

Anatomy Q&A

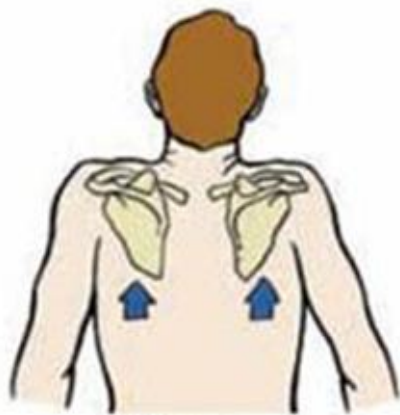
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Movements of the joints

Movement	Direction
Flexion	Joint angle becomes smaller
Extension	Joint angle becomes larger
Abduction	Segment moves away from the midline of the body
Adduction	Segment moves towards the midline of the body
Lateral flexion	Lateral shortening of a joint angle
Rotation	Twisting around the midline of the segment
External rotation	Rotation away from the midline of the body
Internal rotation	Rotation towards the midline of the body
Supination	External rotation of the forearm or foot

Movement	Definition
Pronation	Internal rotation of the forearm or foot
Dorsiflexion	Top of the foot moves toward the shin
Plantar flexion	Top of the foot moves away from the shin
Horizontal flexion	Horizontal flexion occurs when the arm is pulled across the chest and parallel to the floor
Horizontal extension	Horizontal extension is when the arm stretches out next to the body parallel to the floor
Retraction	Scapulae move towards the spine
Protraction	Scapulae move away from the spine
Elevation	Scapulae move up towards ears
Depression	Scapulae move down towards the pelvis

Figure 3-34
Scapular
movements



Elevation



Depression



Adduction (retraction)



Abduction (protraction)



Upward rotation



Downward rotation (return to
anatomical position)



