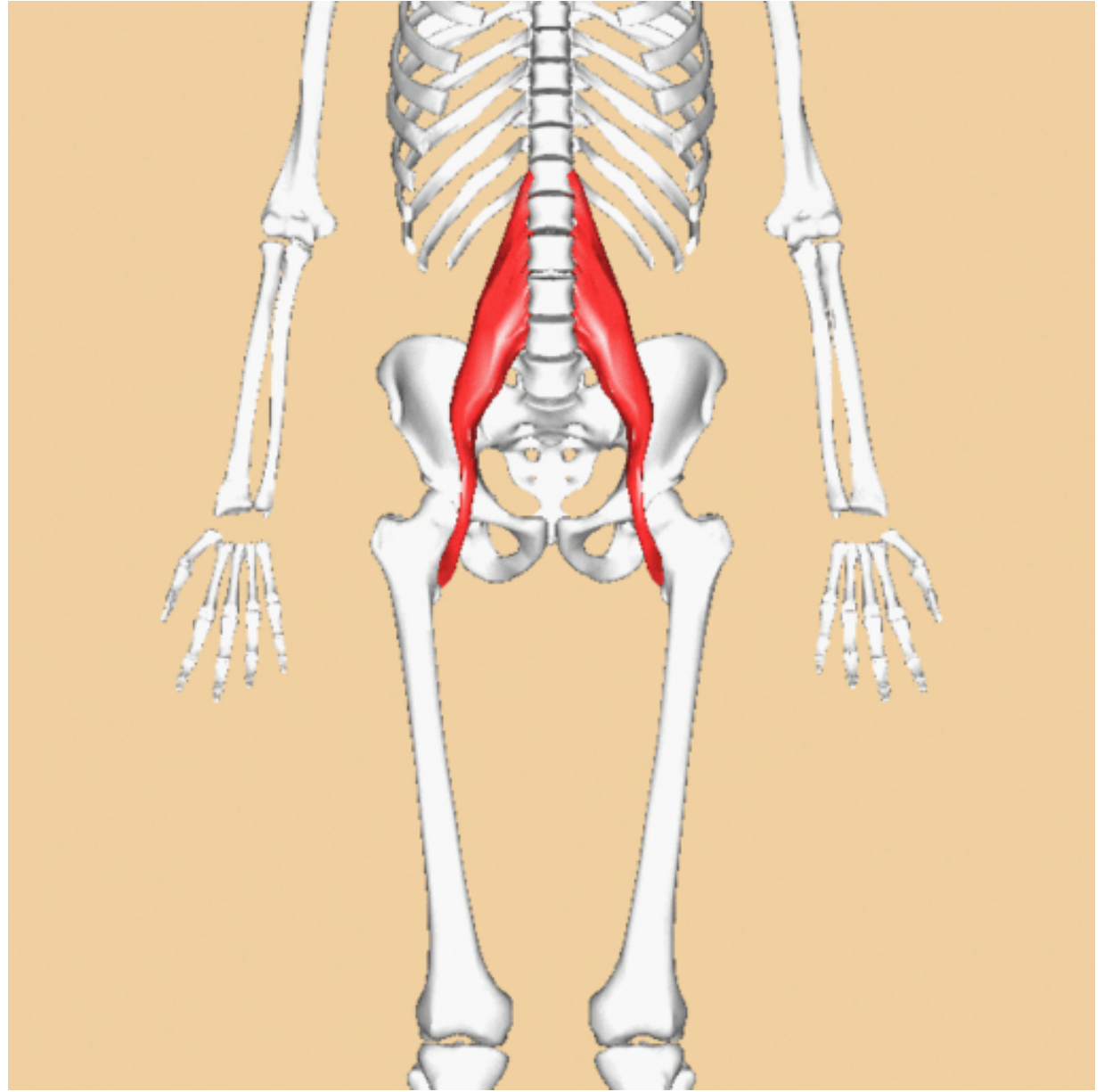
SARTORIUS

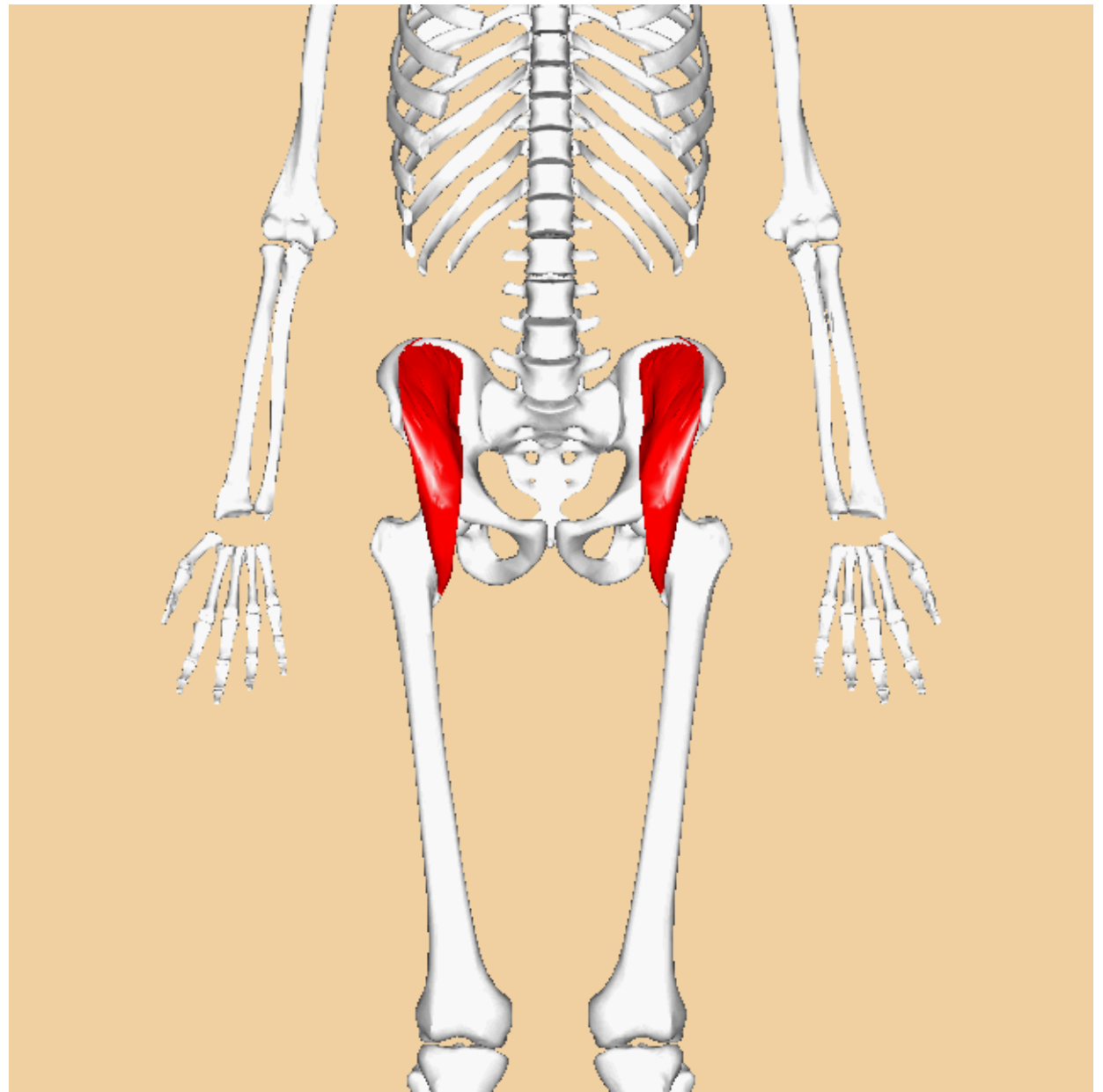
(not a part of the quadriceps group or adductors)



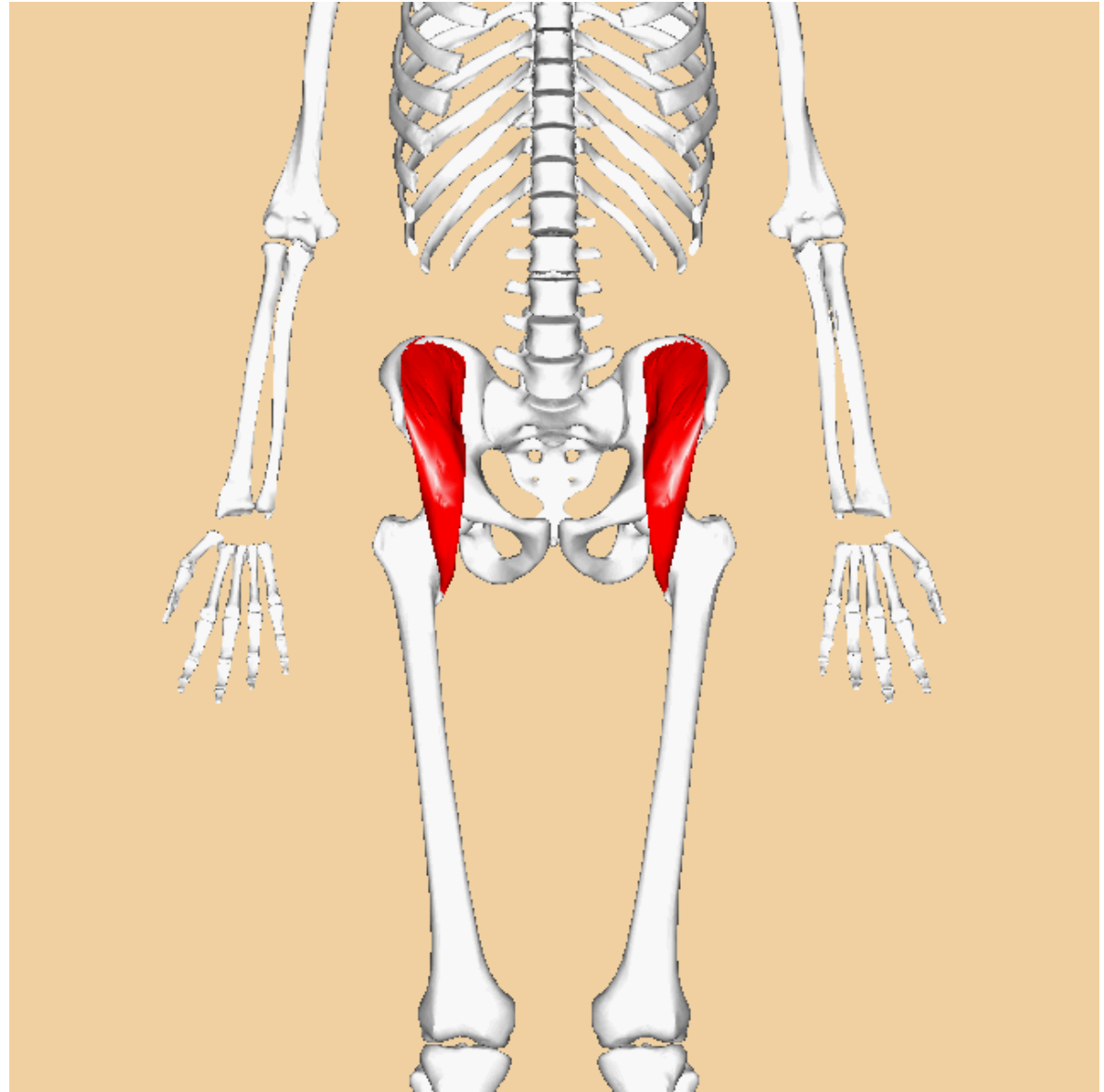


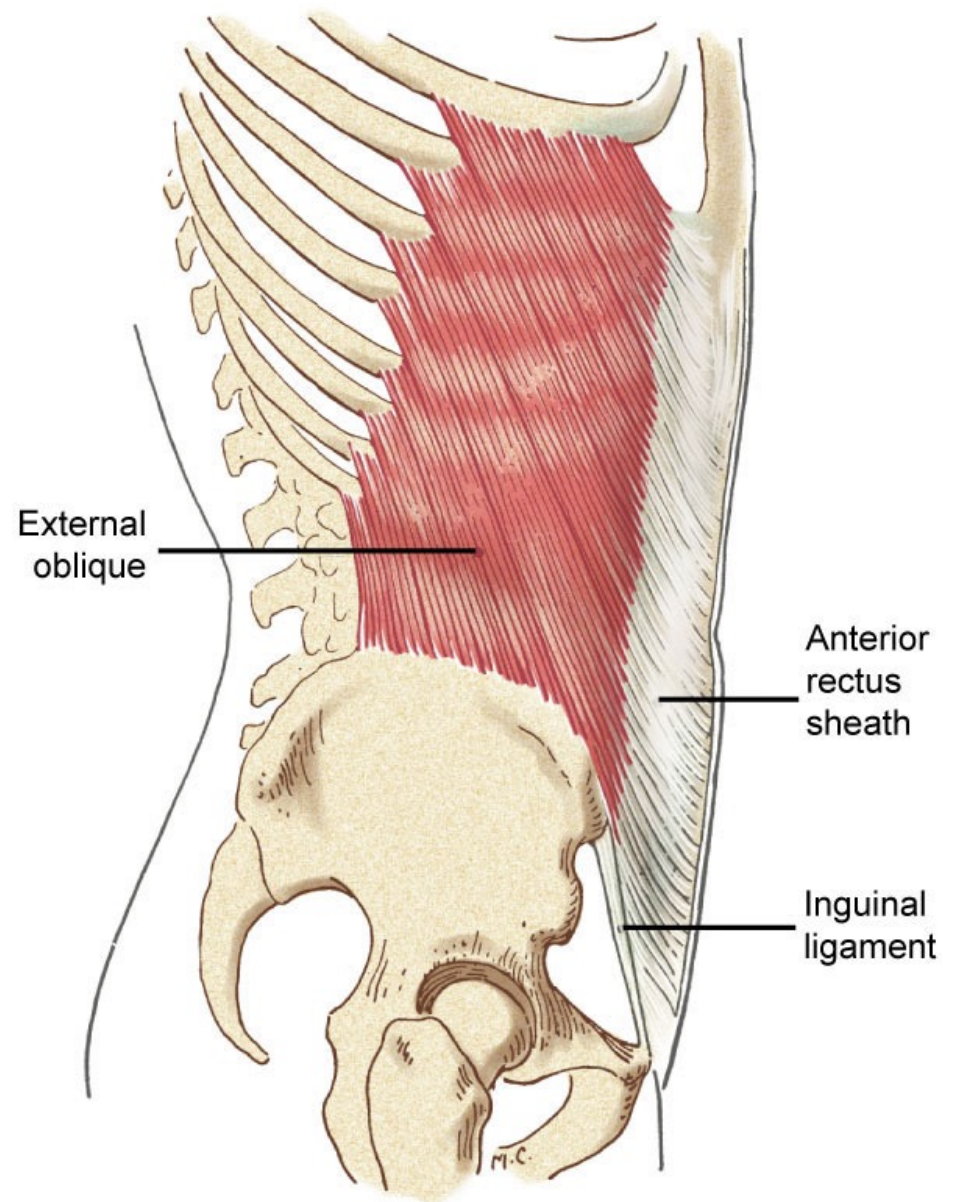
PSOAS



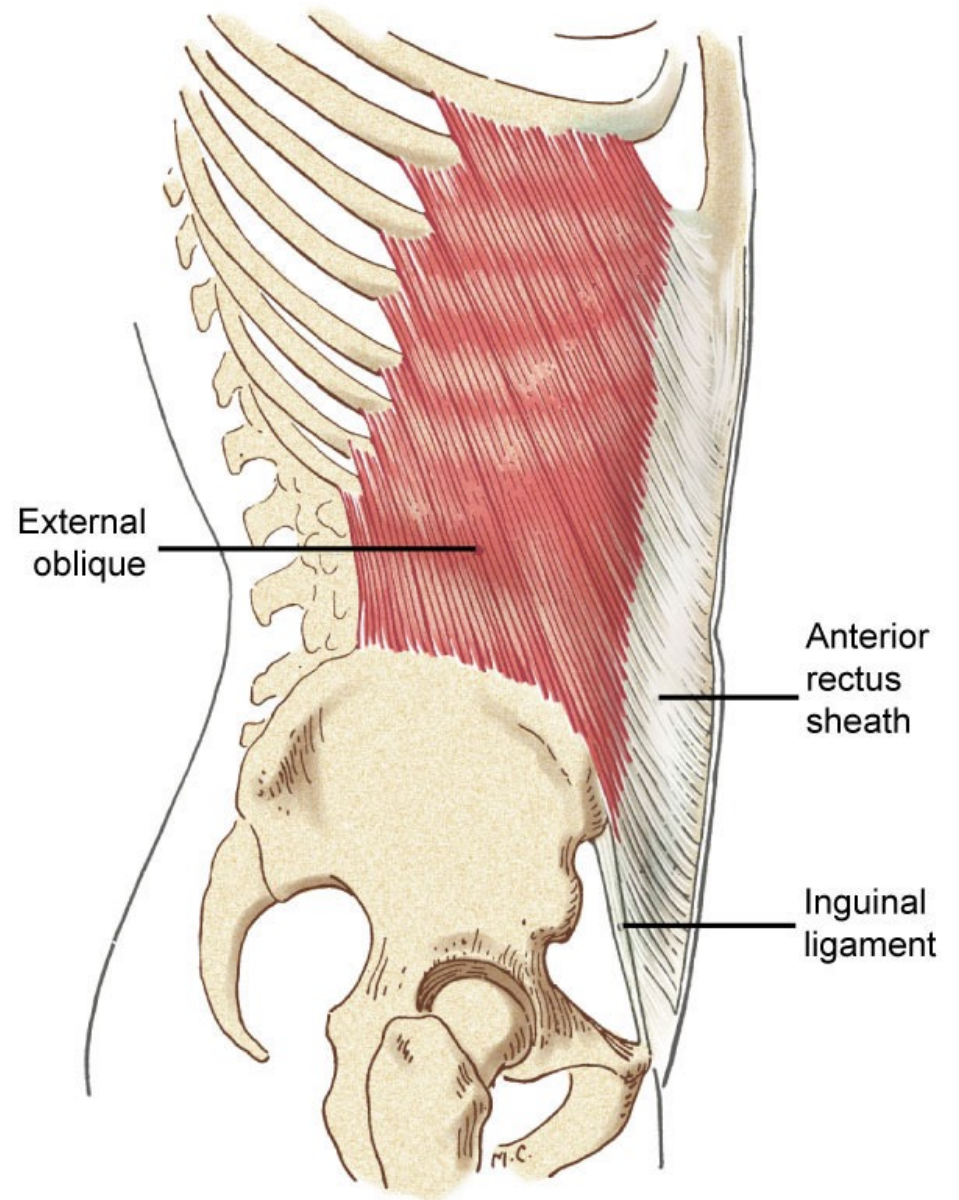


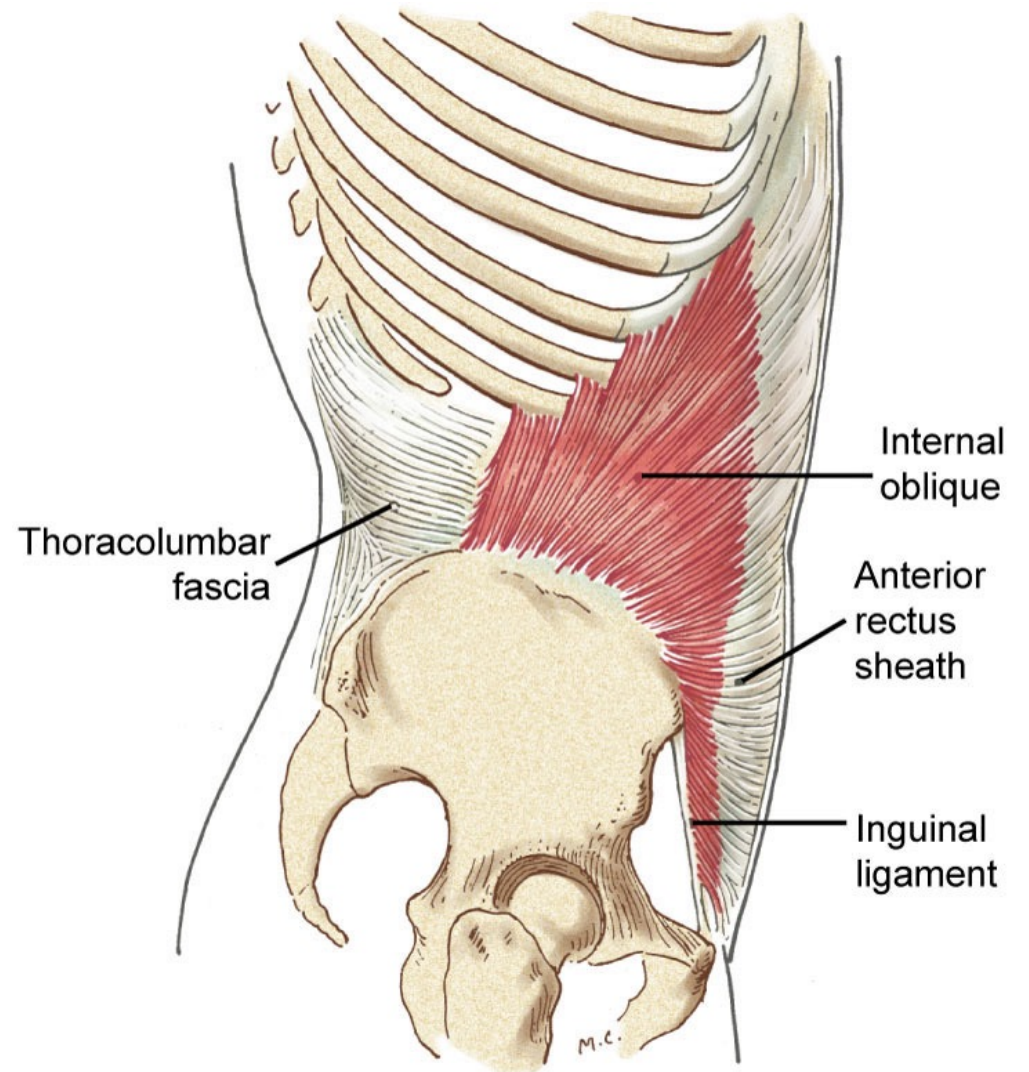
ILLIACUS



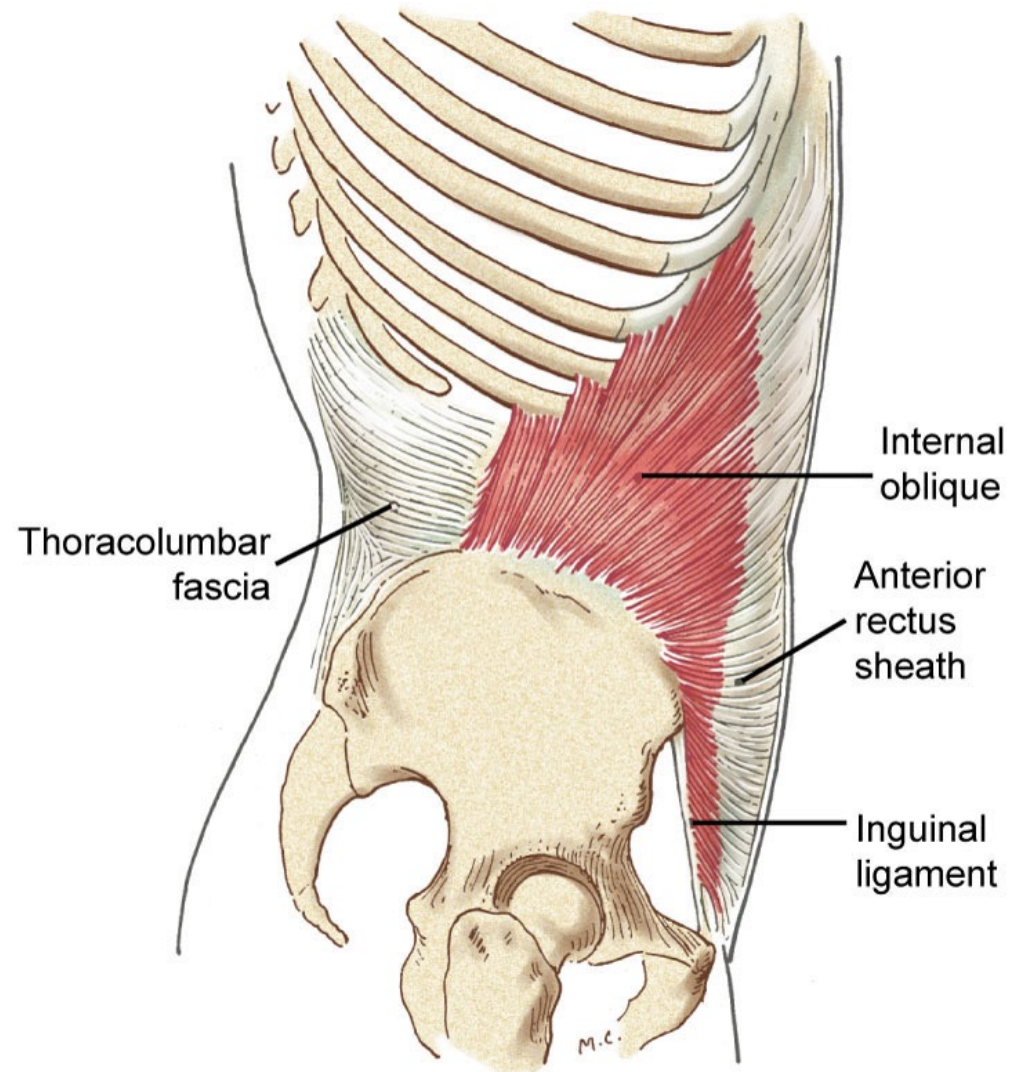


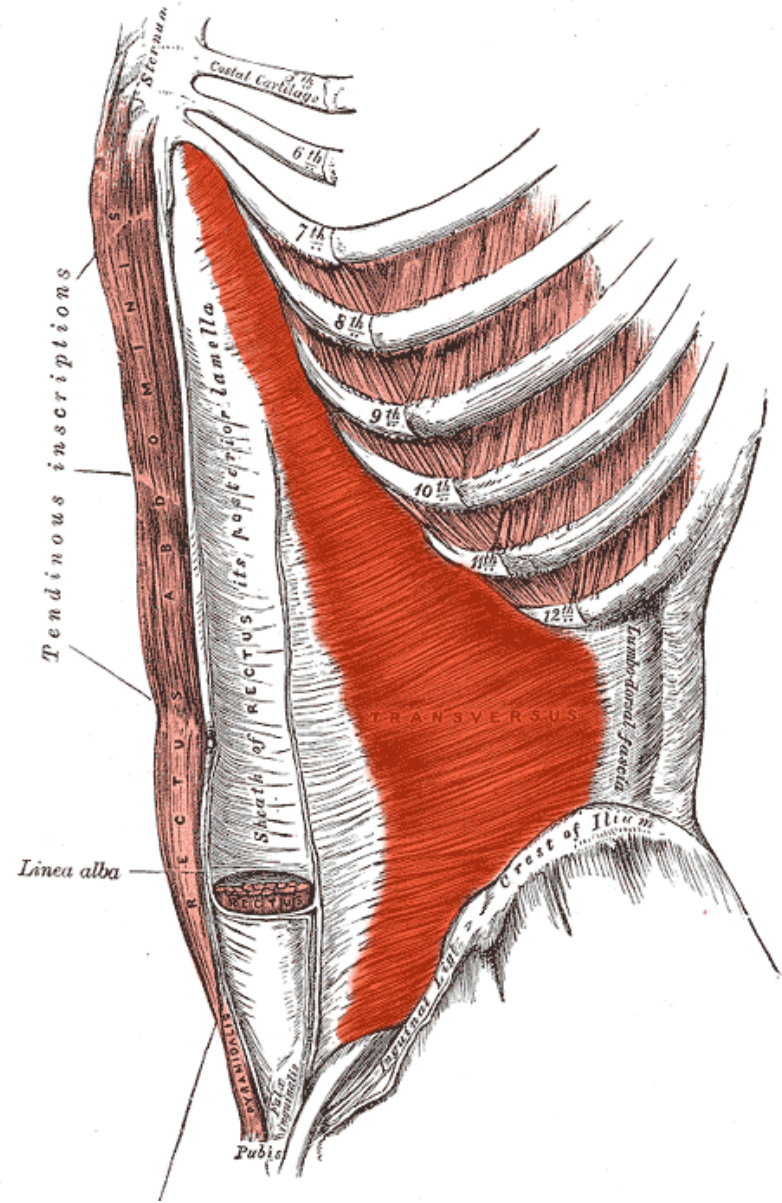
EXTERNAL OBLIQUE



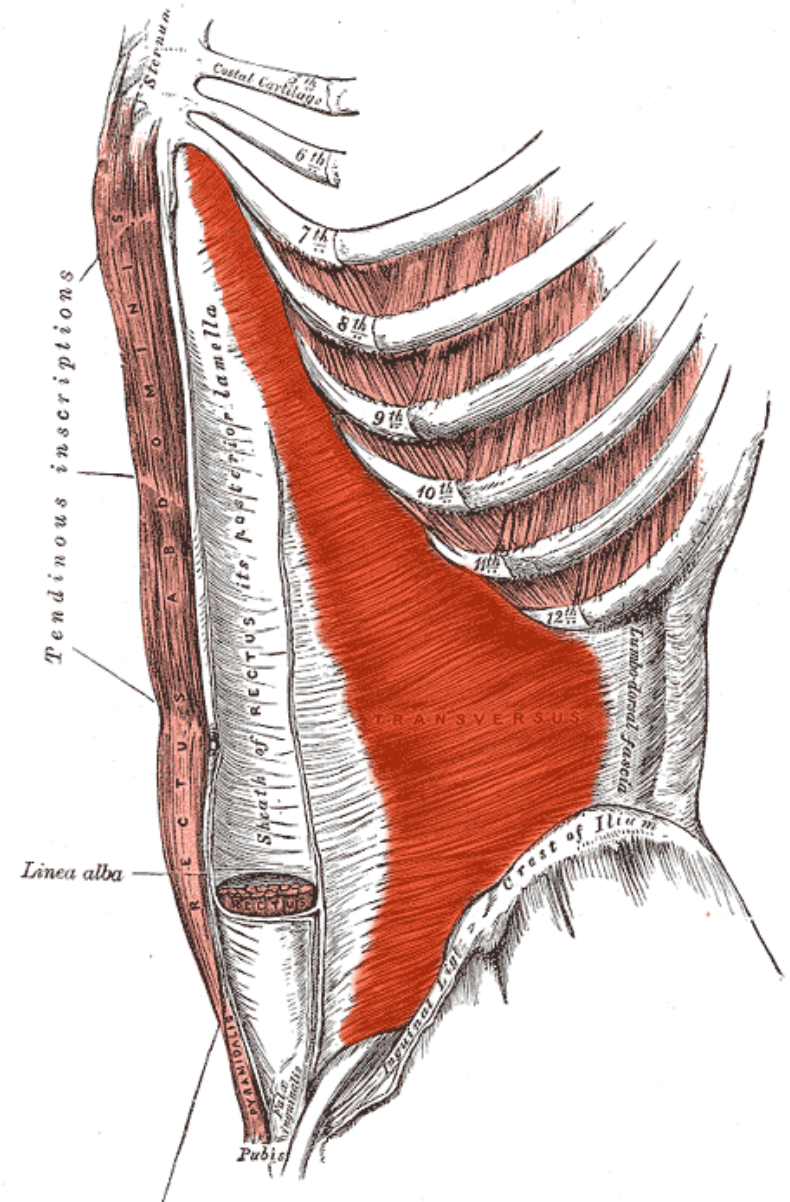


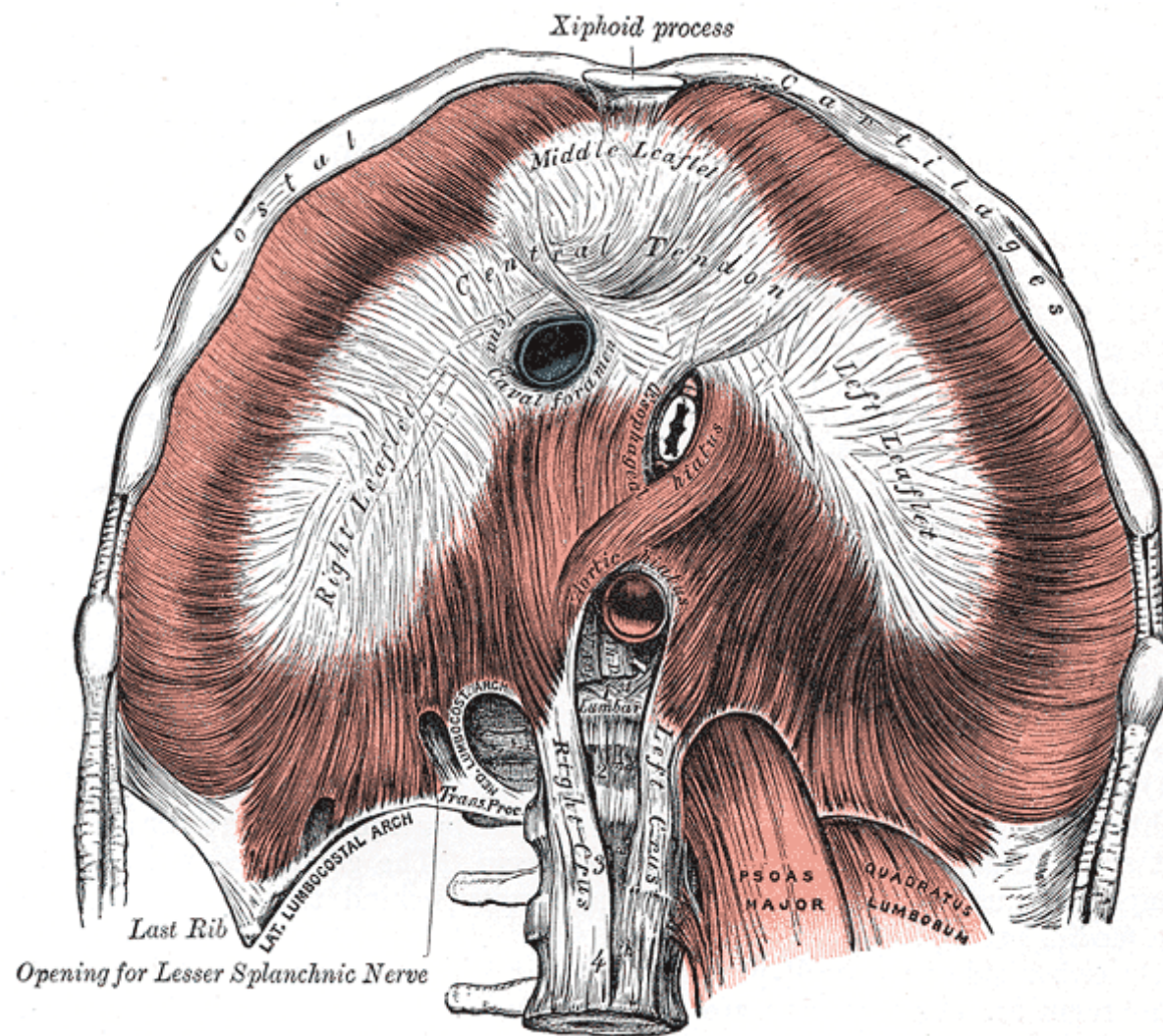
INTERNAL OBLIQUE



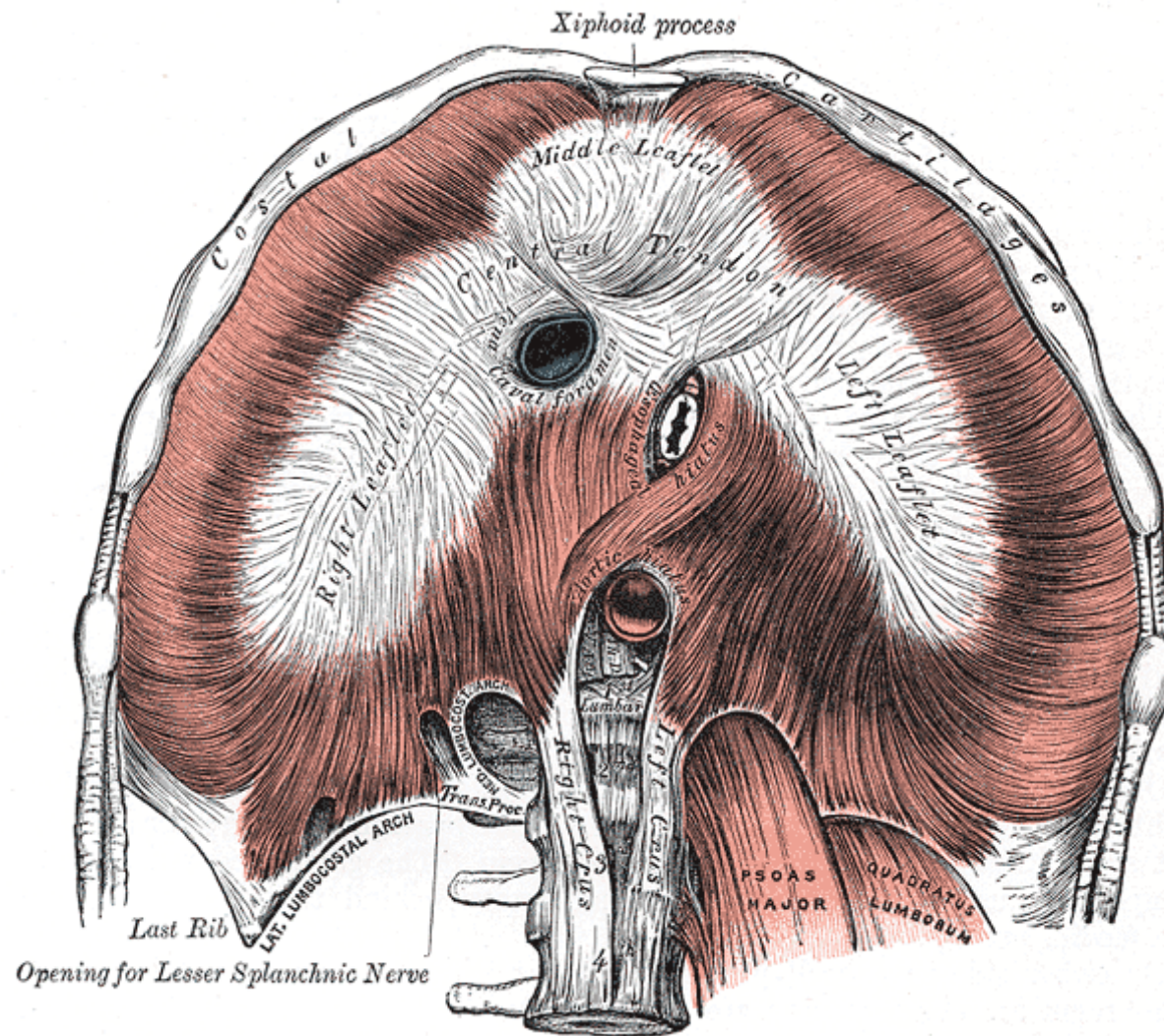


TRANSVERSE ABDOMINIS





DIAPHRAGM



Central tendon
of diaphragm

Sternum

Vena cava
passing through
caval opening

Esophagus
passing through
esophageal hiatus

Aorta passing