Horizontal
Extension

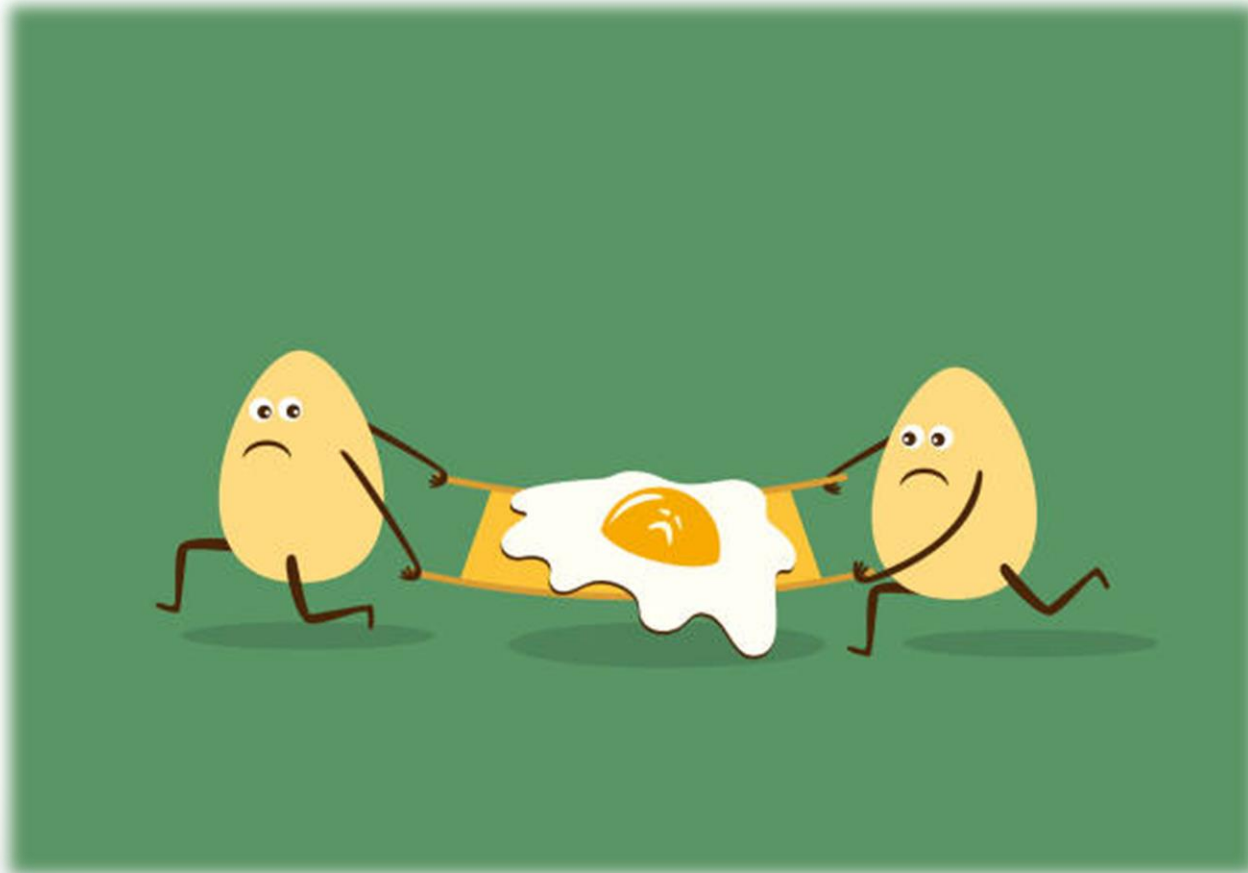


Horizontal
Flexion

Homeostasis & Sthirasukhamasanam



DOMS



To what extent do we need to know the names of the bones and muscles

- For the main bones you can use the homework for anatomy day 2, I've attached the same picture on the next slide
- For the muscles the very basis is the other picture I've attached in the slide after the bones
- You should also pay special attention to the muscles and systems (e.g. the respiratory muscles or the core muscles) that we worked on on day 3, the muscles that I've highlighted in the presentation and the back bones and muscles from day 1
- See also the practice sheet that I sent you which is a good guideline
- Should you know the names in English? Yes, most of our classes are taught in English and this YTT is also international.
- Do you have to know what type of movements are associated to the muscles? Yes, I'm am positive you'll be able to do this on the exam.