through aortic
hiatus

12th (floating) ribs

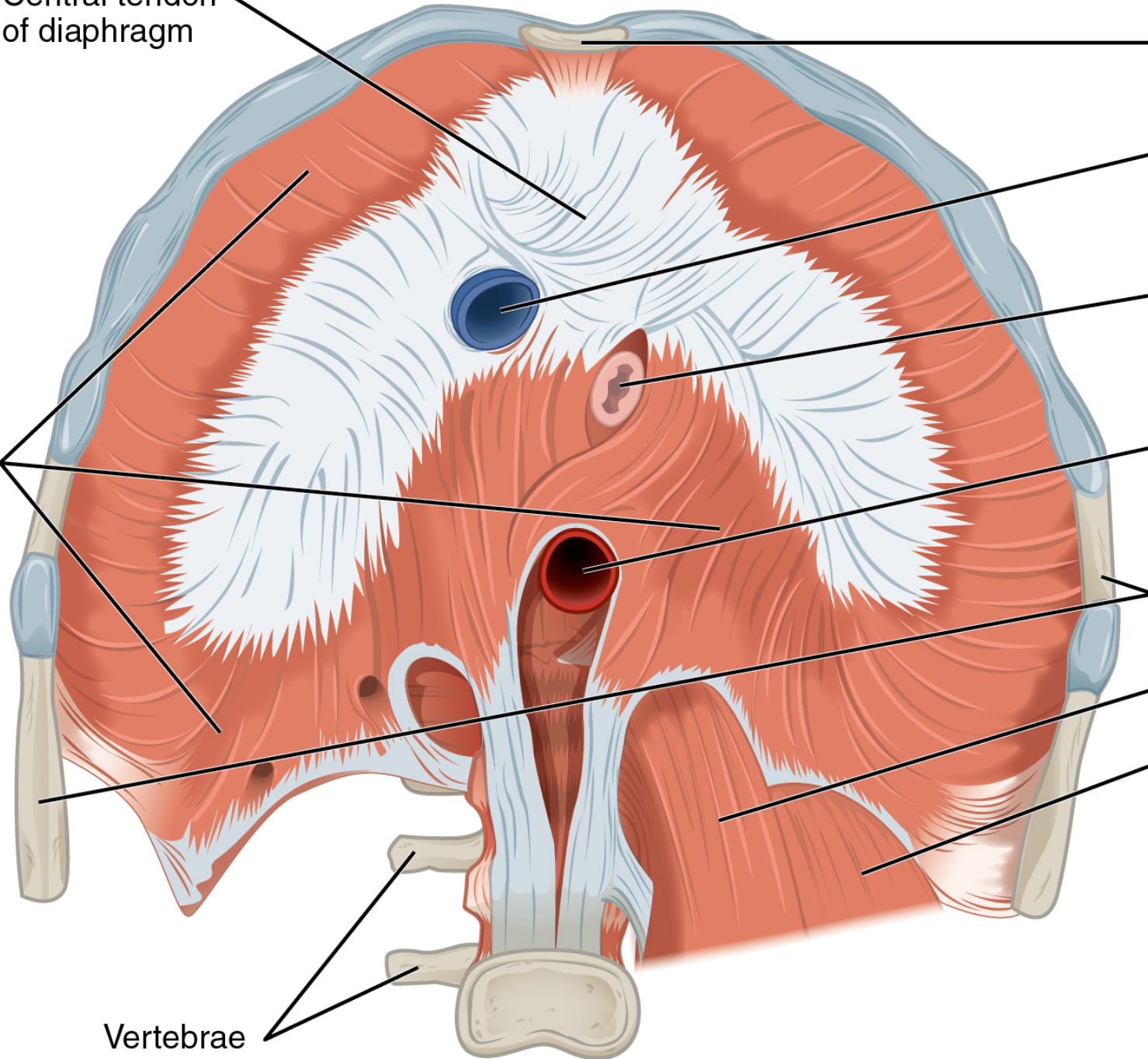
Left psoas major

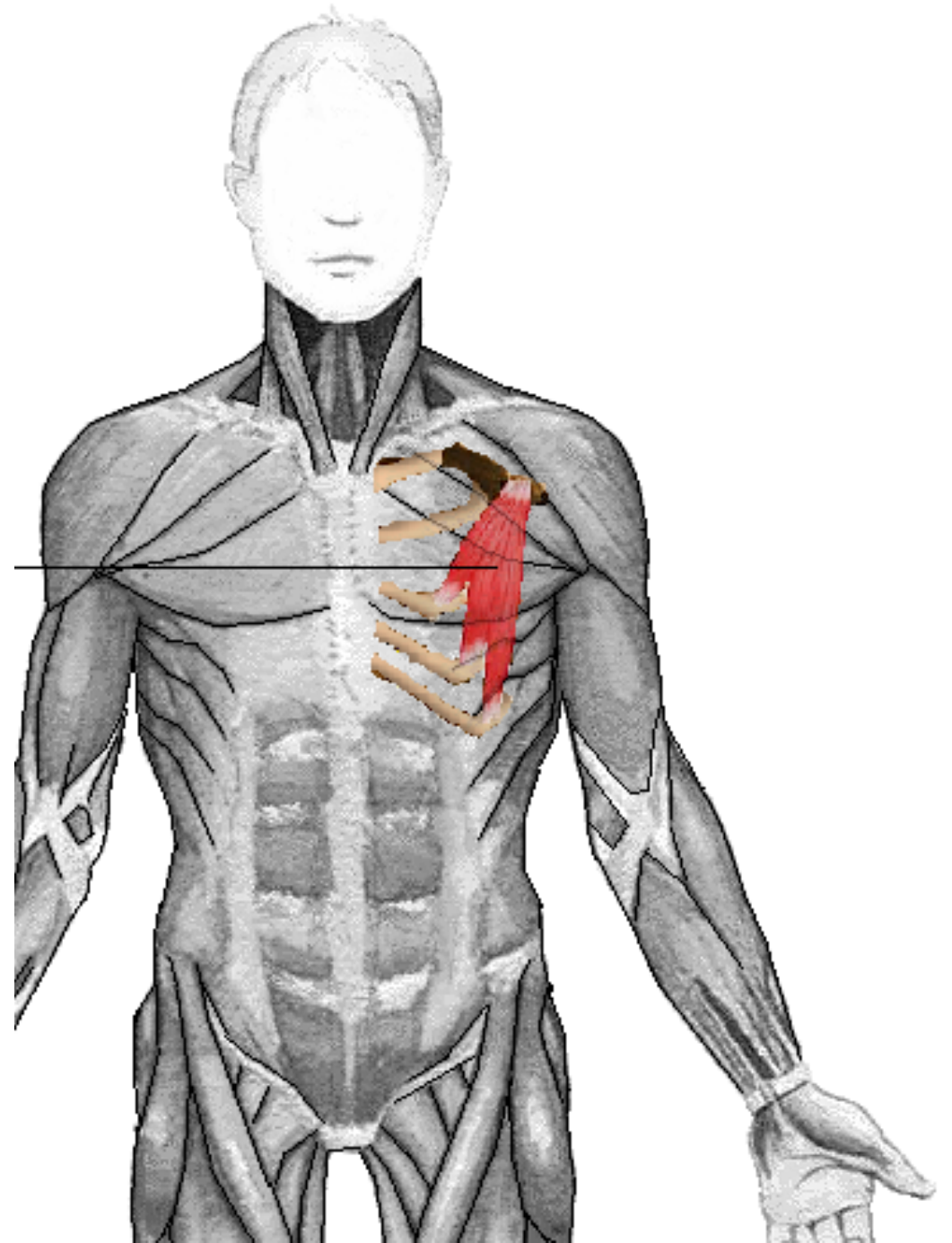
Left quadratus
lumborum

Diaphragm

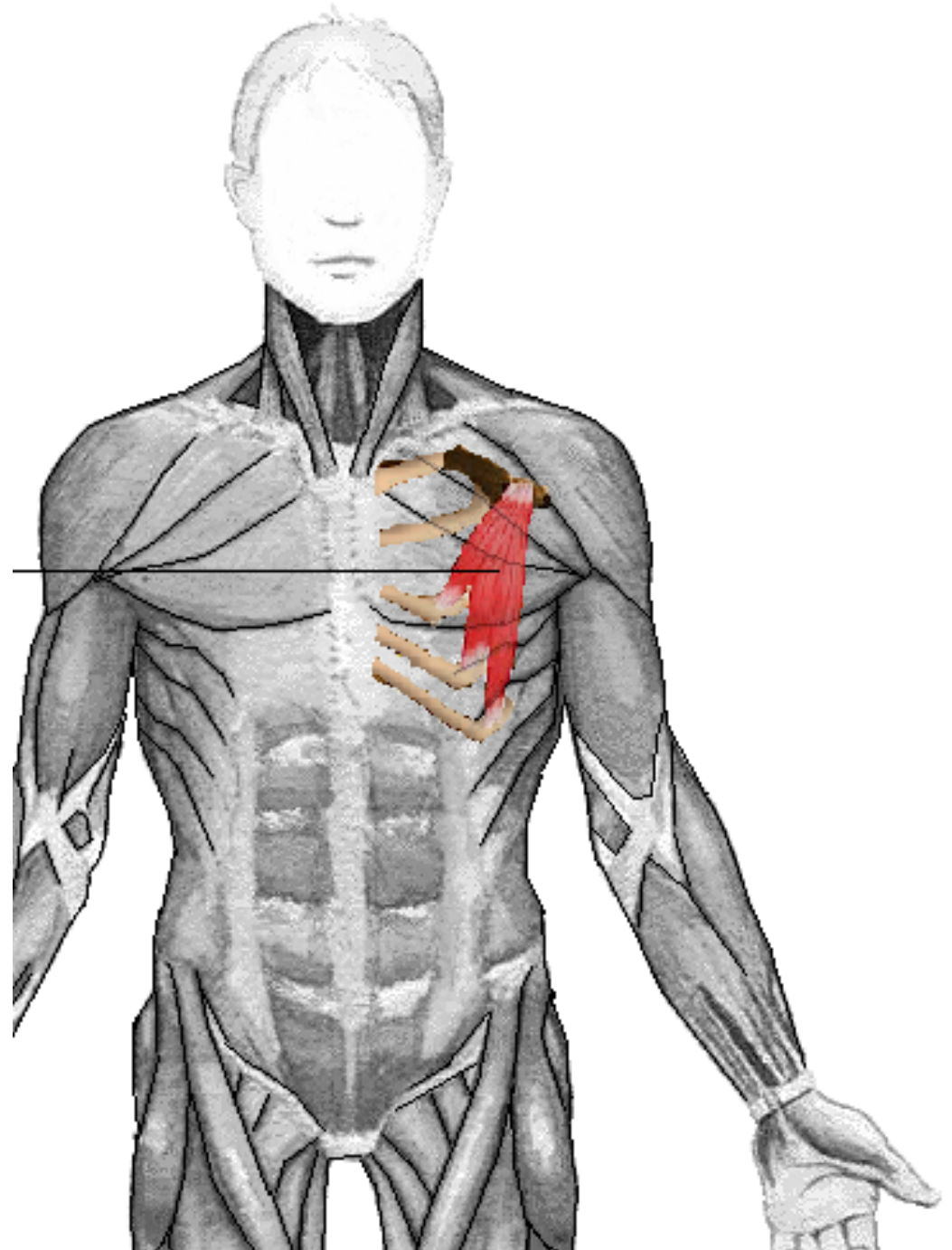
Vertebrae

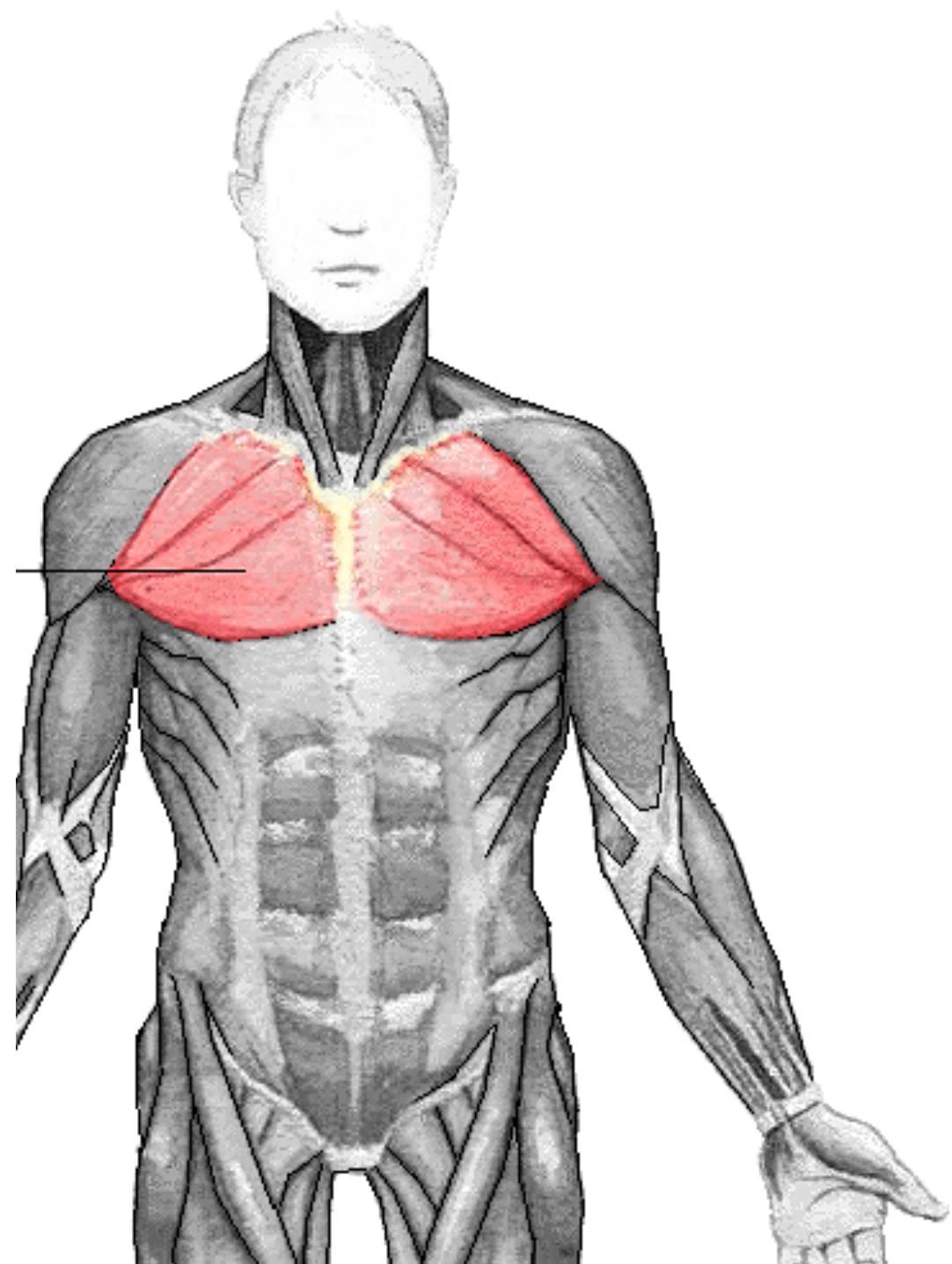
Diaphragm (inferior view)



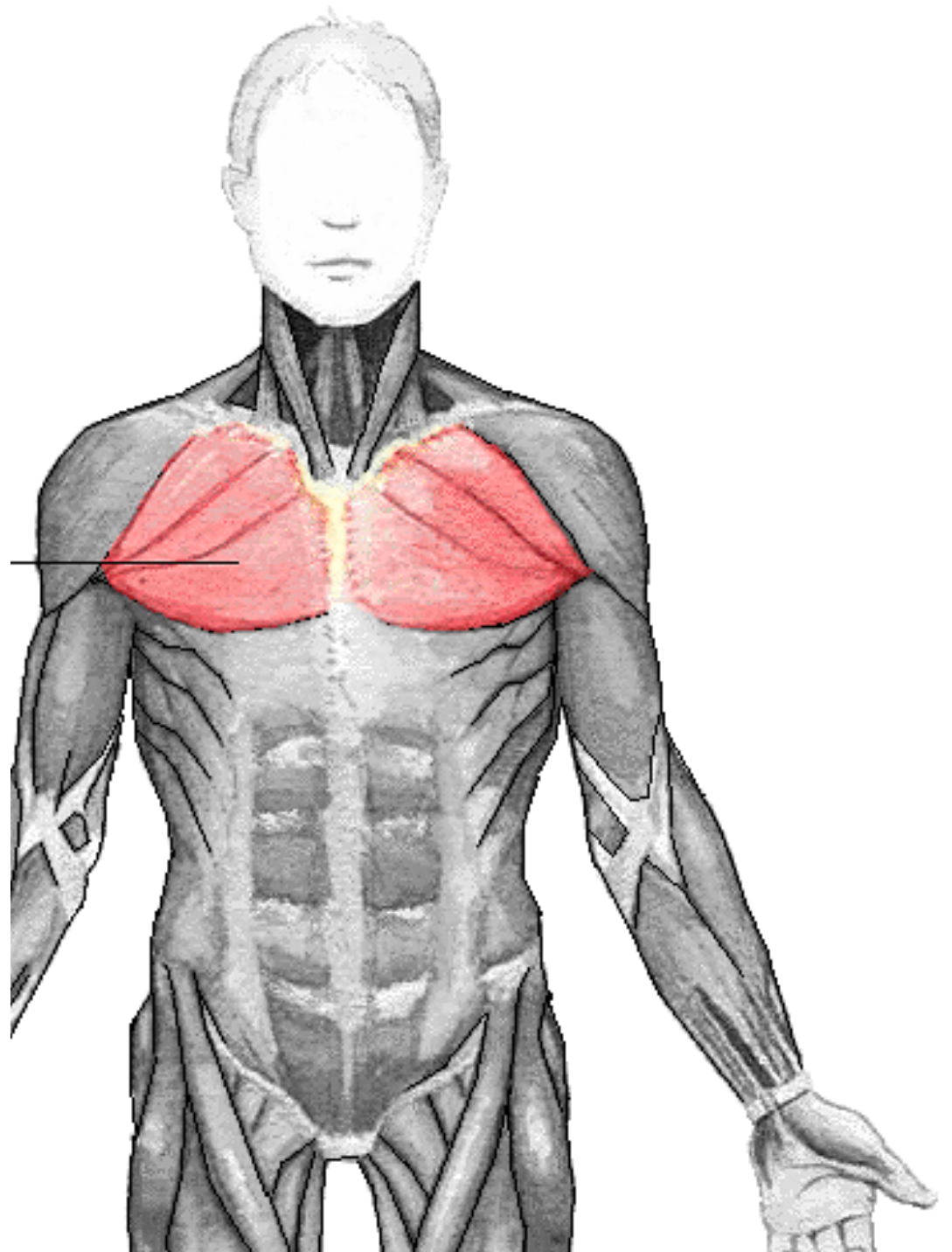


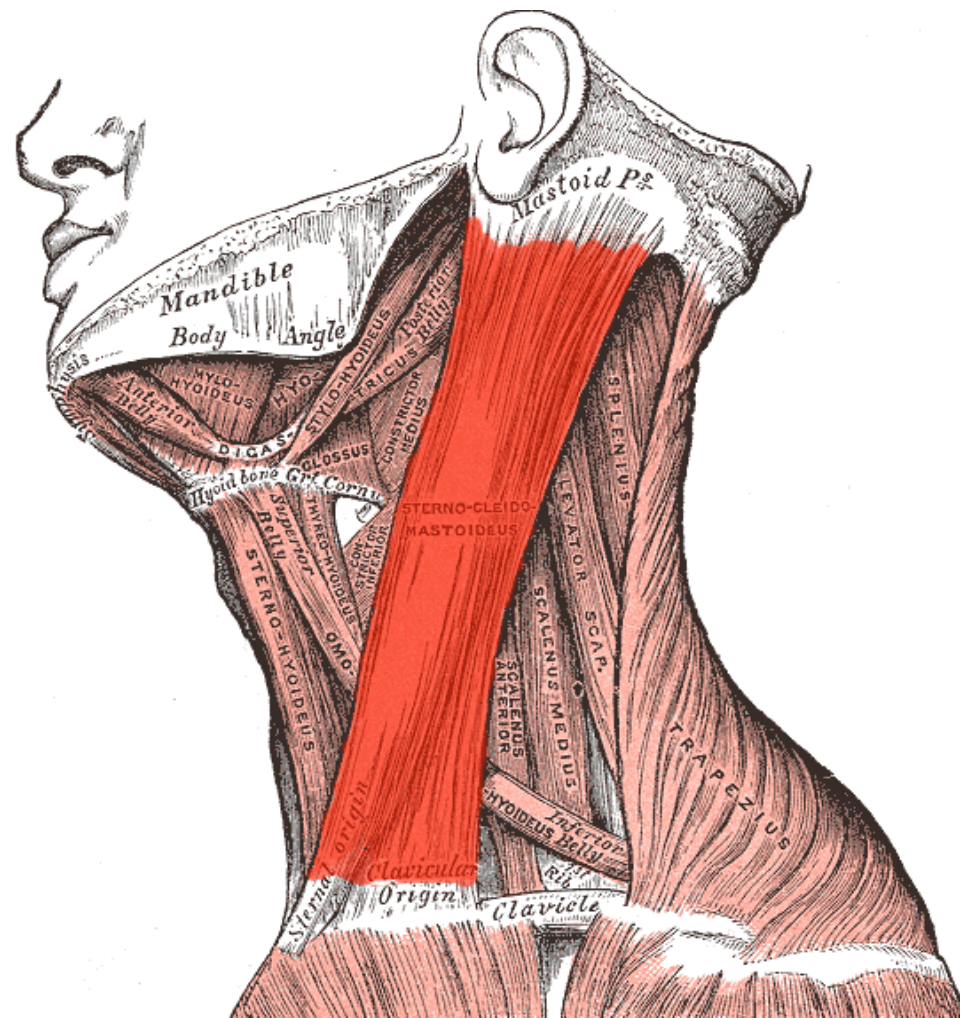
PECTORALIS MINOR



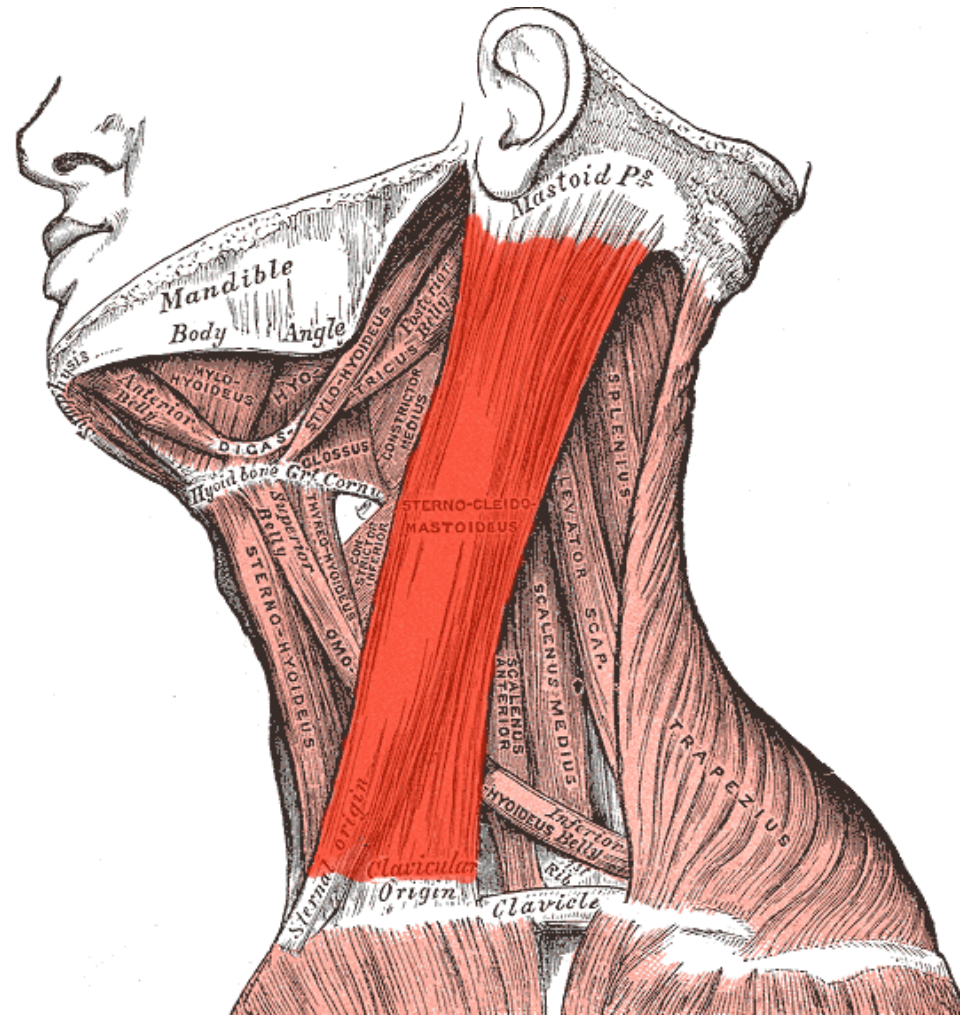


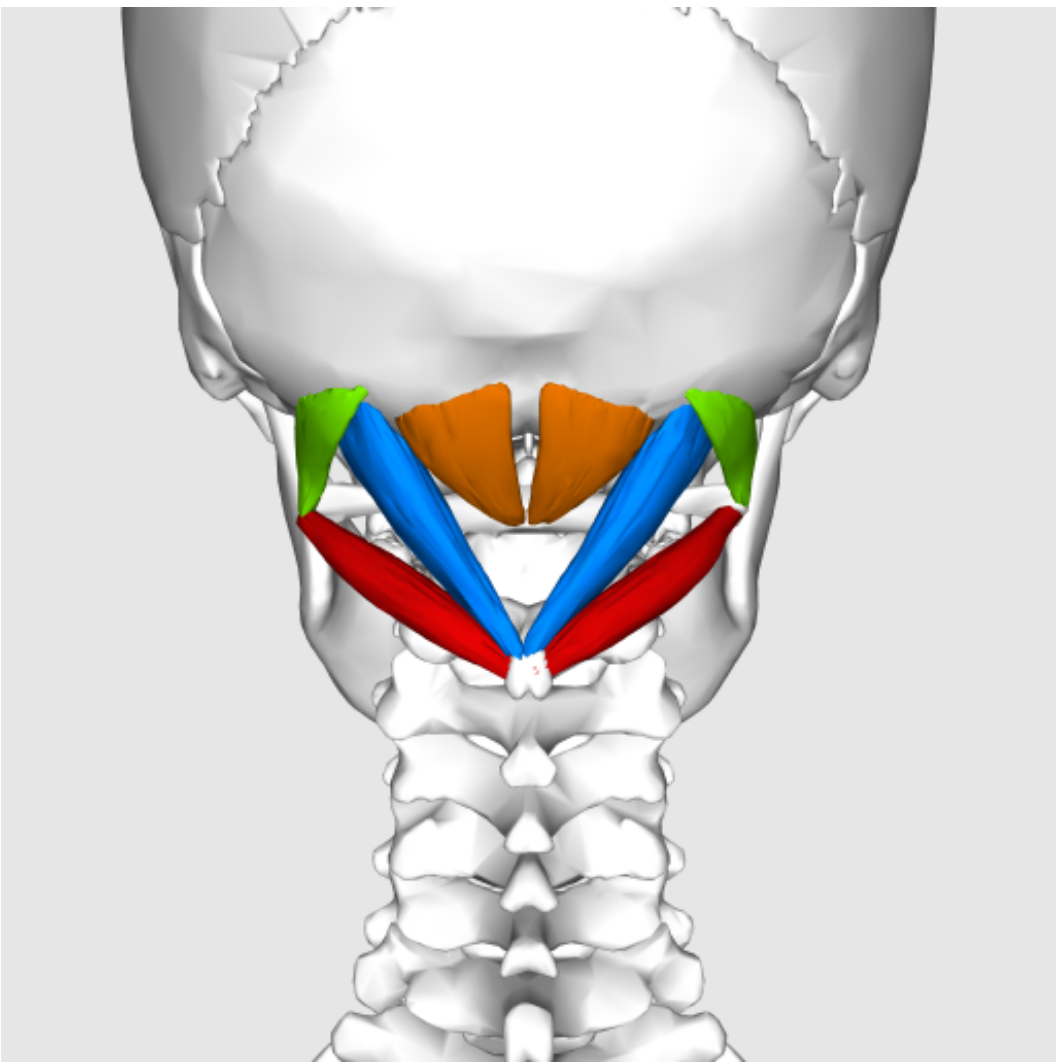
PECTORALIS MAJOR



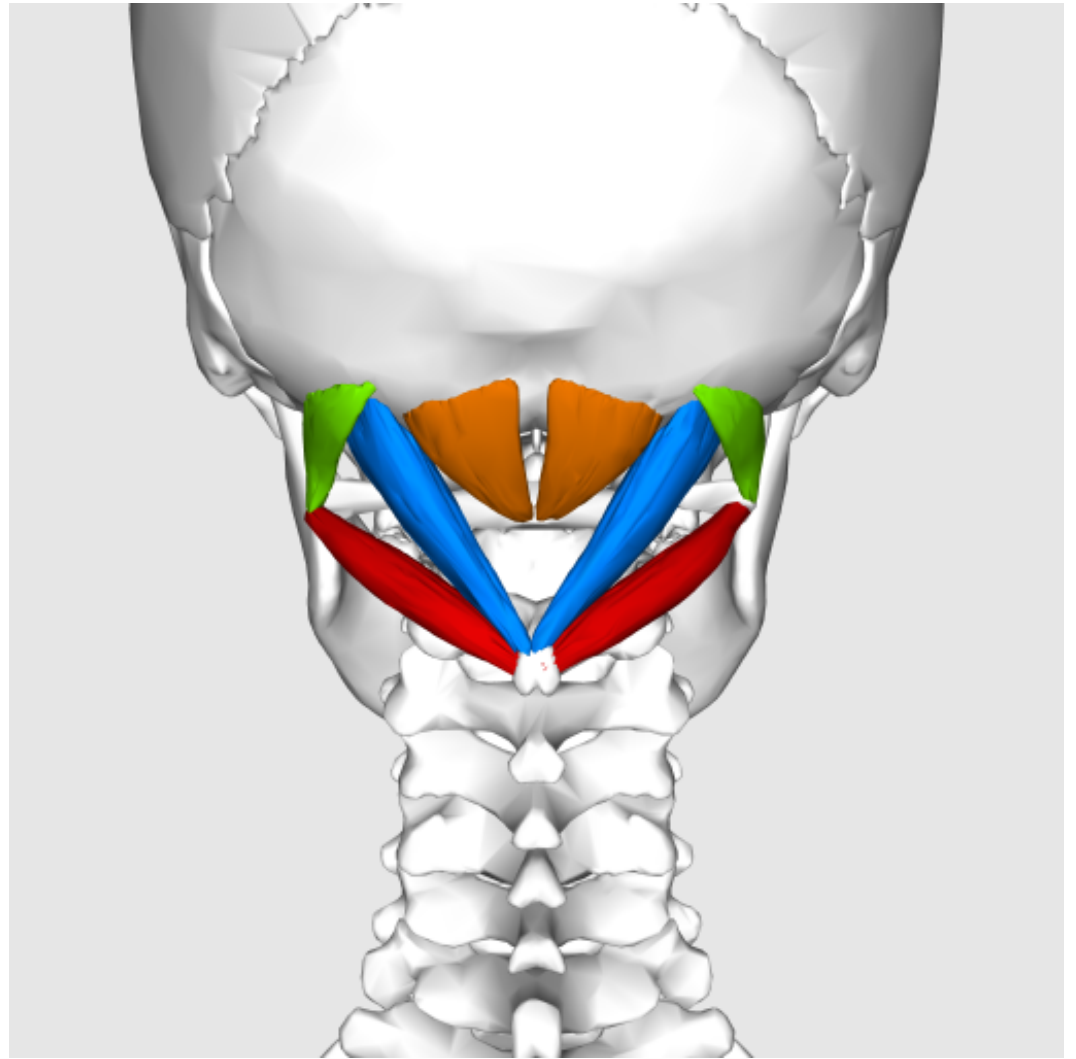


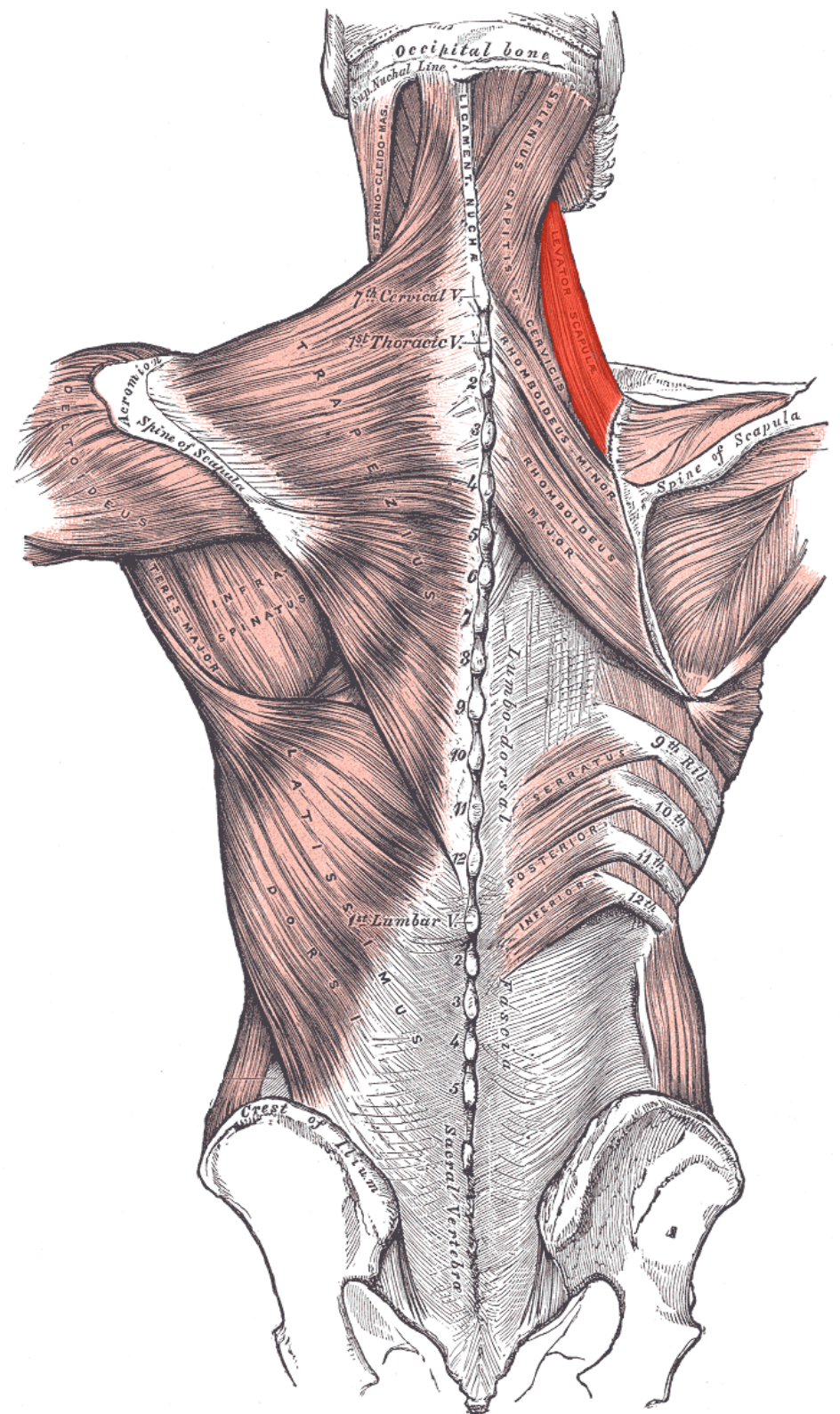
STERNOCLIDOMASTOID (SCM)



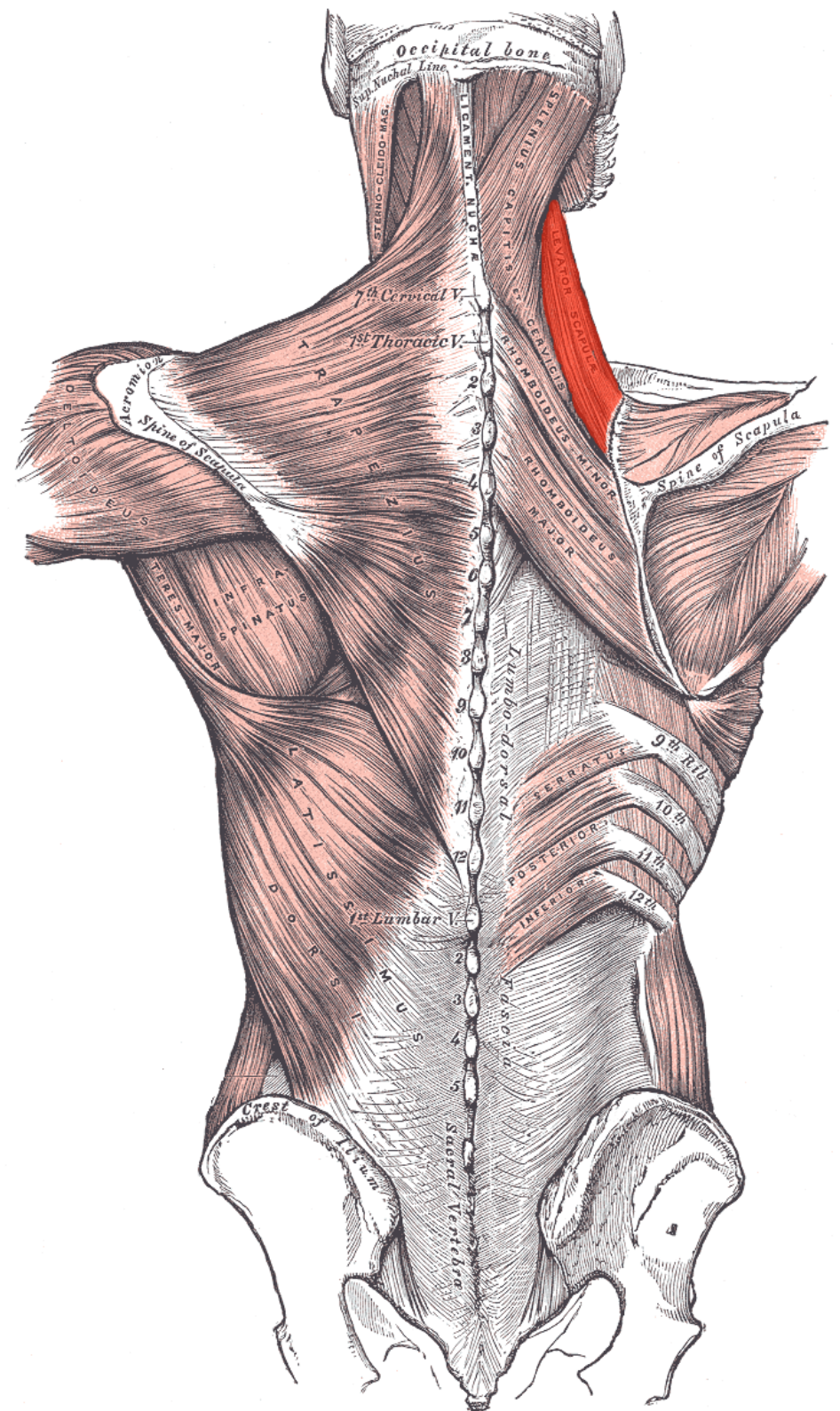


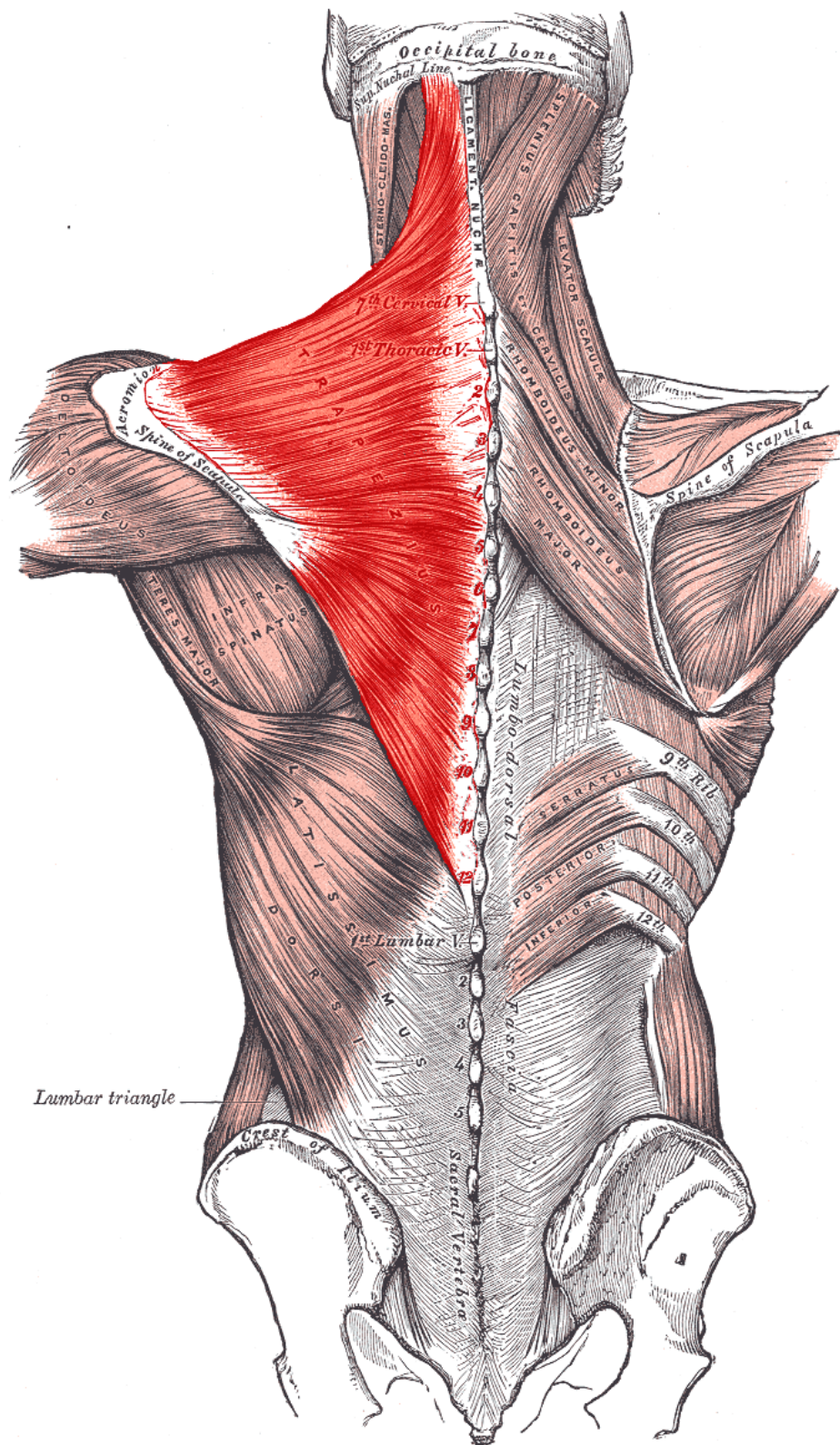
SUBOCCIPITALS



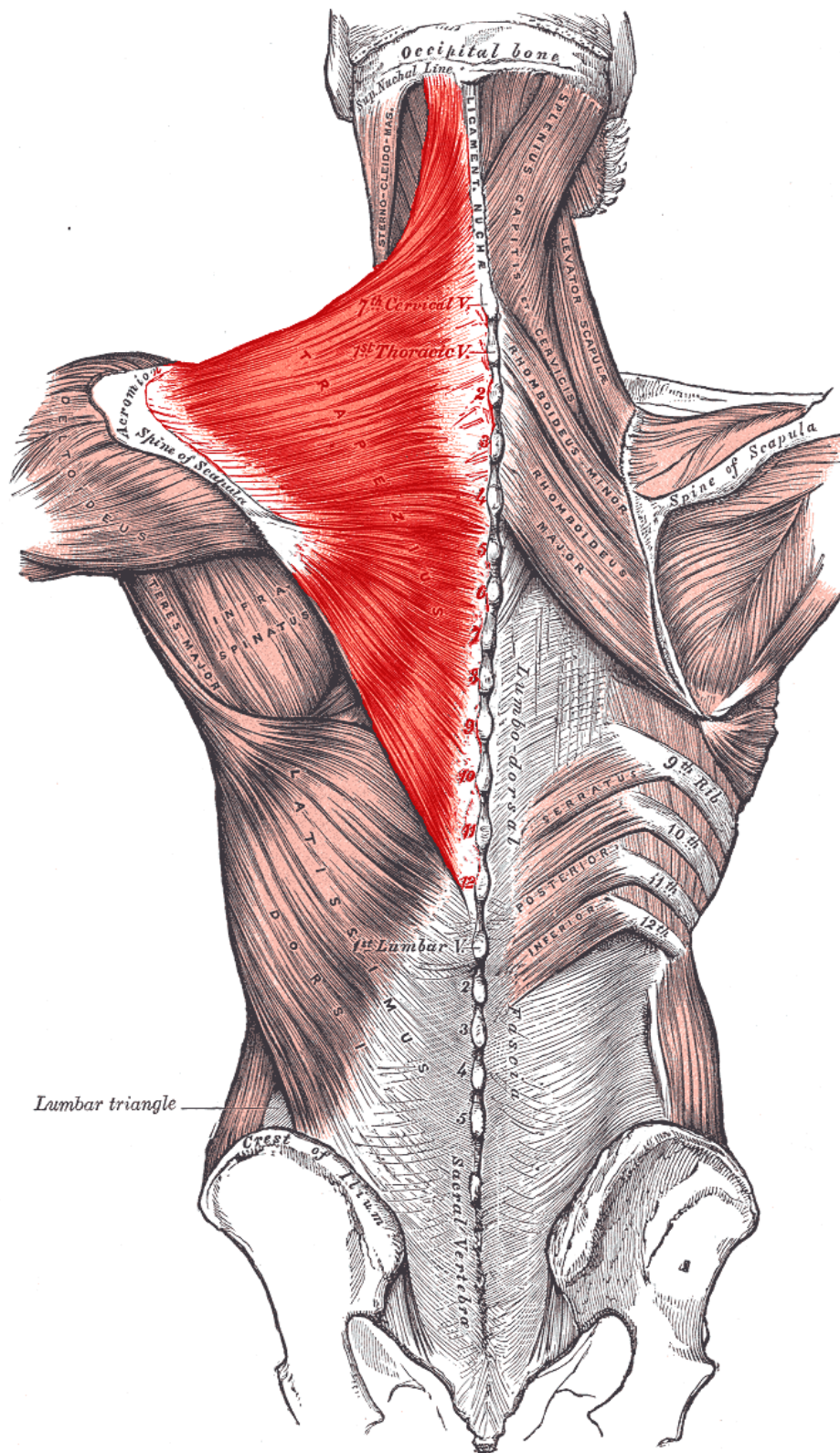


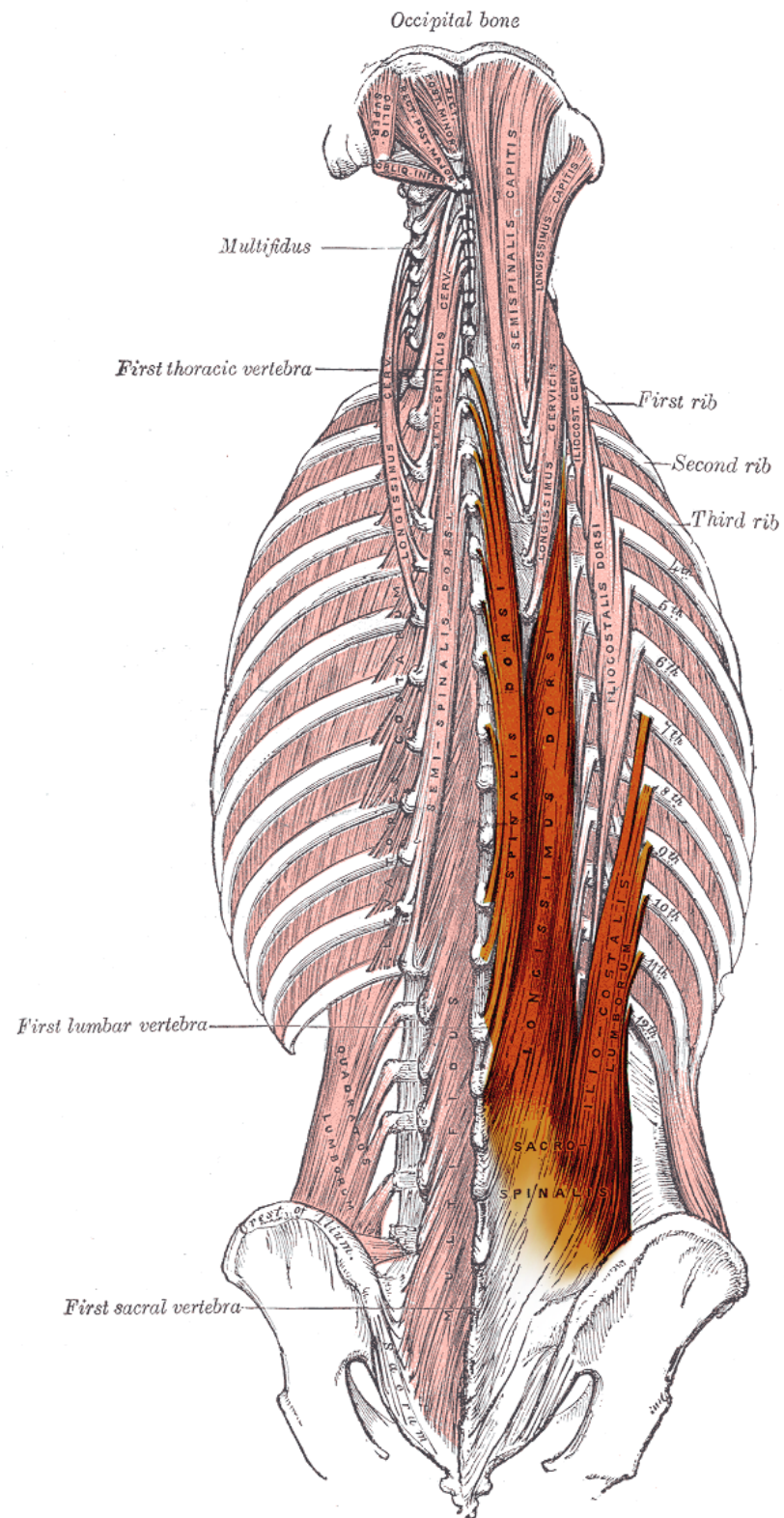
LEVATOR SCAPULA



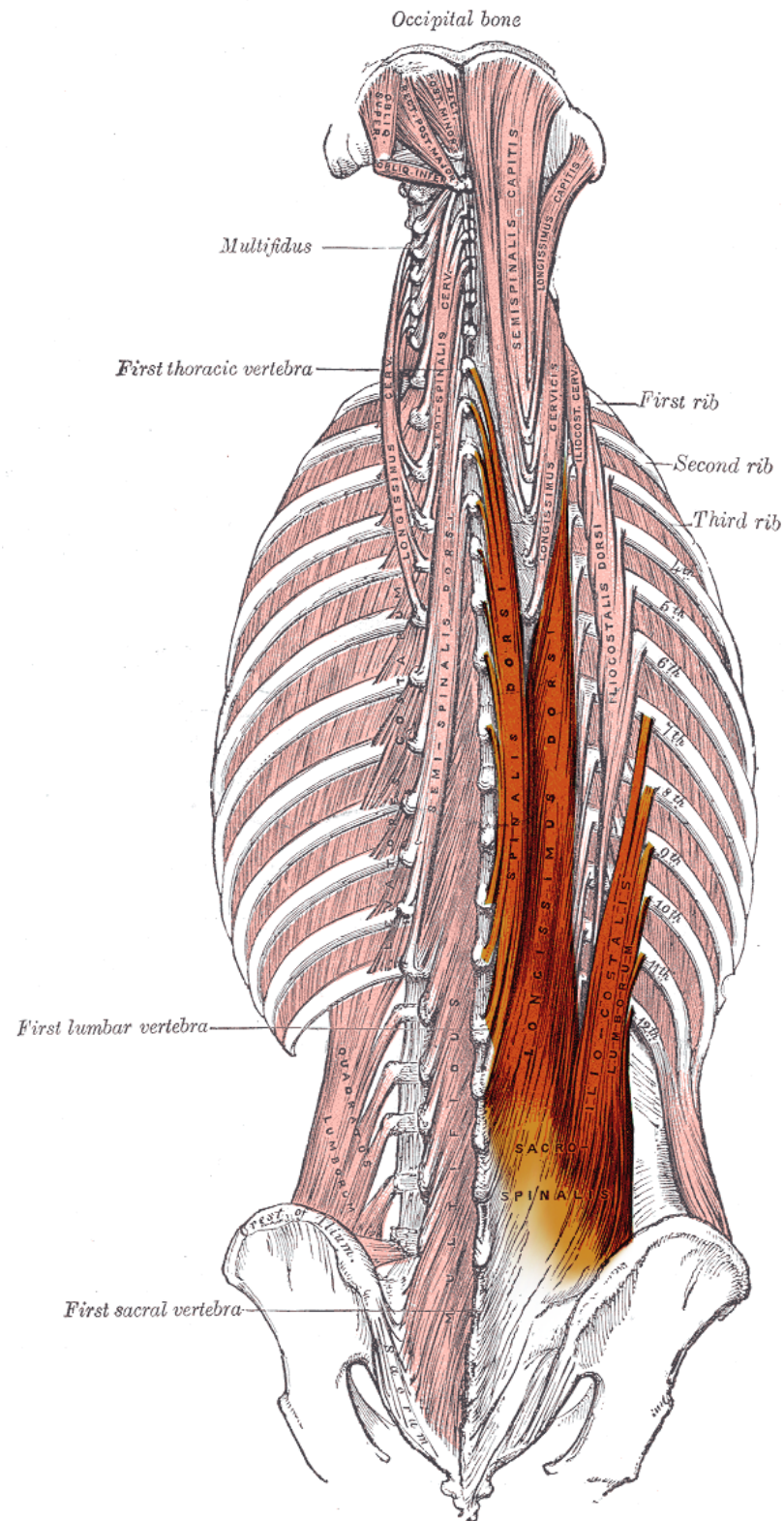


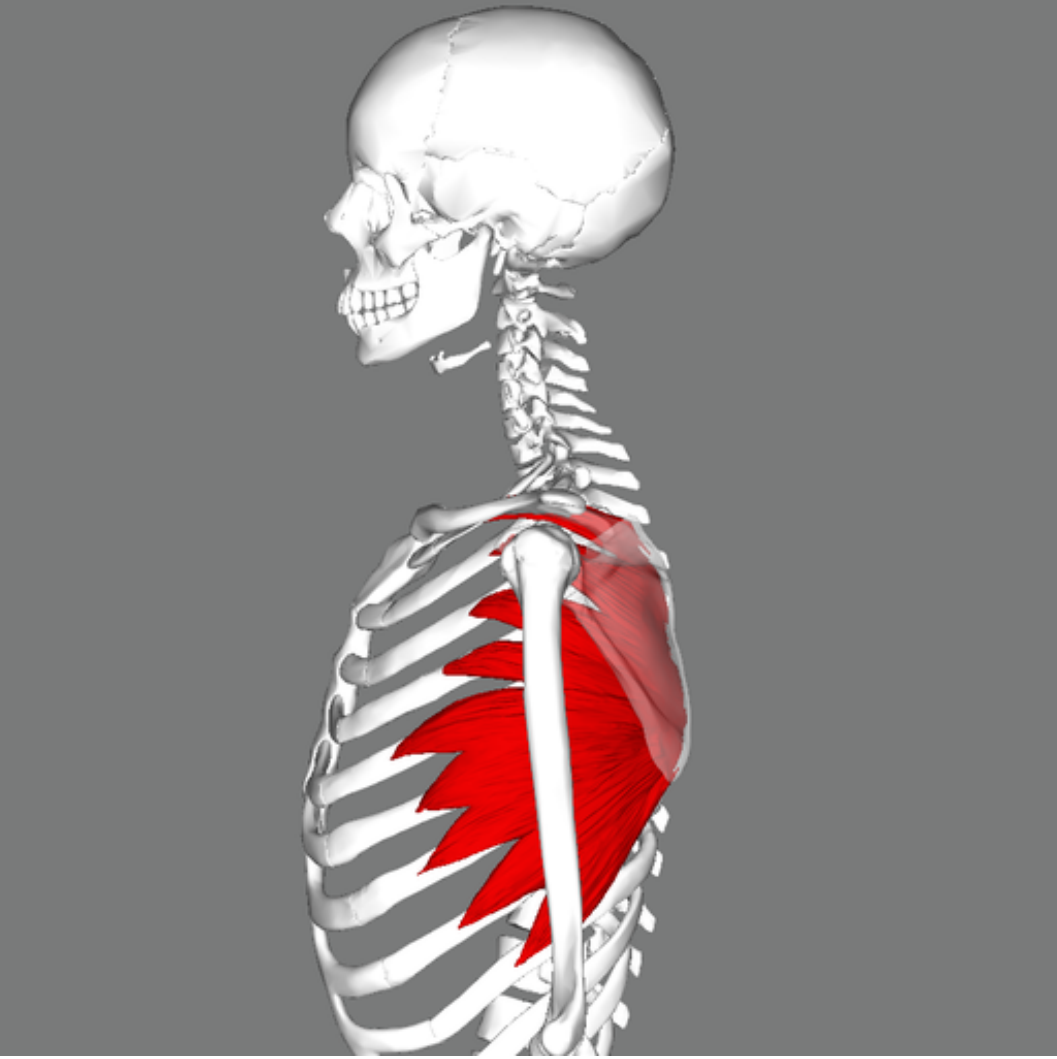
TRAPEZIUS



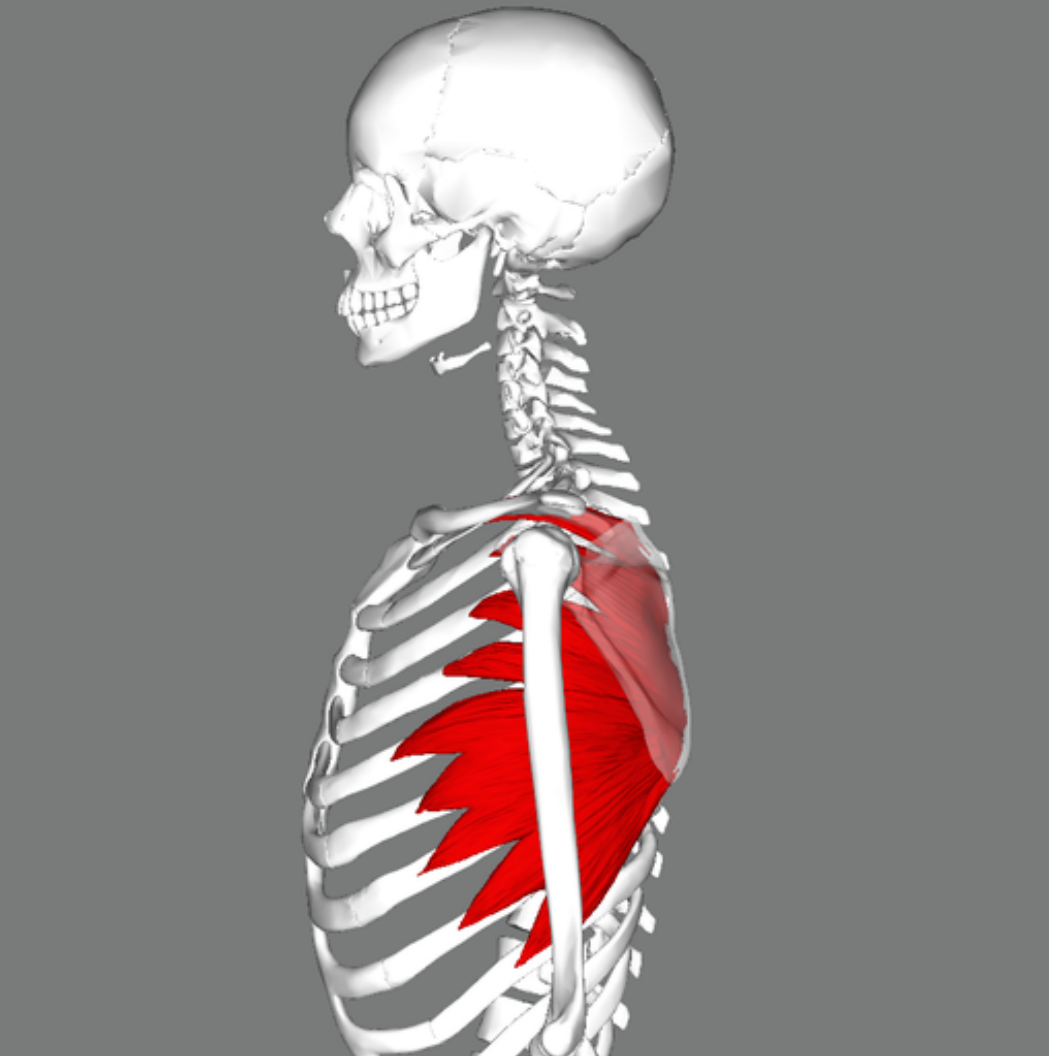


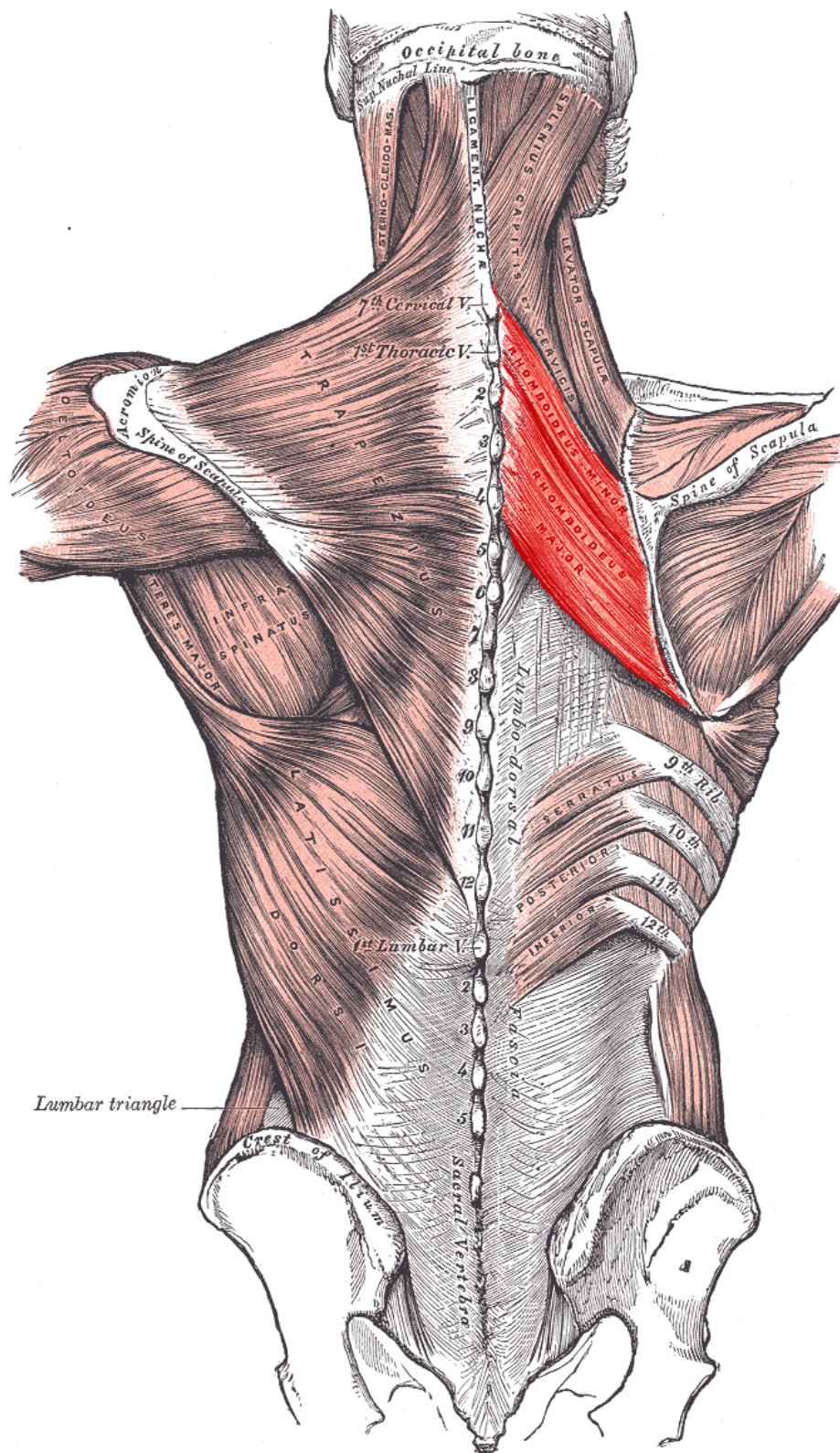