Axial Skeleton

Appendicular Skeleton

Axial Skeleton

Skull

Mandible

Sternum

Ribs

Vertebral column

Sacrum

Clavicle

Scapula

Humerus

Ulna

Radius

Carpals

Metacarpals

Phalanges

Coxa

Femur

Patella

Tibia

Fibula

Tarsals

Metatarsals

Phalanges

Skull

Mandible

Ribs

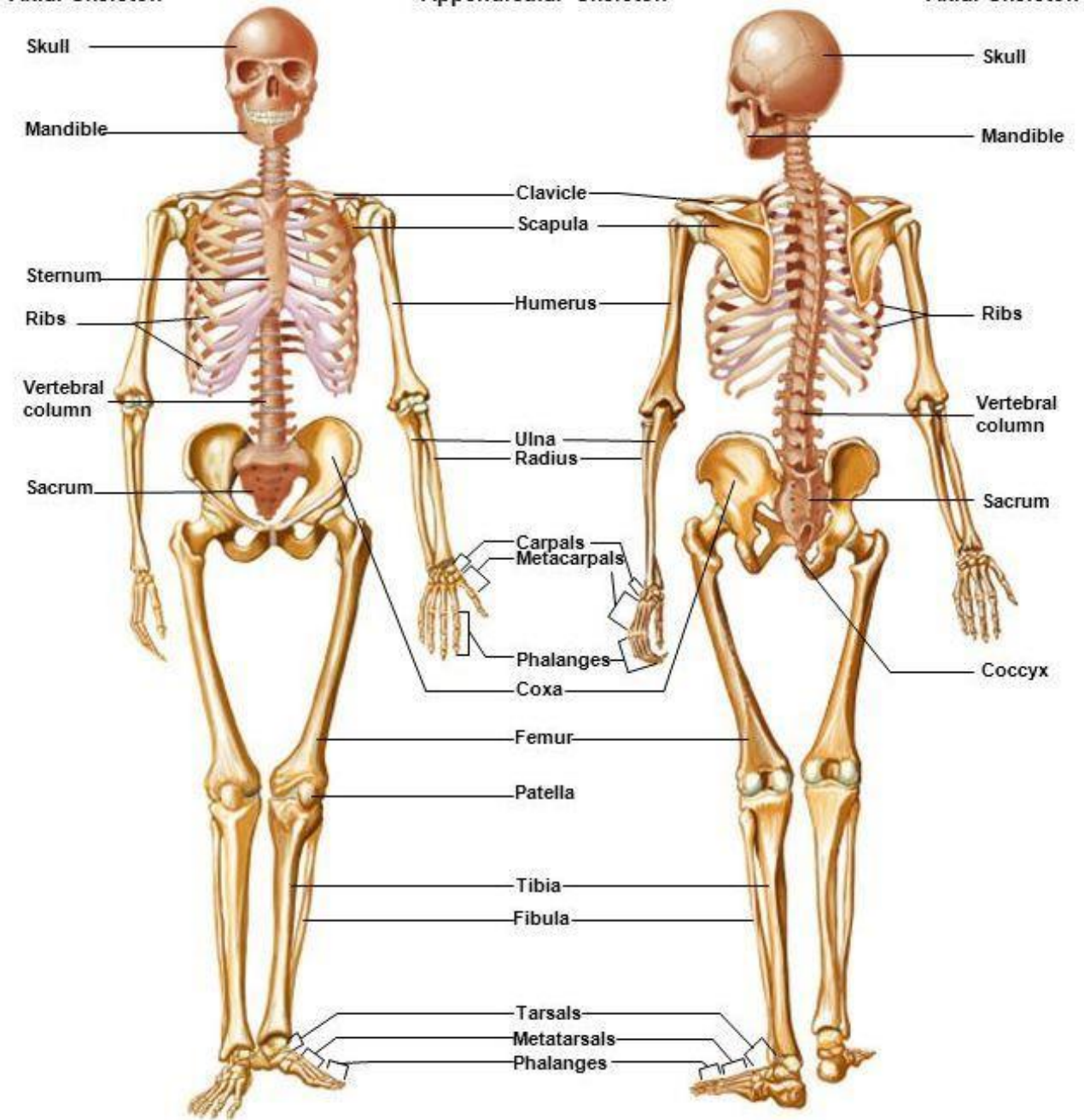
Vertebral column

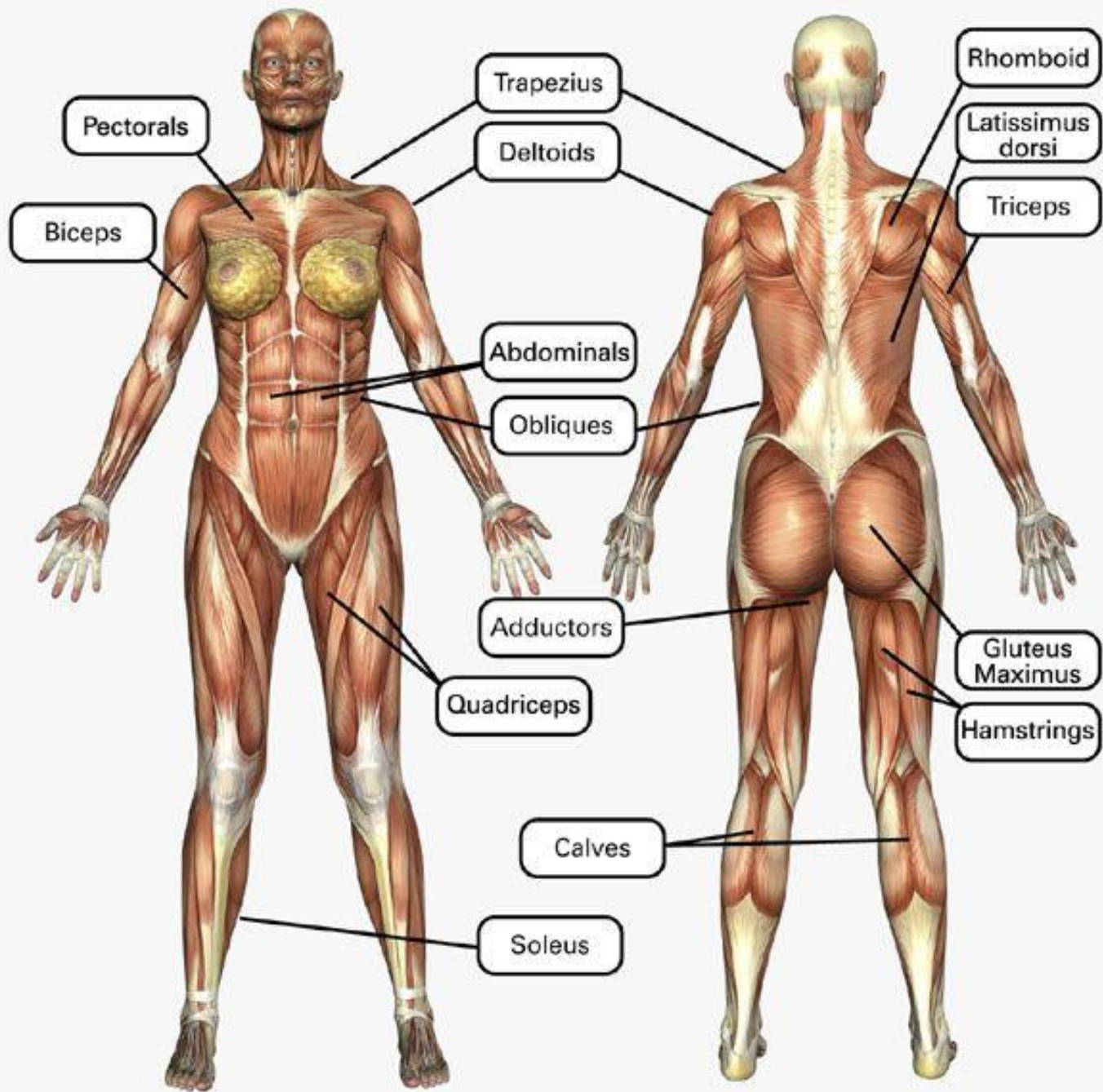
Sacrum

Coccyx

Anterior view

Posterior view





Other questions

- What is neuroception?
- What is cardiac output?
- What are AB choices?
- What joints are in the thumb?
- What kind of joint is the elbow?
- What does the piriformus do?
- What does the pelvic floor do?
- Sympathetic nervous system: fight or flight (mobalization was our pathway into evolutionary hierarchy) – what it meant by this?

The practical exam

- You'll be teaching a short anatomy workshop on an asana
- In this workshop you guide your student into the asana, name precautions and benefits, offer props and name the most important effects on the systems (including musculoskeletal and nervous system + systems from the homework)
- Work out two asana on paper, we'll pick one for you on the day to teach
- You can prepare this in groups, this way you'll also be able to work with your model during the exam

Who will do what?

	Asana 1	Asana 2	Name
1	Balasana	Virabhadrasana 2	Chantal
2	Supta Baddha Konasana	Vrsksasana	Nathalie
3	Savasana	Garudasana	
4	Tadasana	Parighasana	Dora
5	Uttanasana	Vasistasana	
6	Utkatasana	Namaskarasana	
7	Adho Mukha Svanasana	Bakasana	Lia
8	Anjaneyasana	Dandasana	Gulay
9		Janusirsasana	
10	Virabhadrasana 1	Baddha Konasana	Ineke
11	Utthita Trikonasana	Pashimottanasana	Suna
12	Utthita Parsvakonasana	Anantasana	
13	Parsvottanasana	Eka Pada Raja Kapotasana	
14	Parivrtta Trikonasana	Gomukhasana	

Good luck!

You've got this 😊