ERECTOR SPINAE



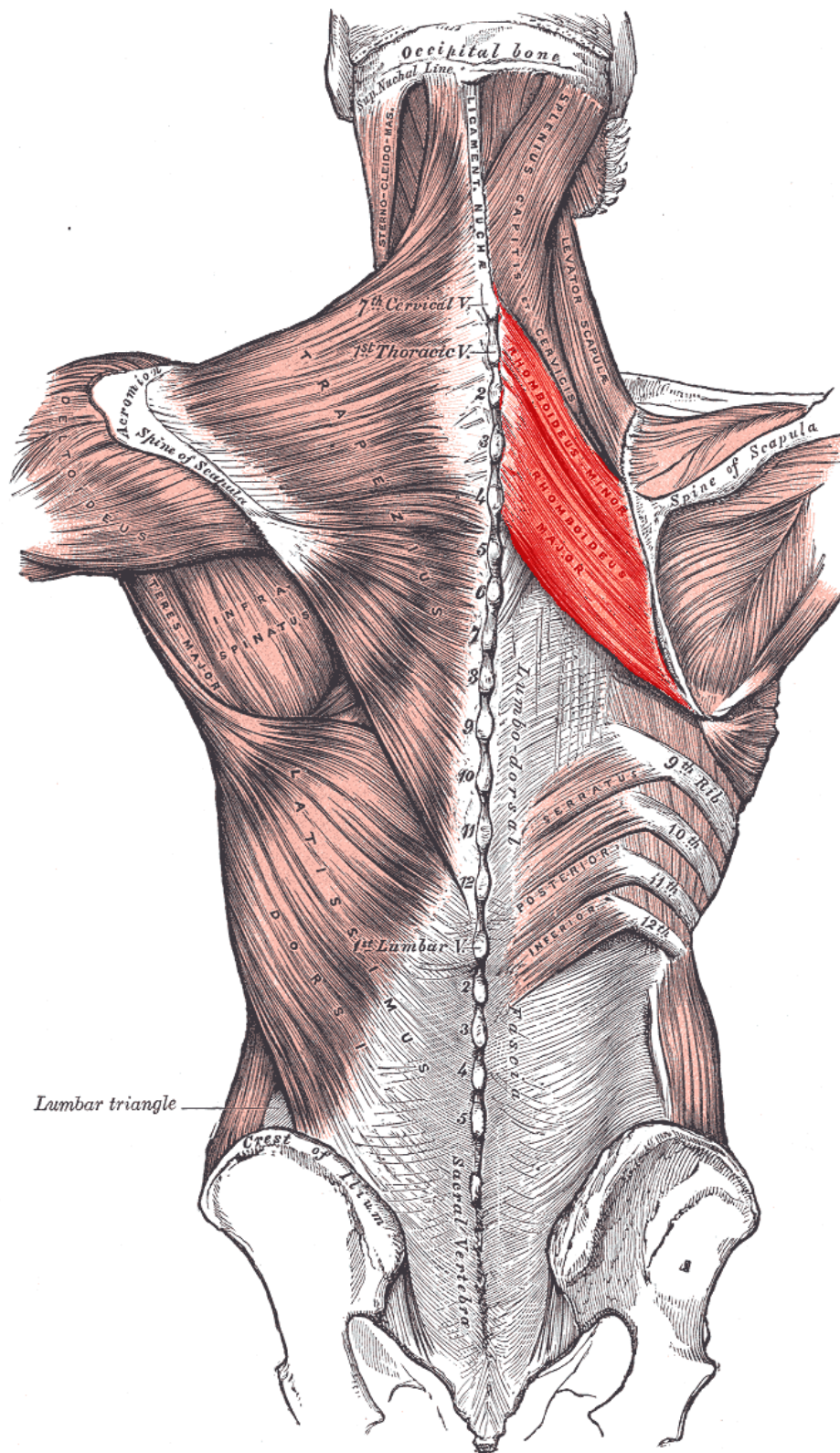


SERRATUS ANTERIOR

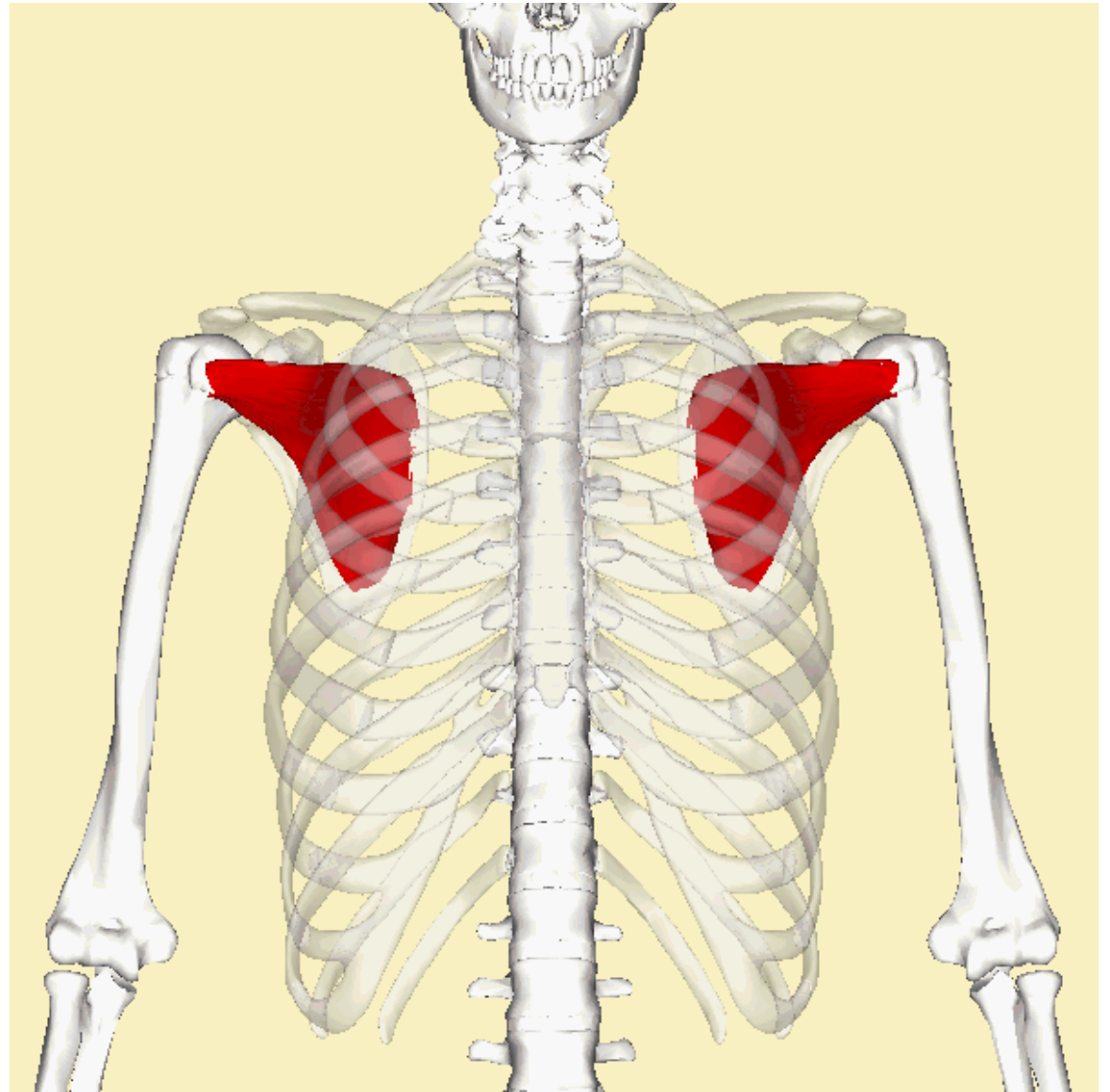




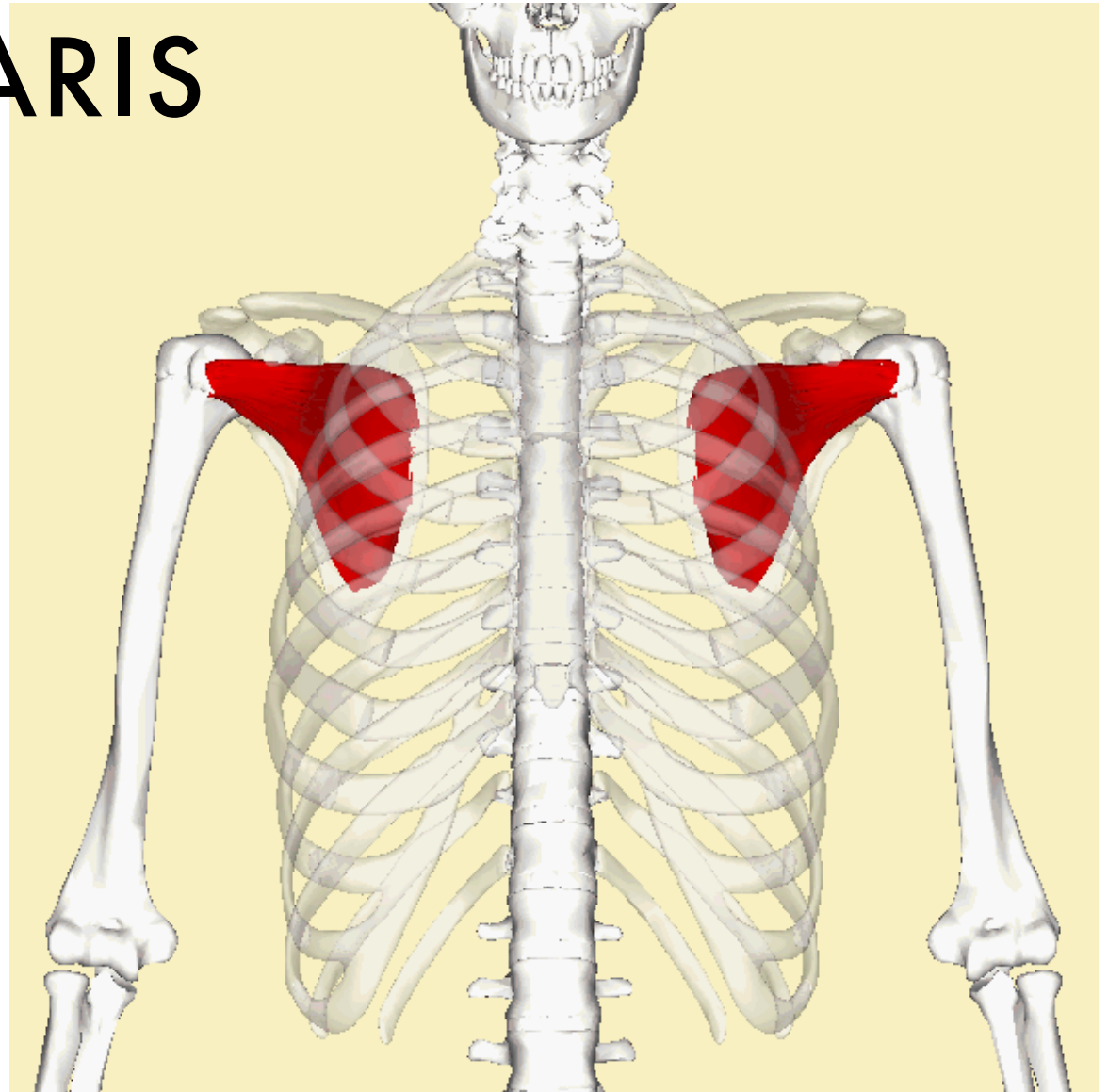
Lumbar triangle

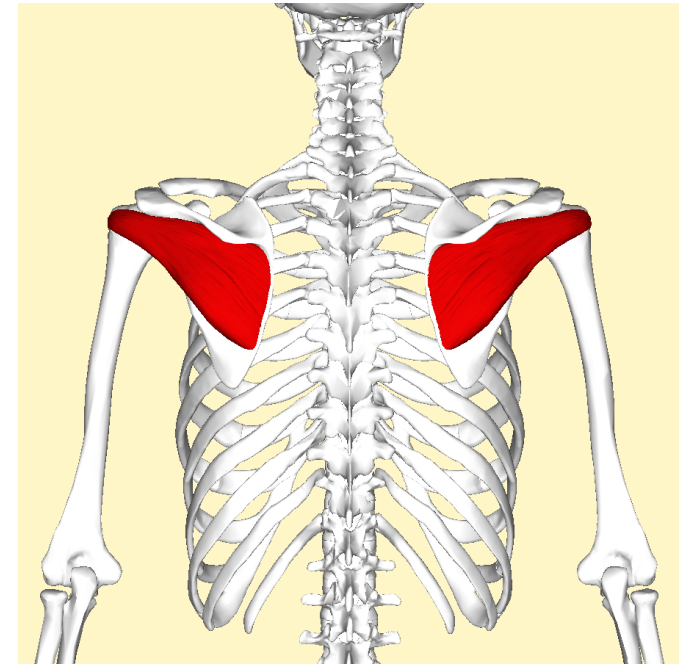
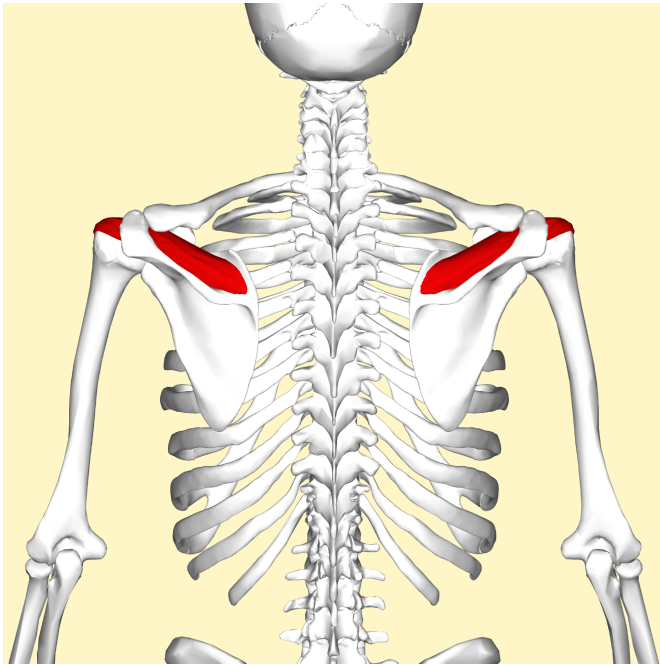
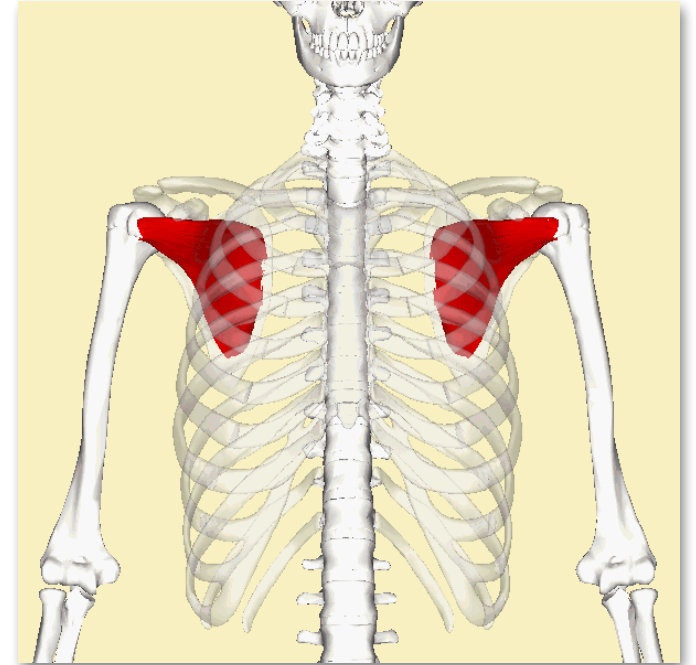
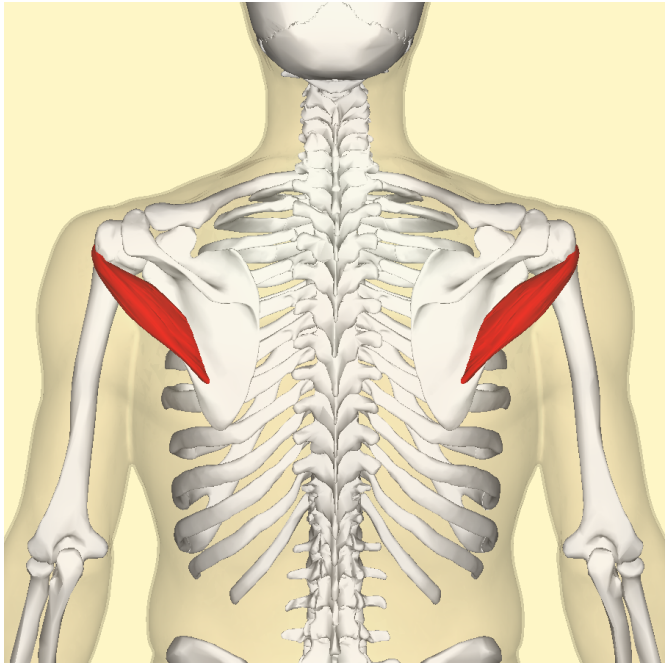


RHOMBOID MAJOR & MINOR

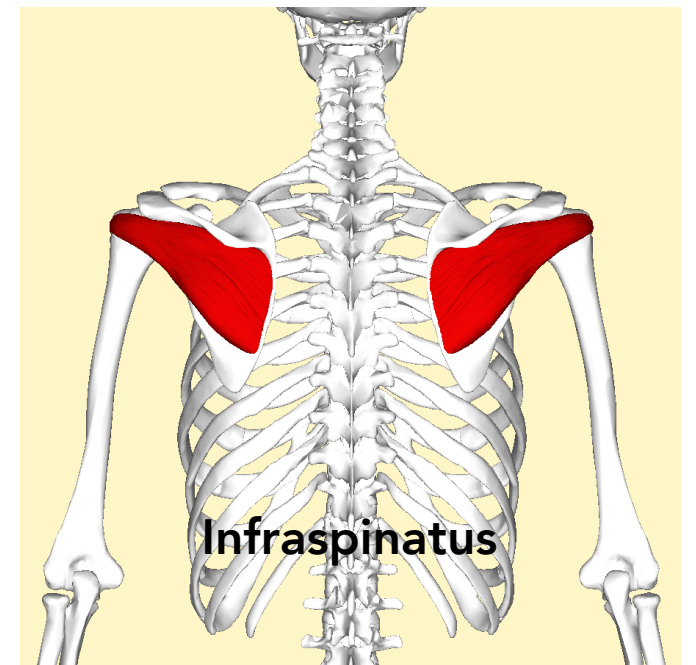
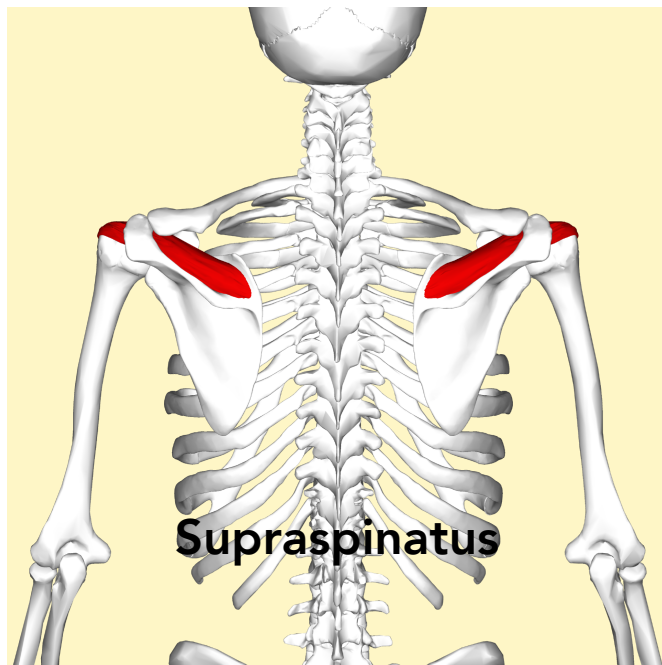
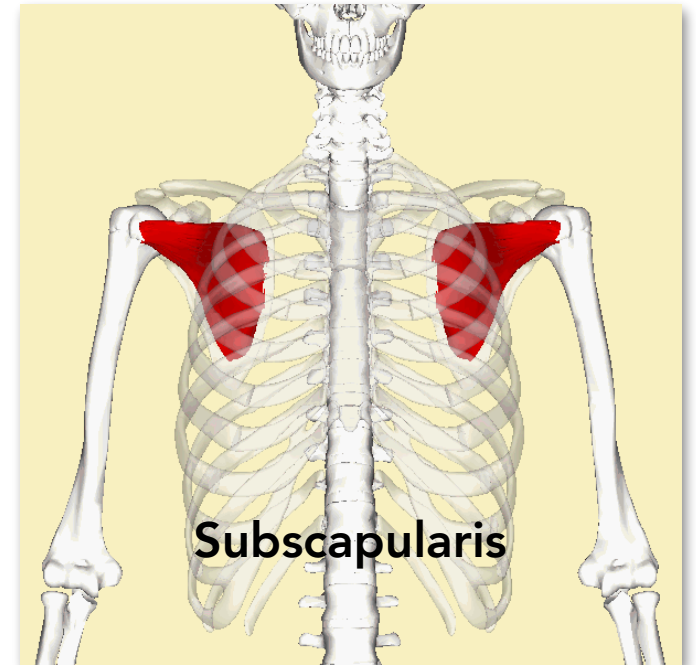
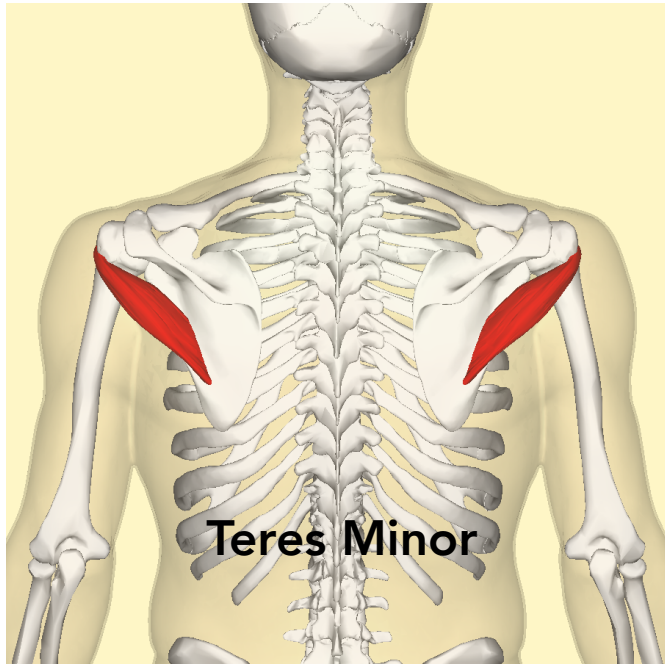


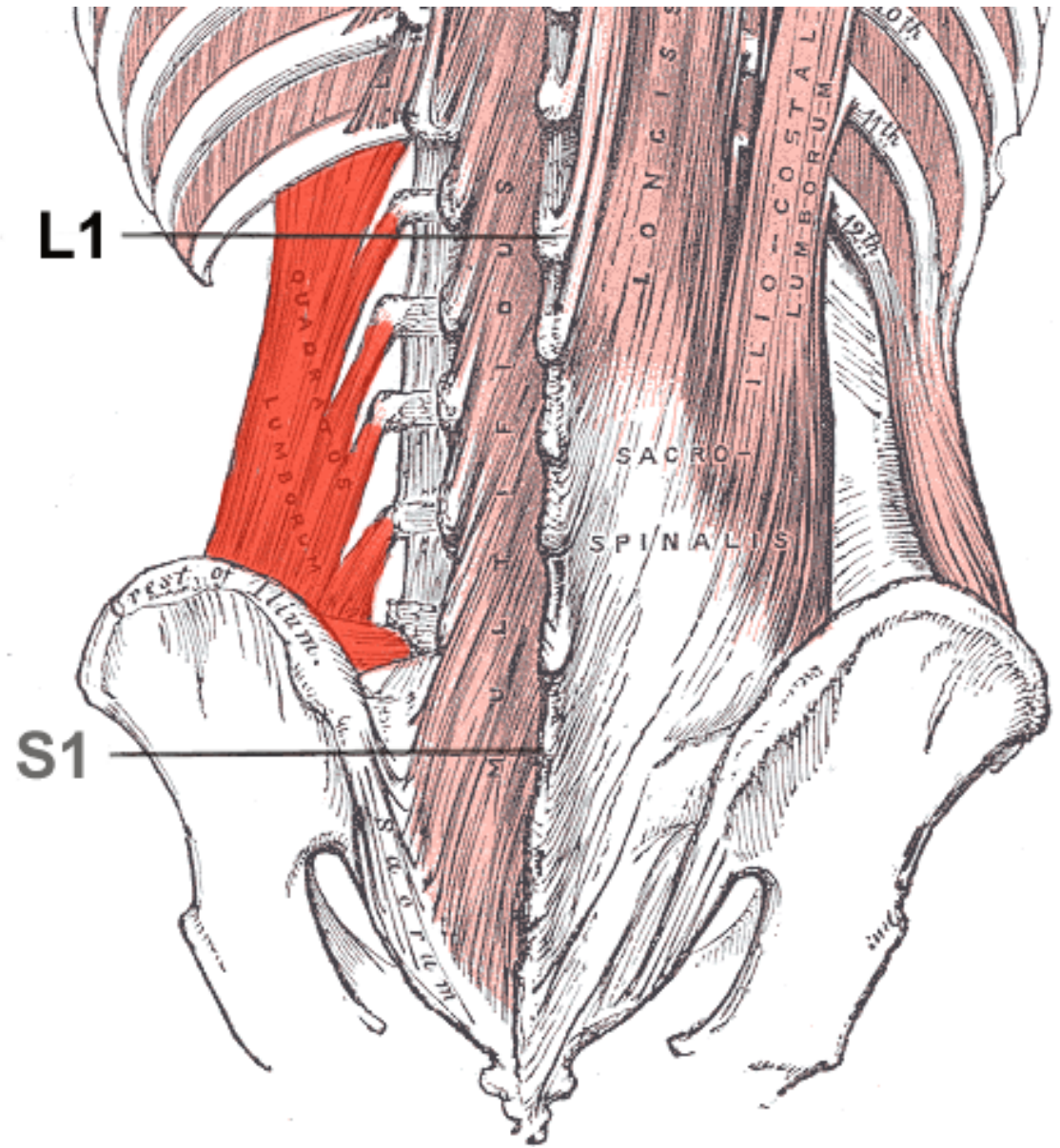
SUBSCAPULARIS



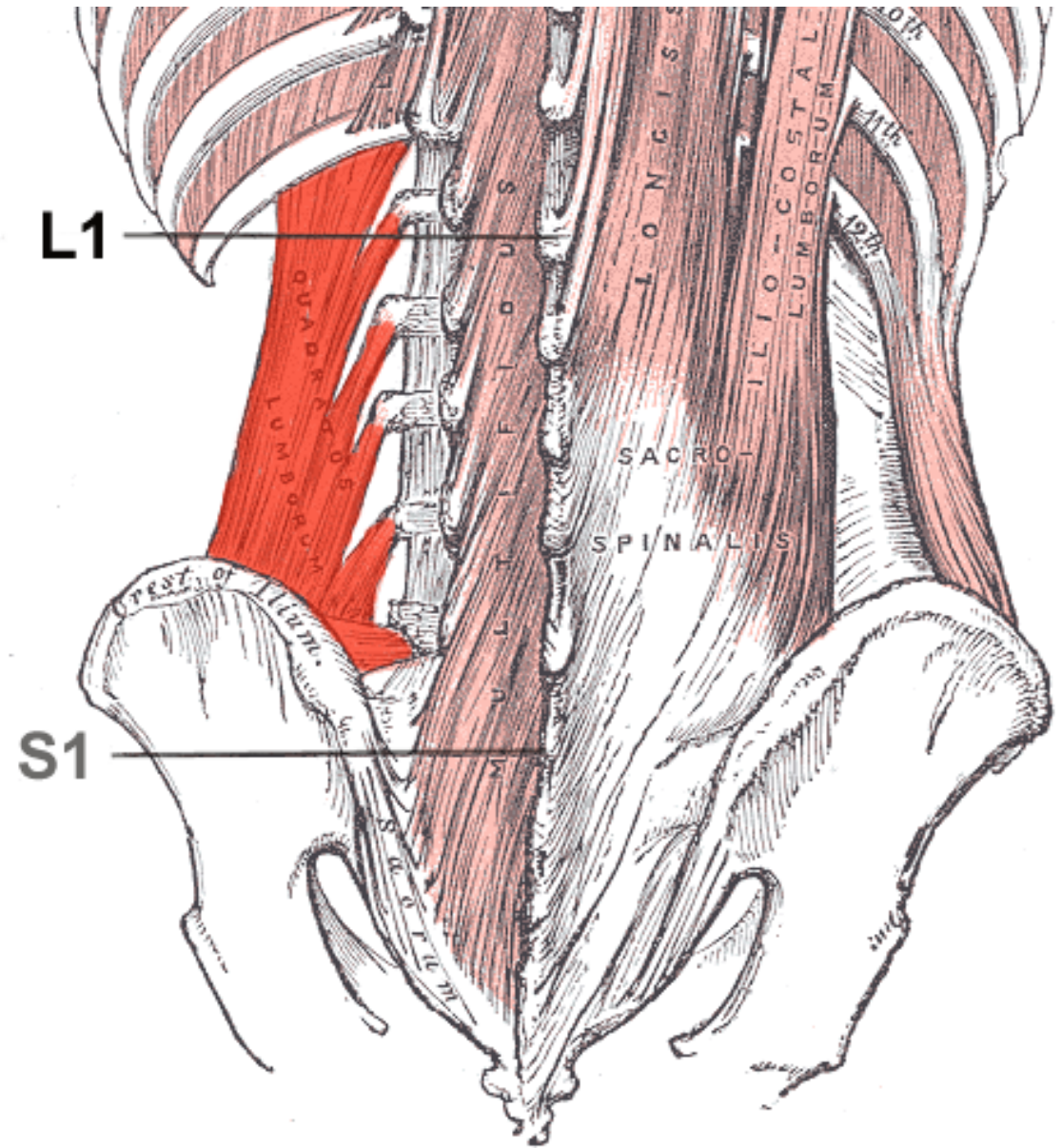


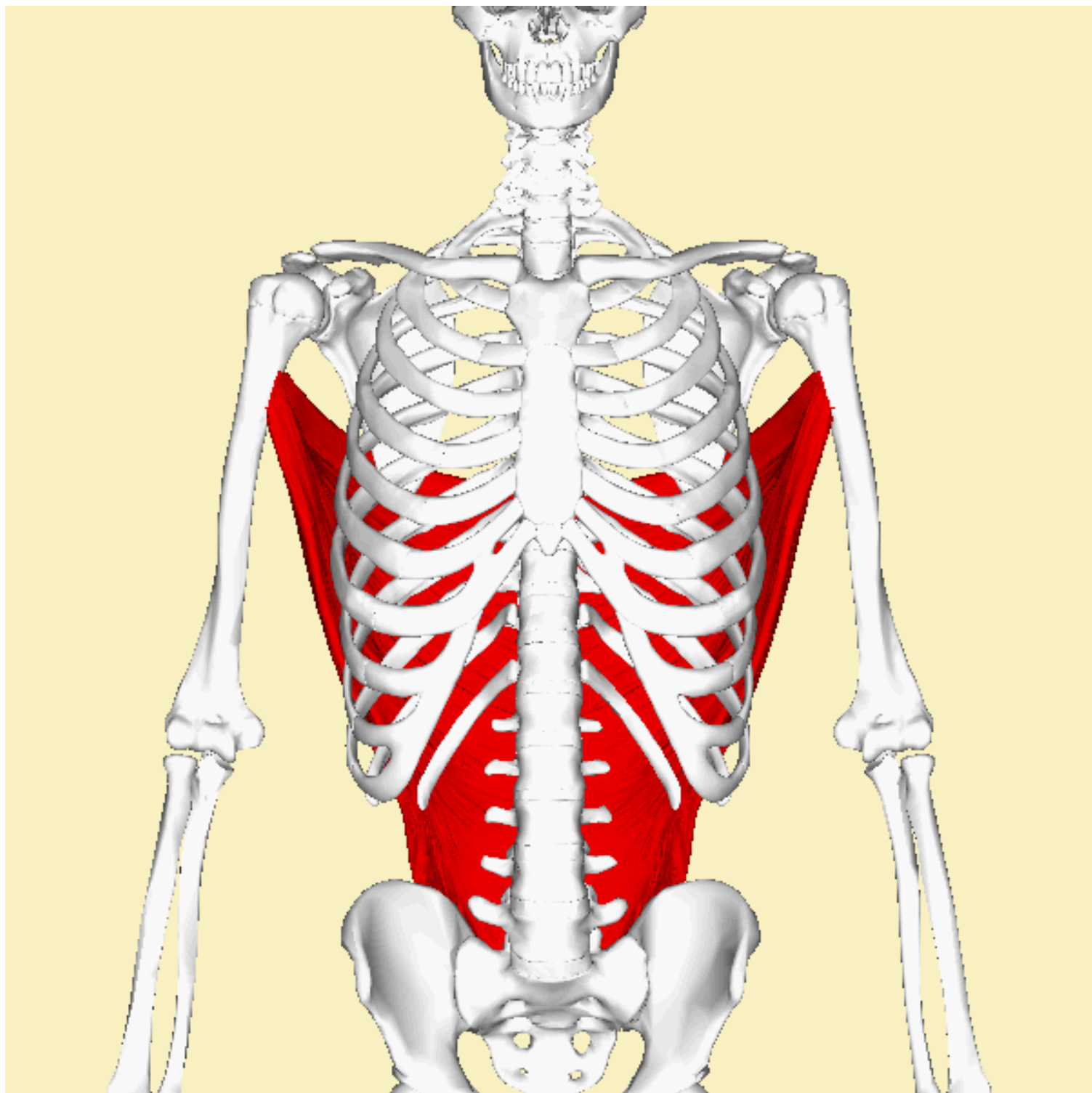
The Rotator Cuff Group



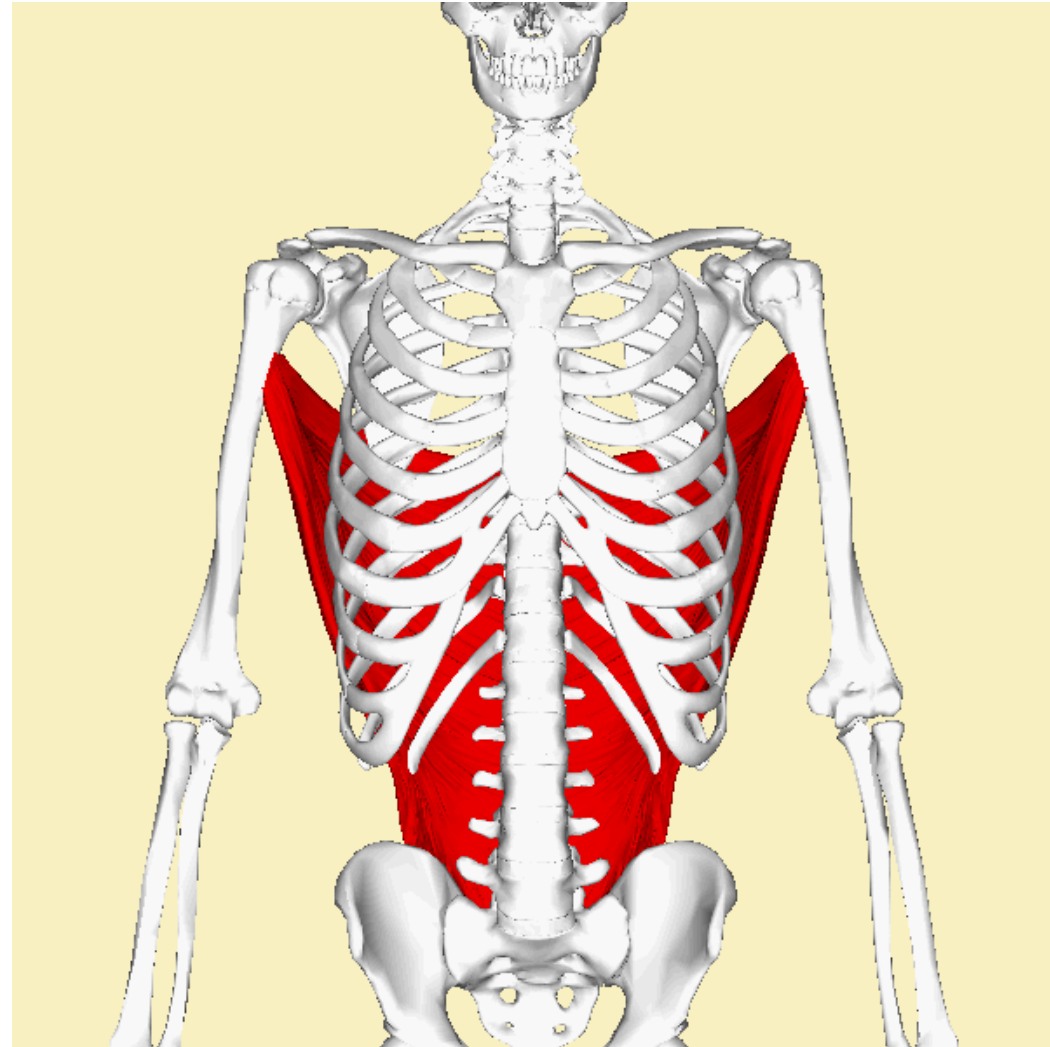


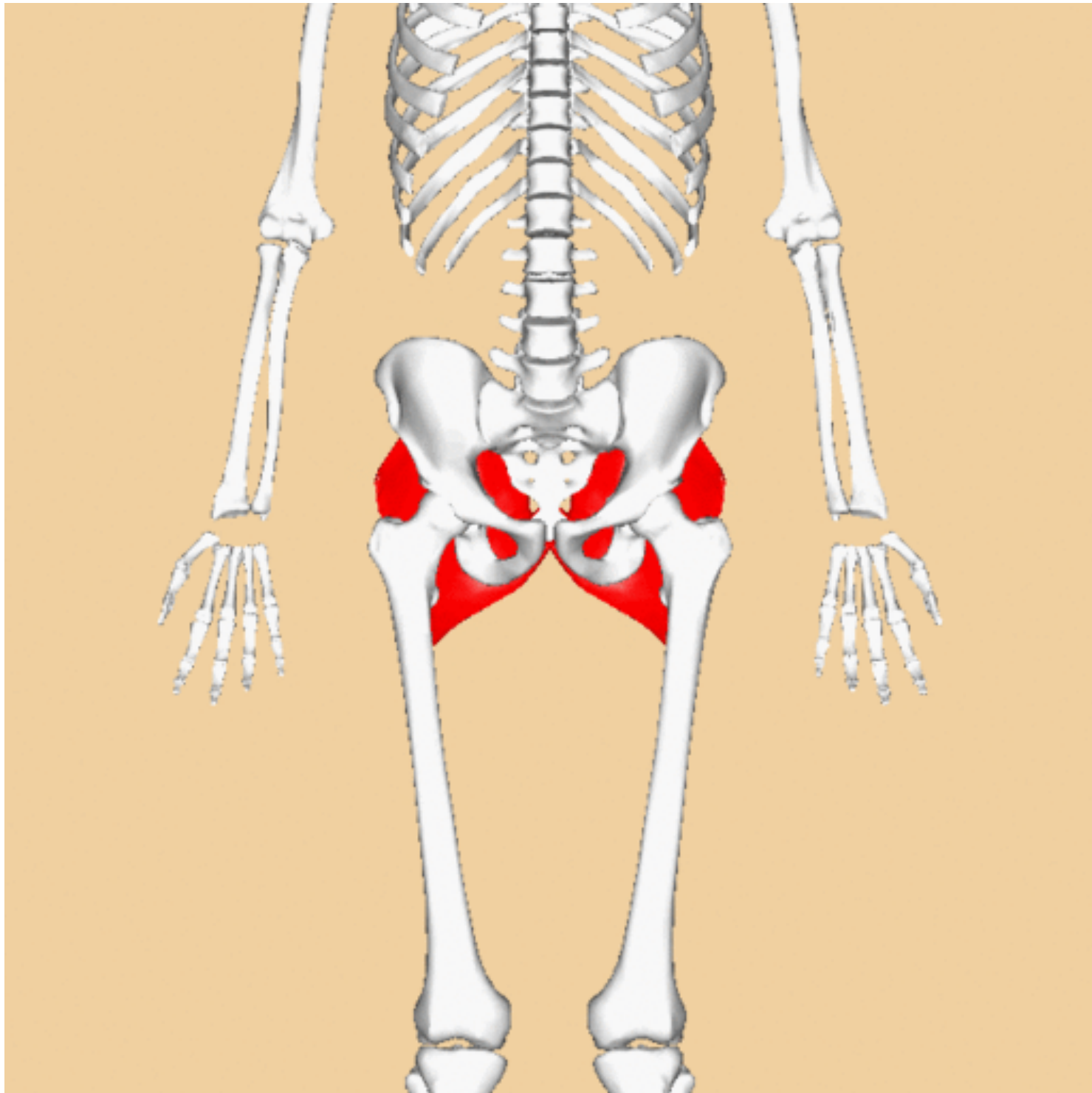
QUADRATUS LUMBORUM



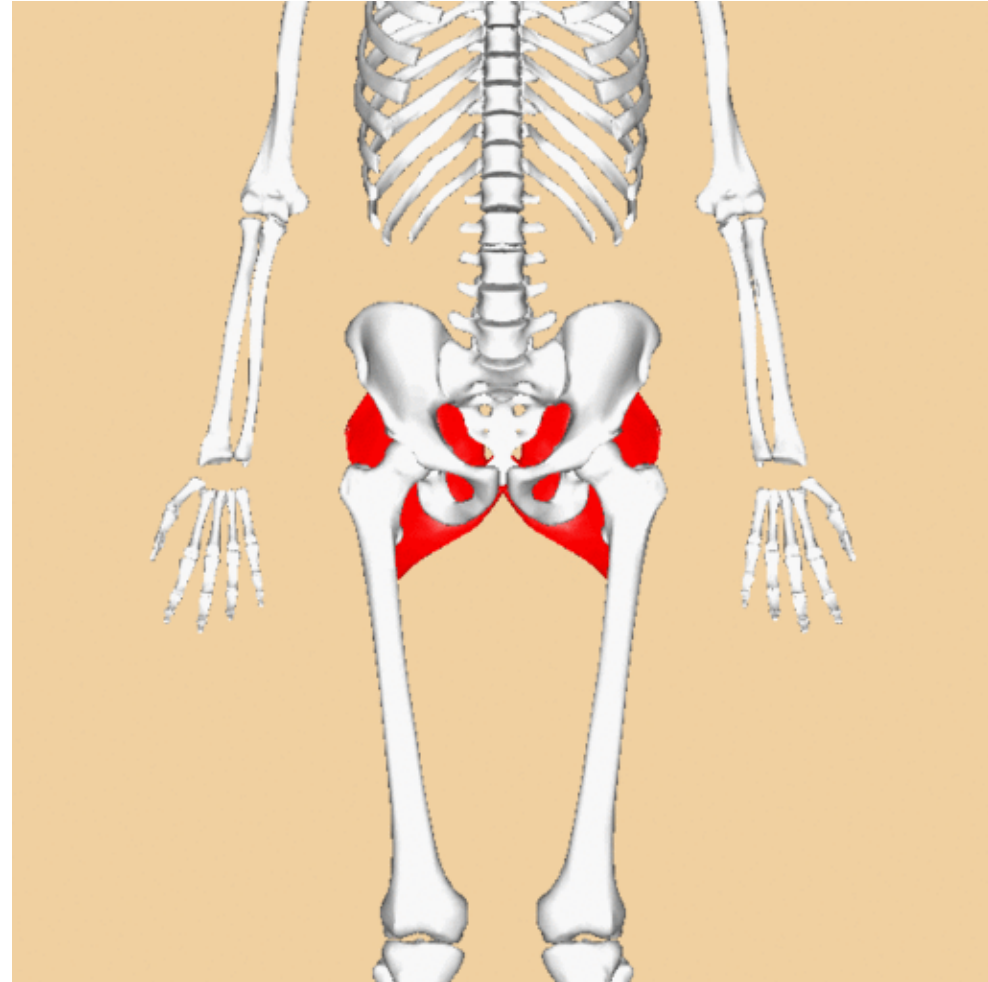


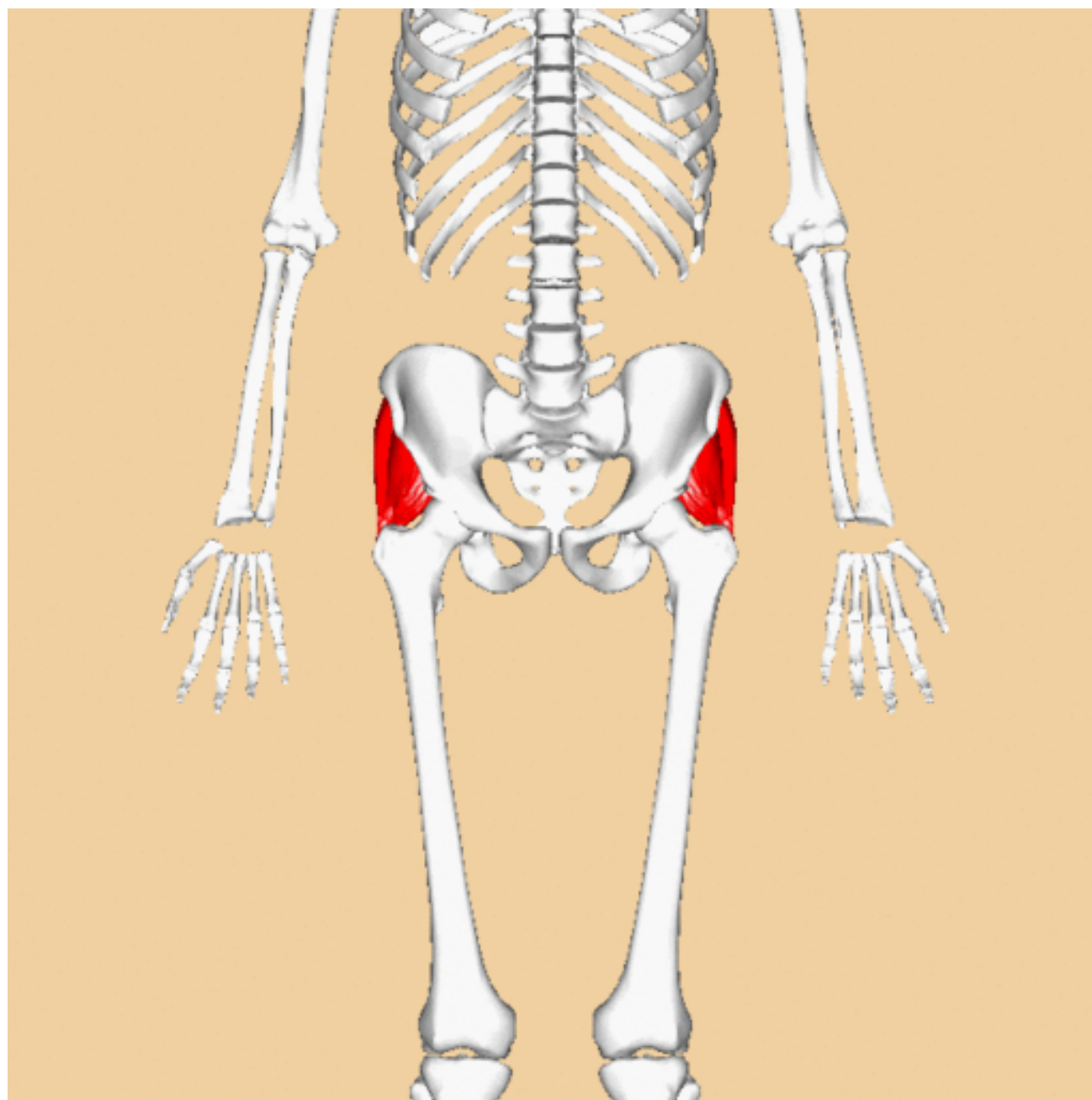
LATISSIMUS DORSI



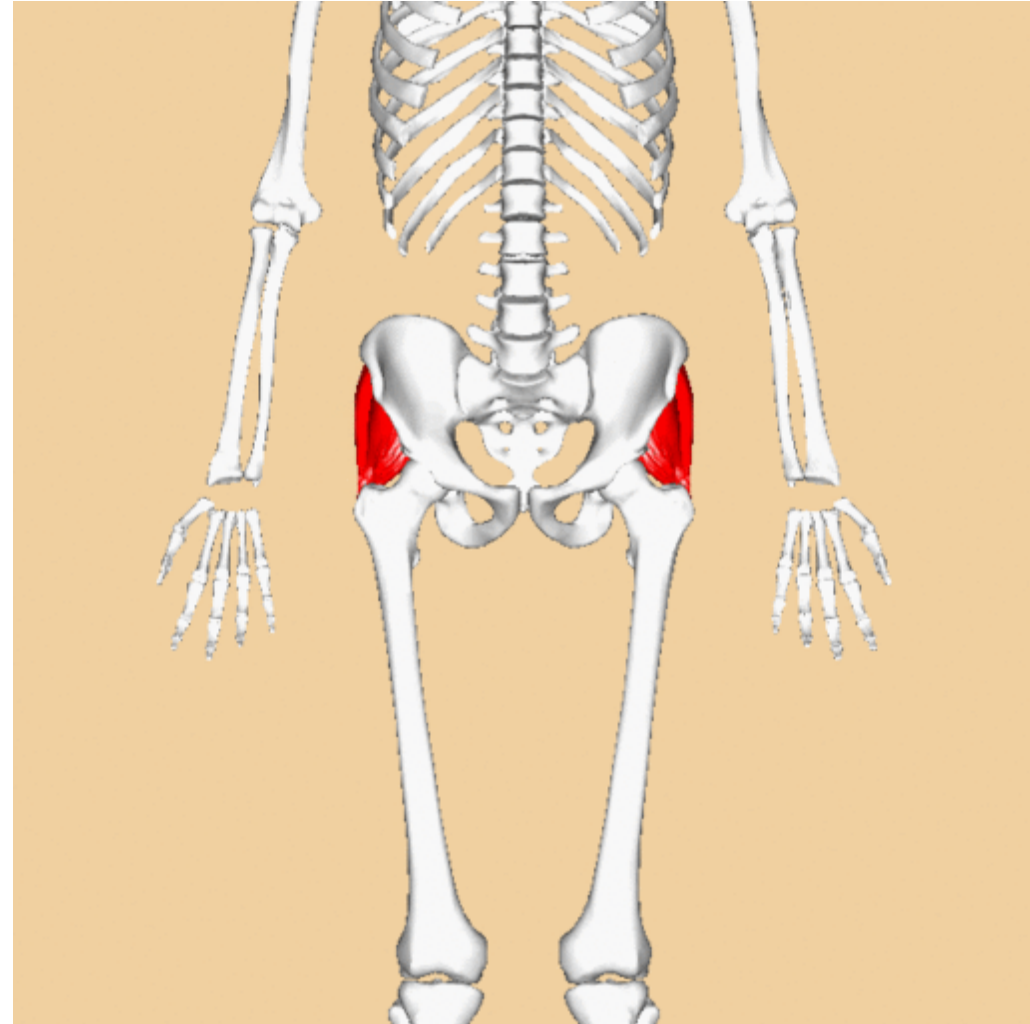


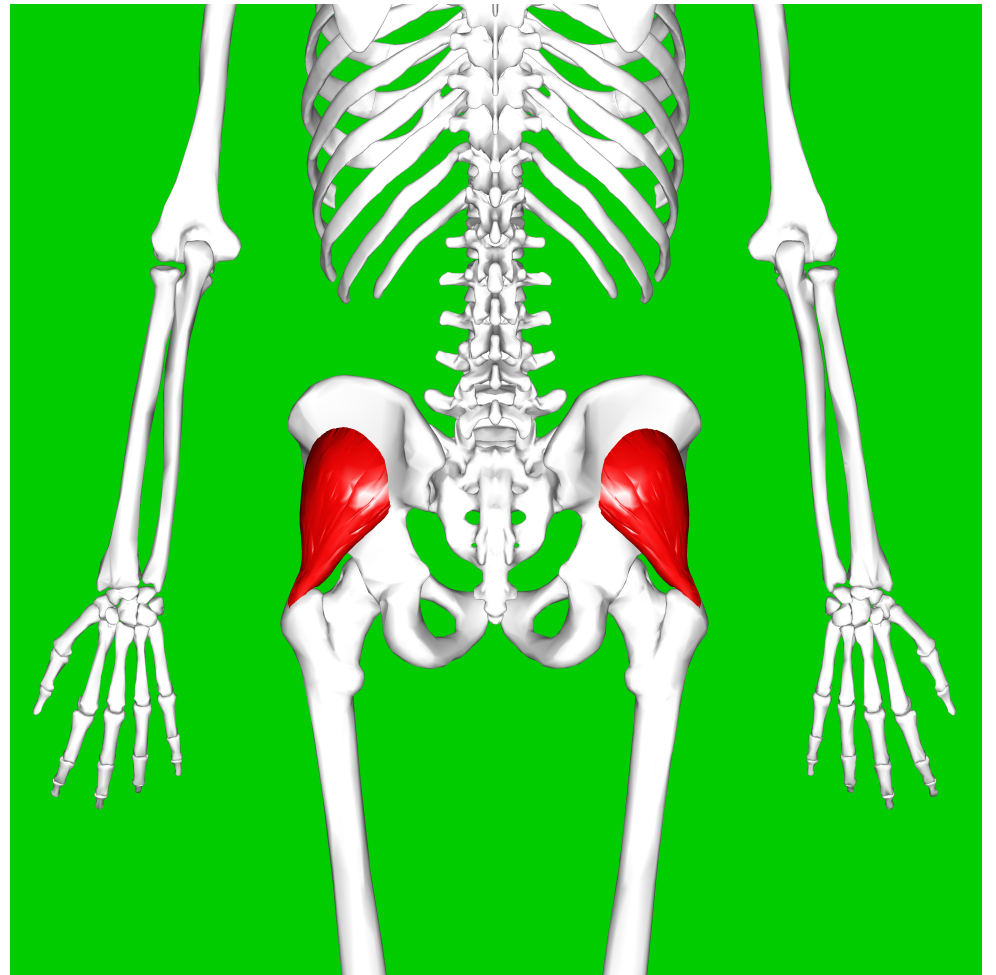
GLUTIUS MAXIMUS



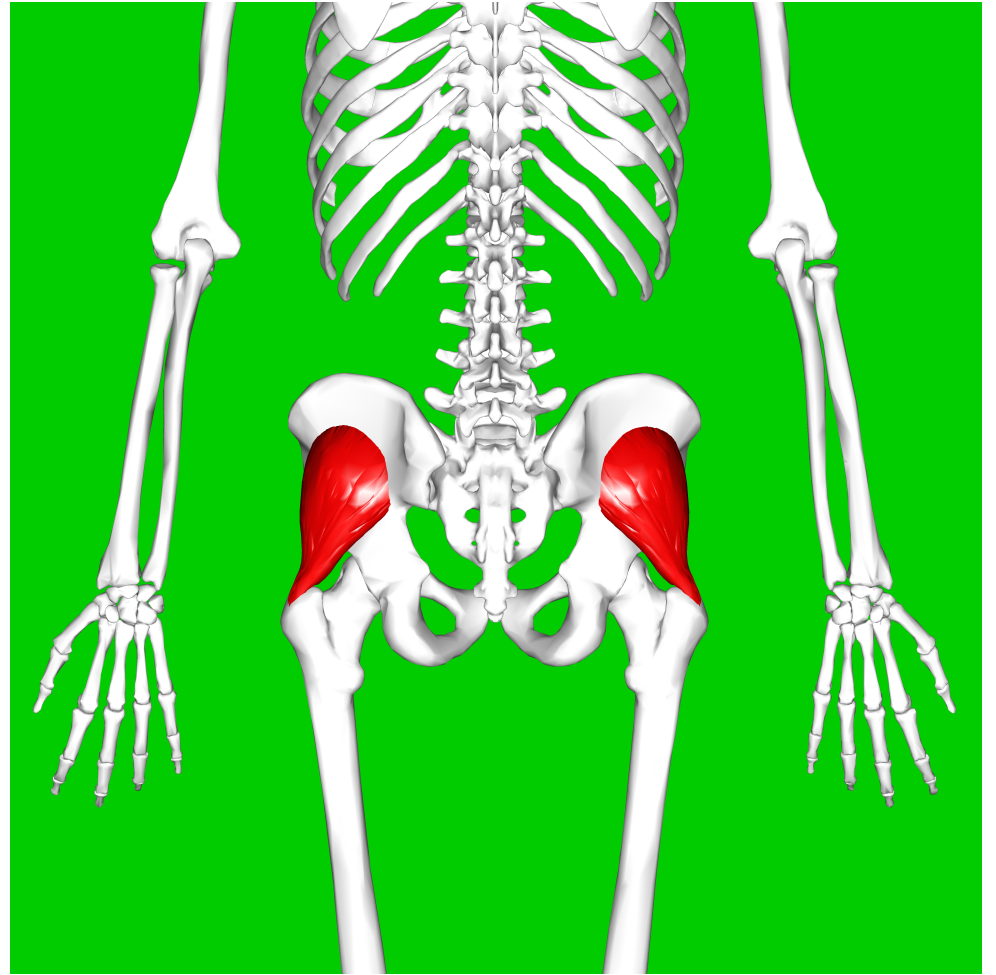


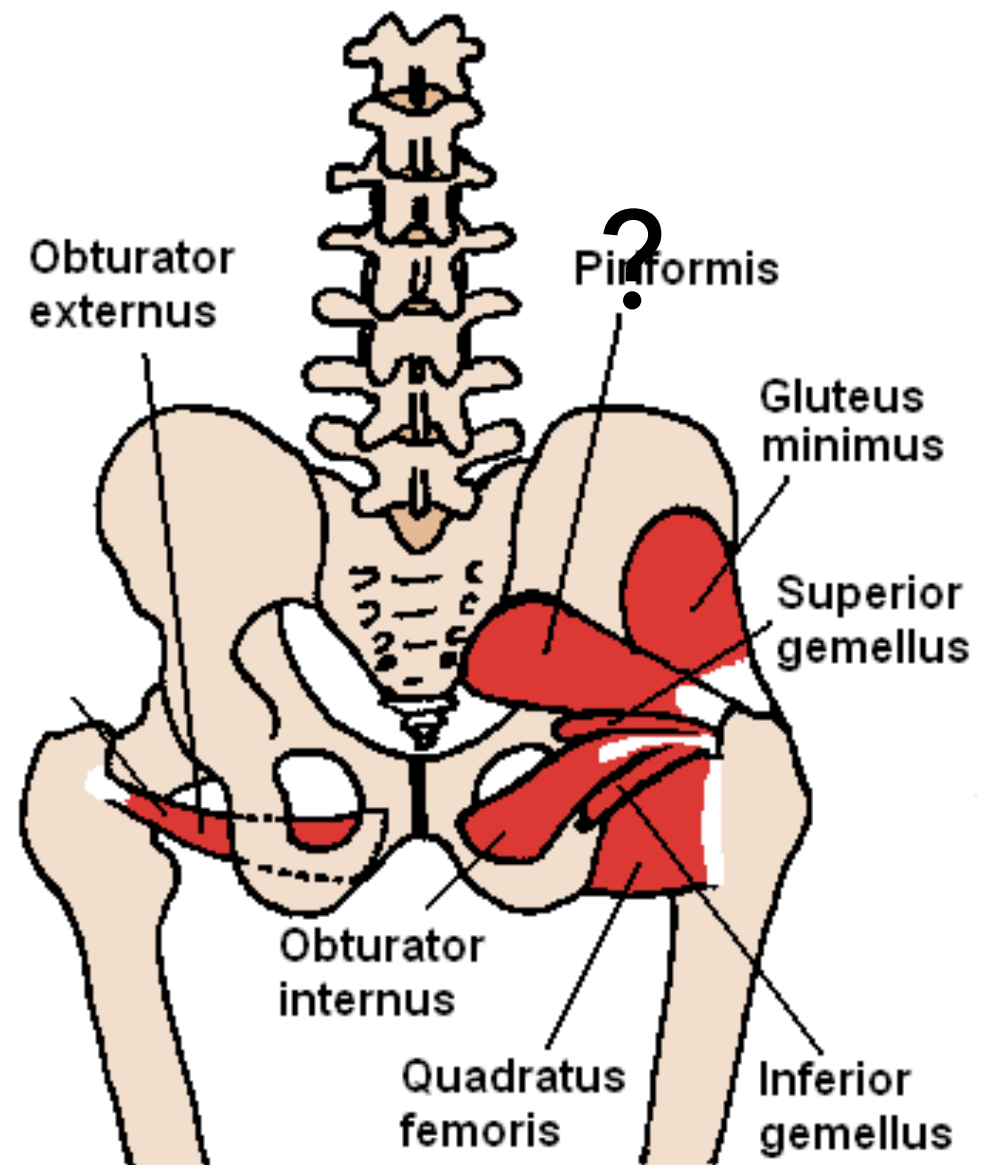
GLUTE MEDIUS



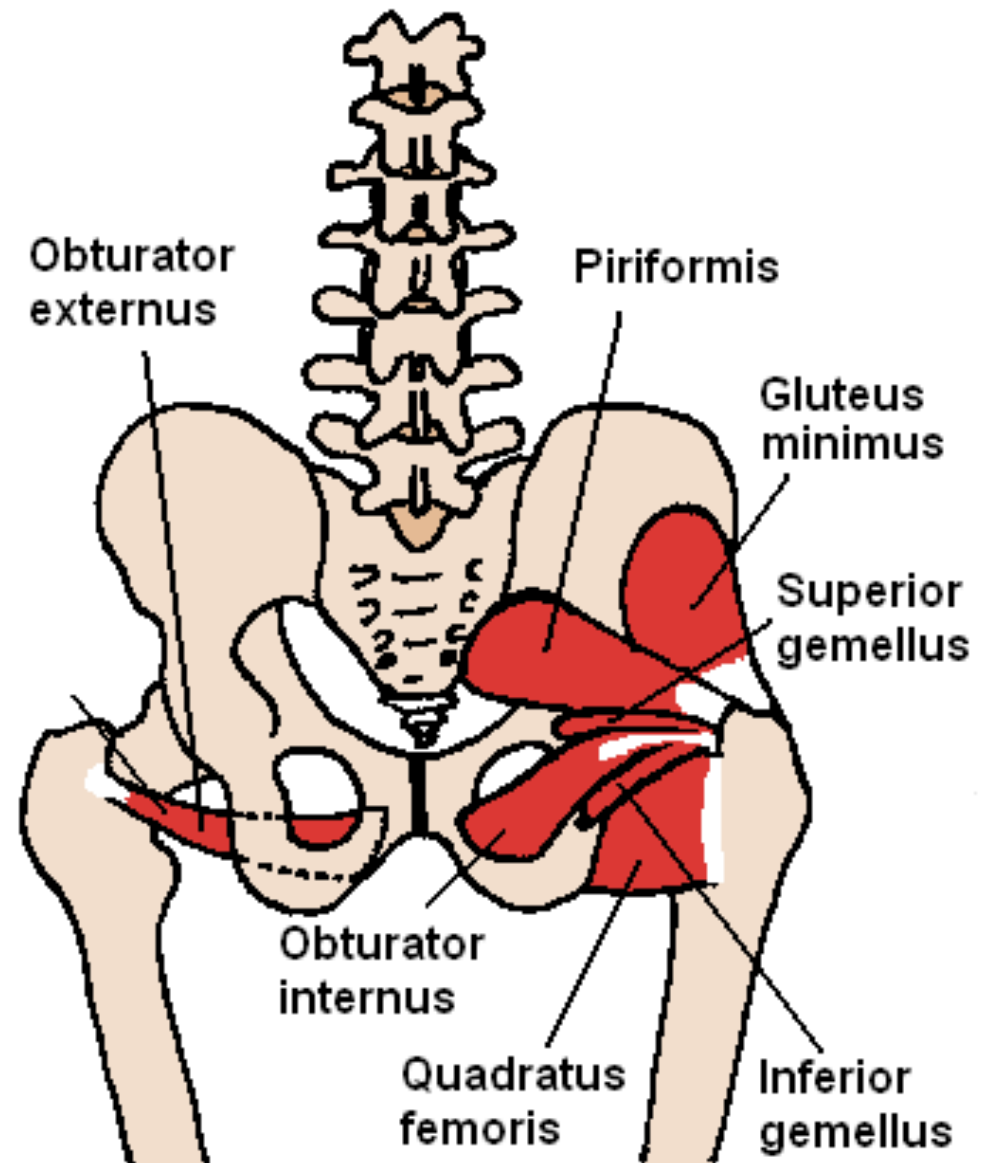


GLUTE MINIMUS





PIRIFORMIS

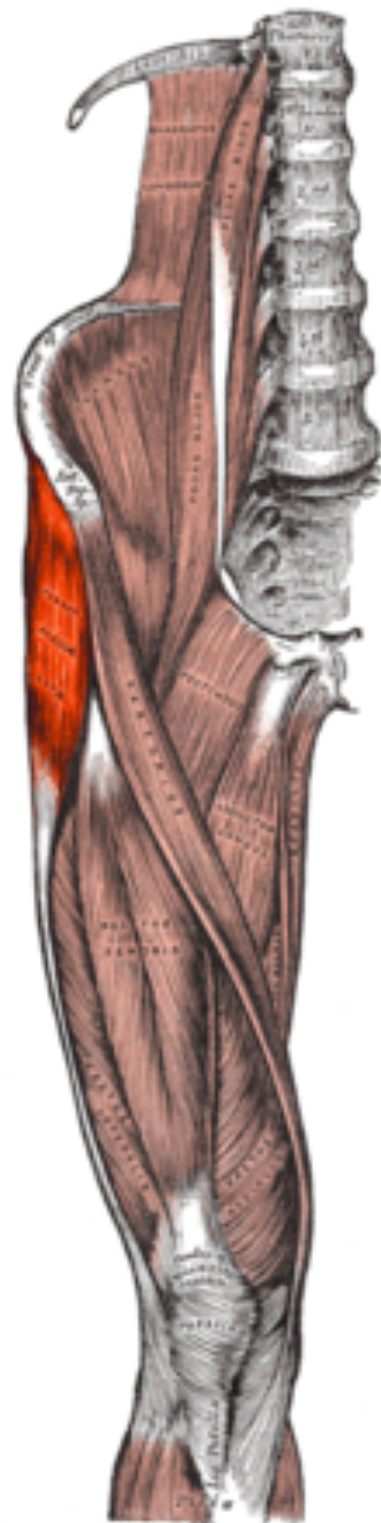




ILLIOTIBIAL TRACT (IT BAND)

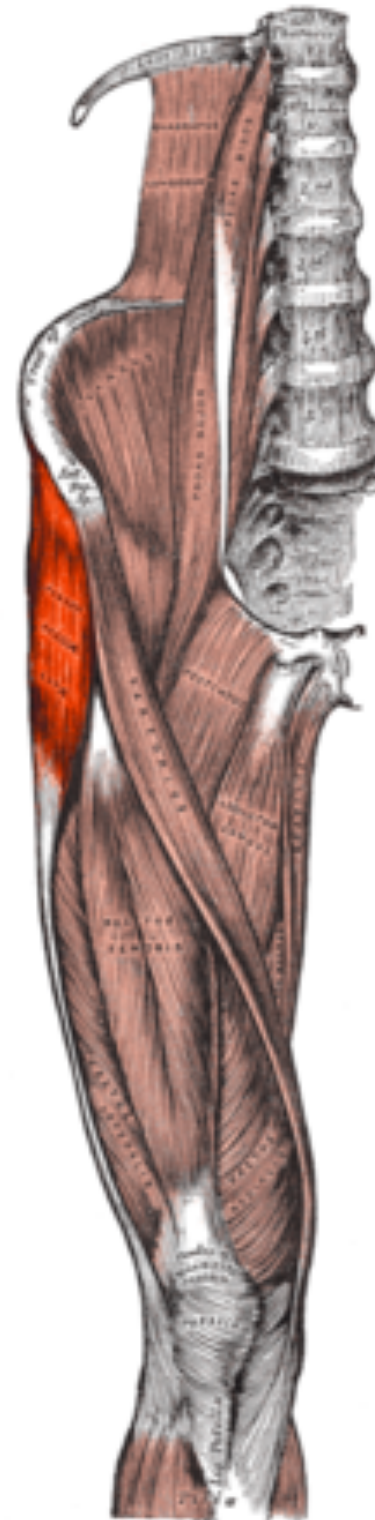


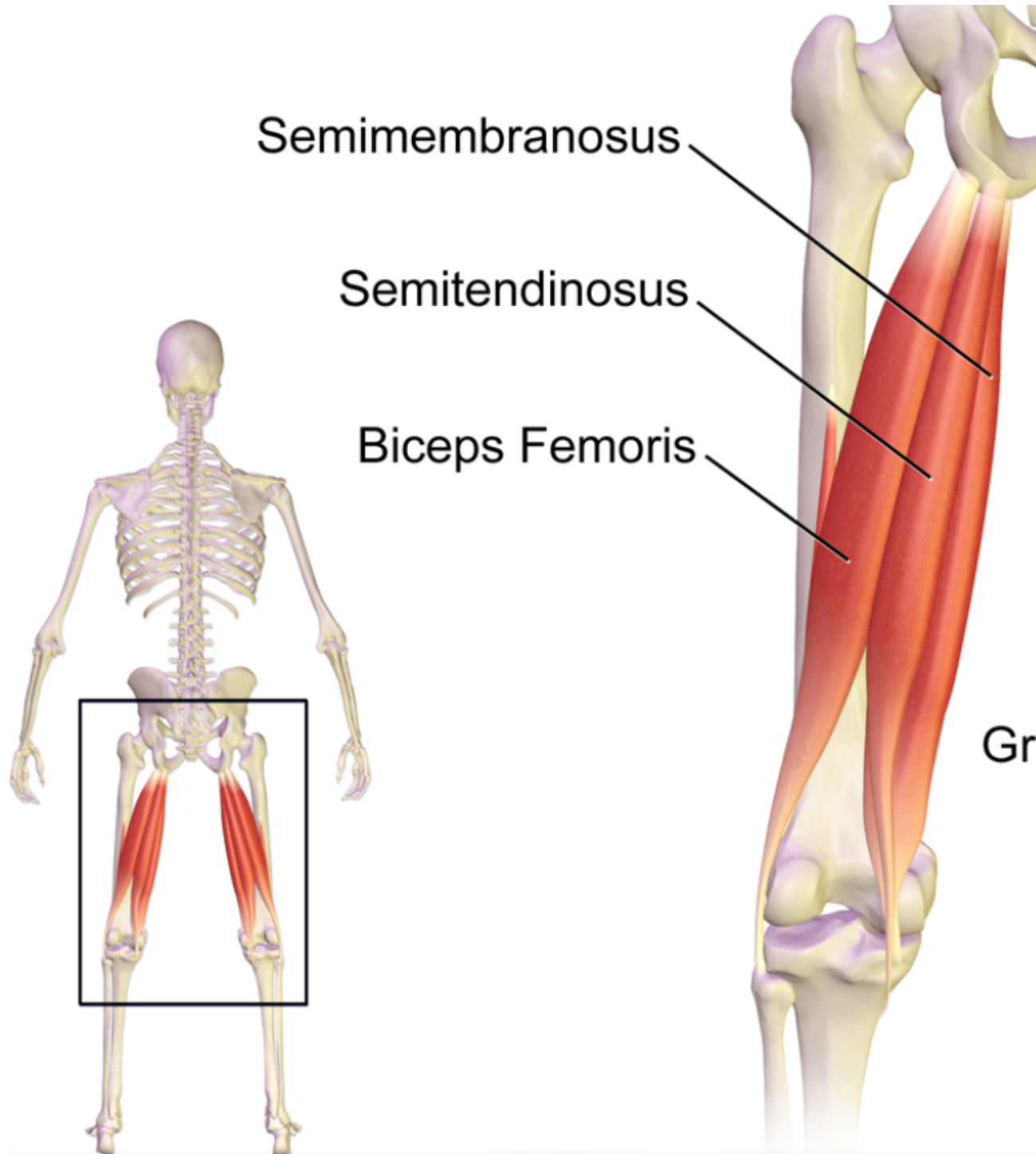
Image: https://www.physio-pedia.com/Iliotibial_Band_Syndrome



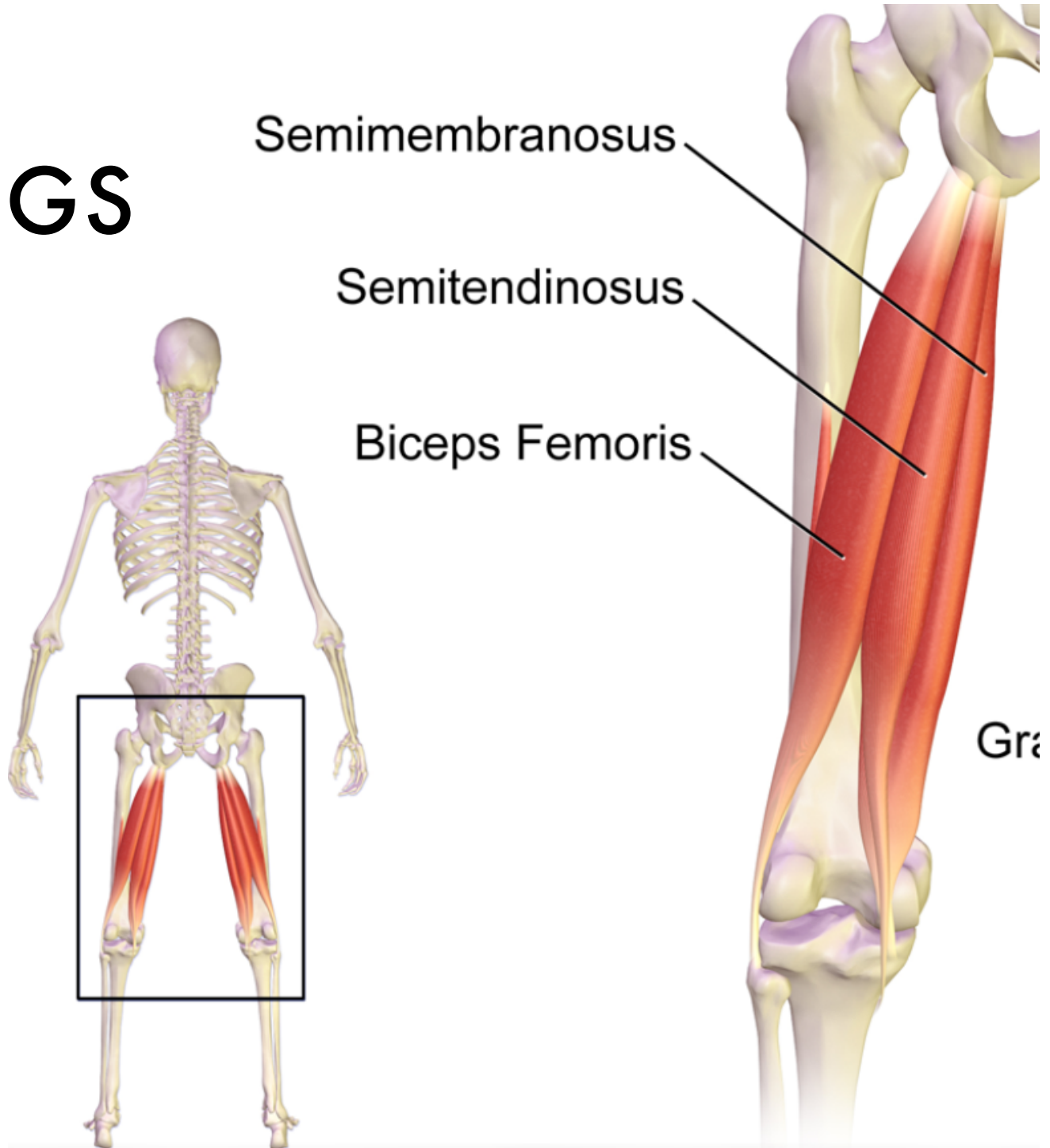
TENSOR FASCIA LATAE

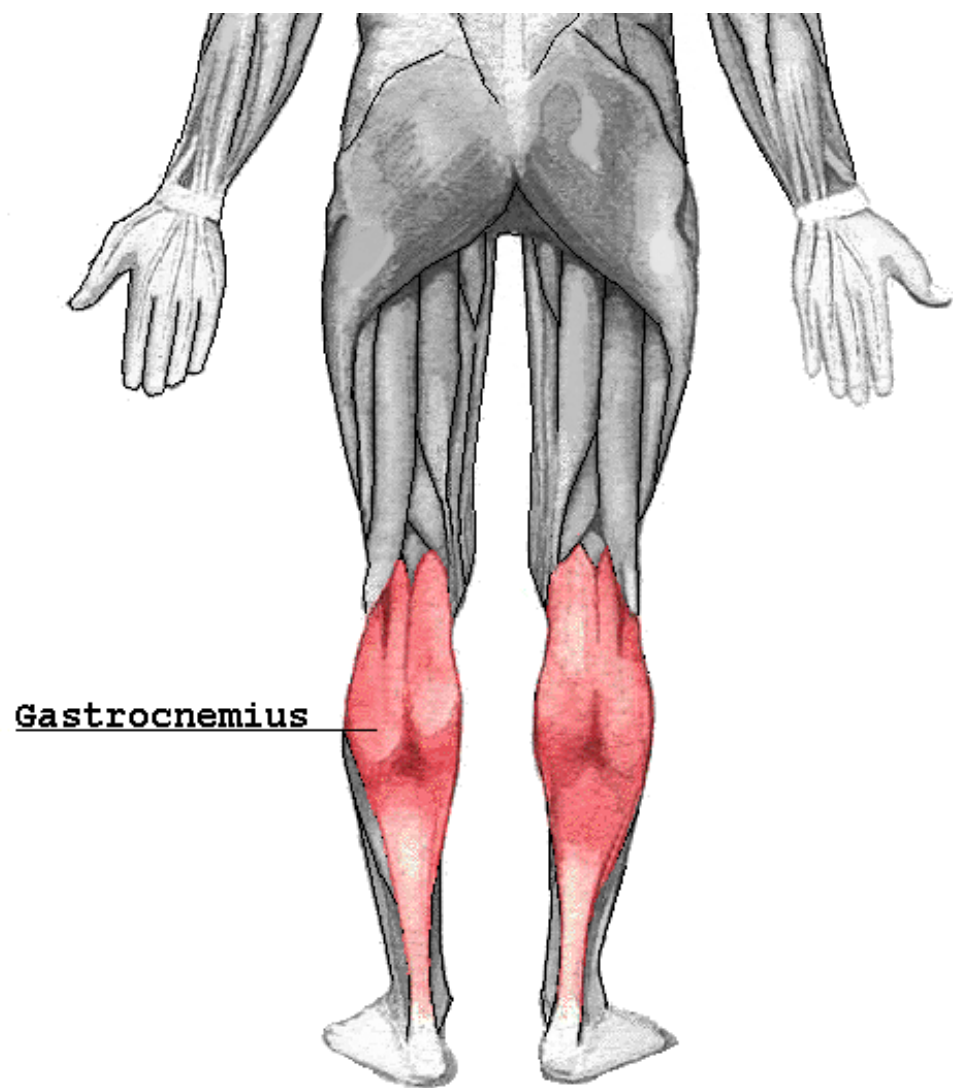
(TFL)

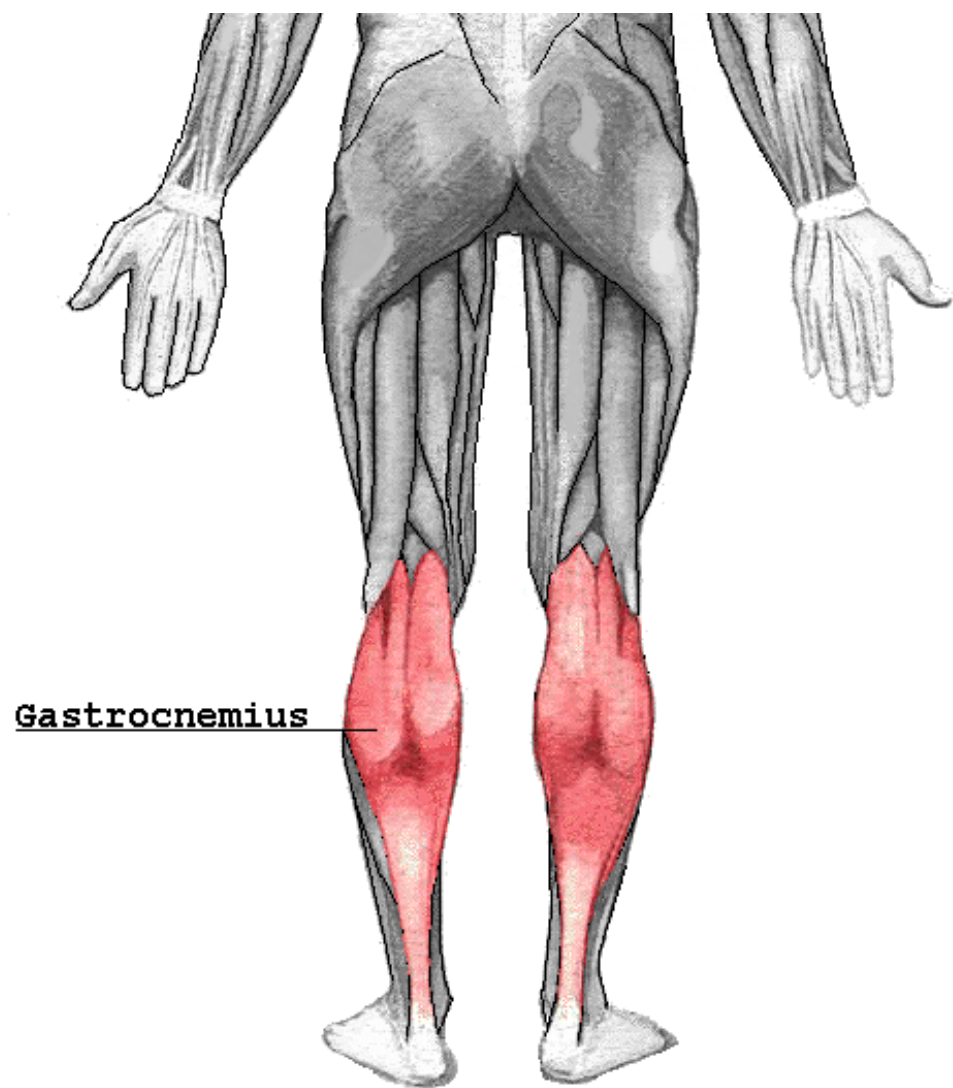


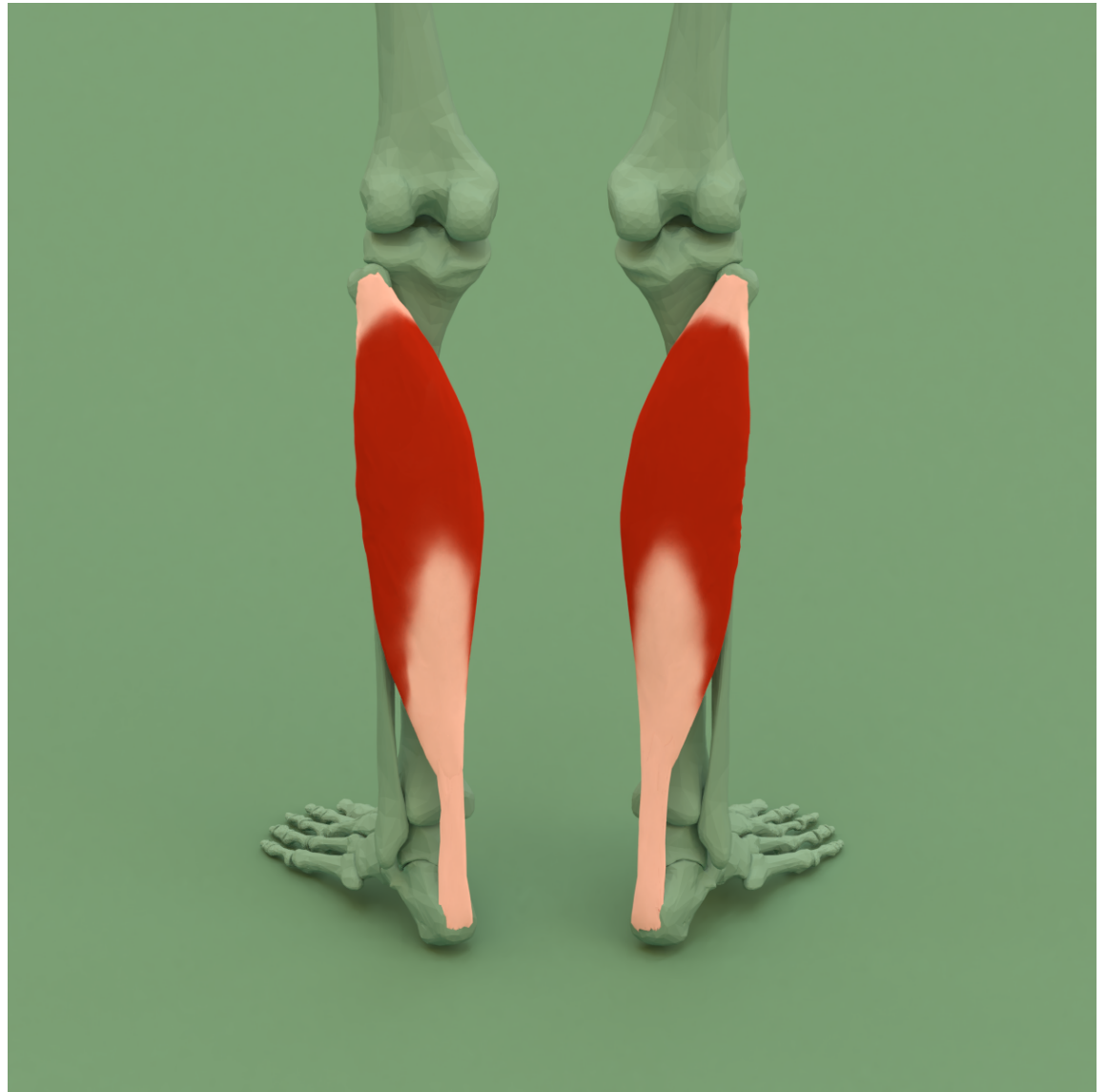


HAMSTRINGS

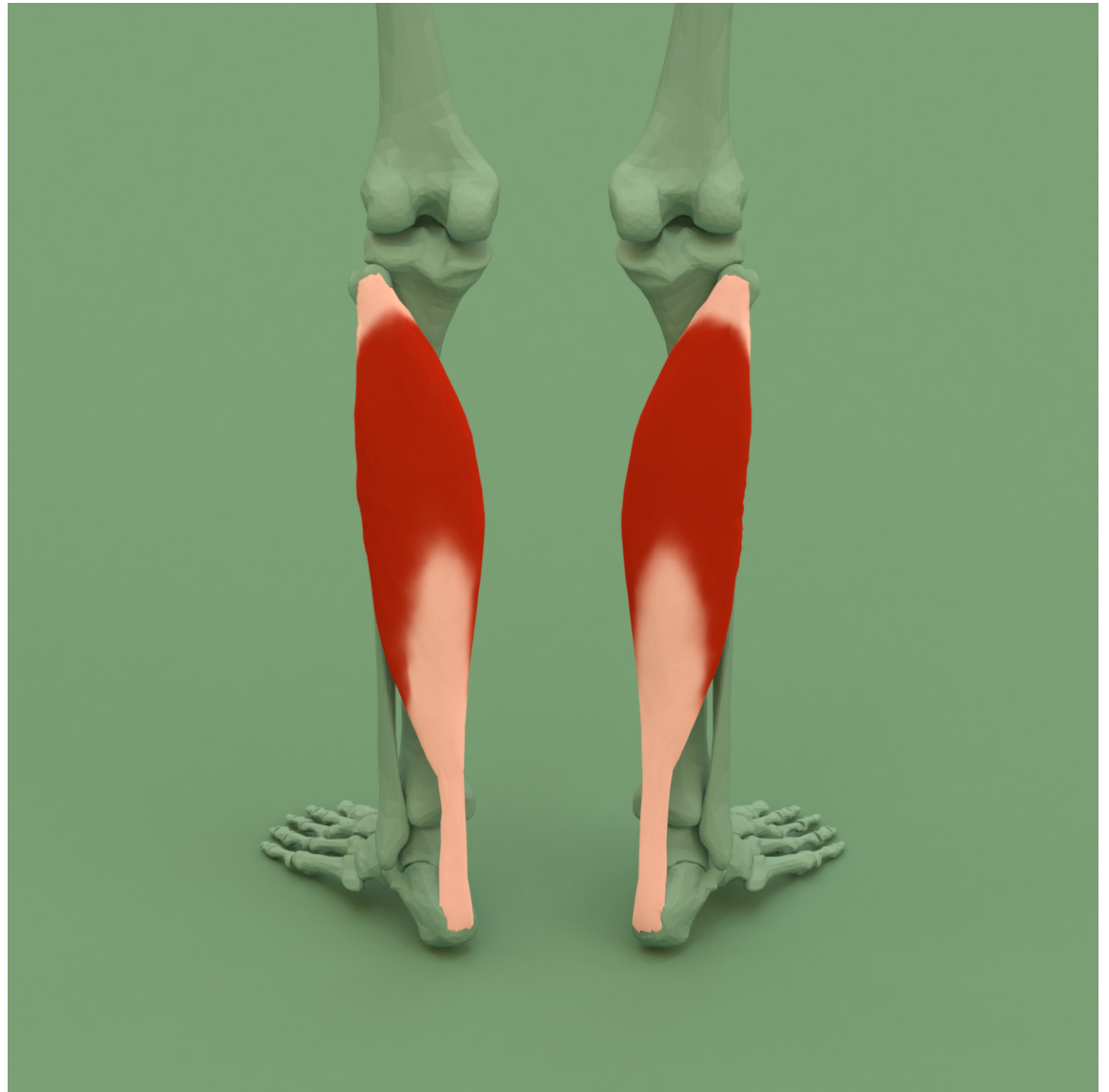








SOLEUS



A WHOLE SYSTEM REVIEW

