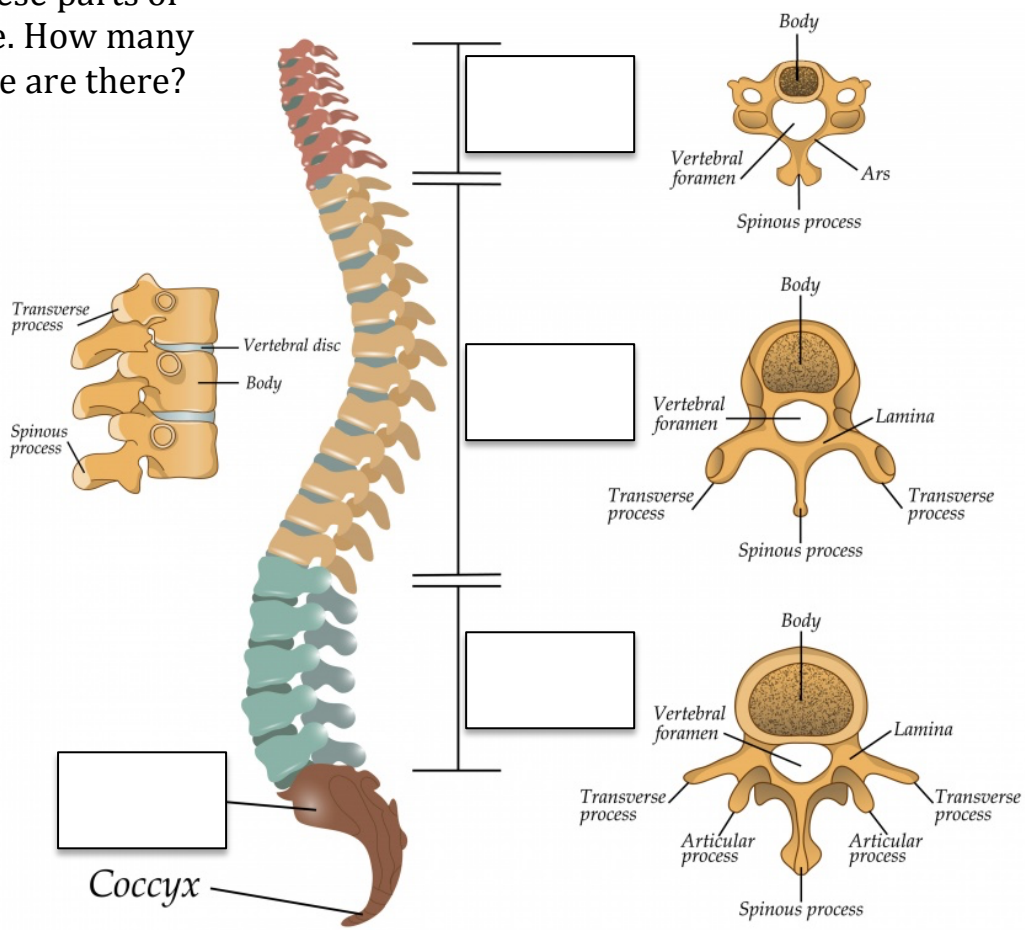
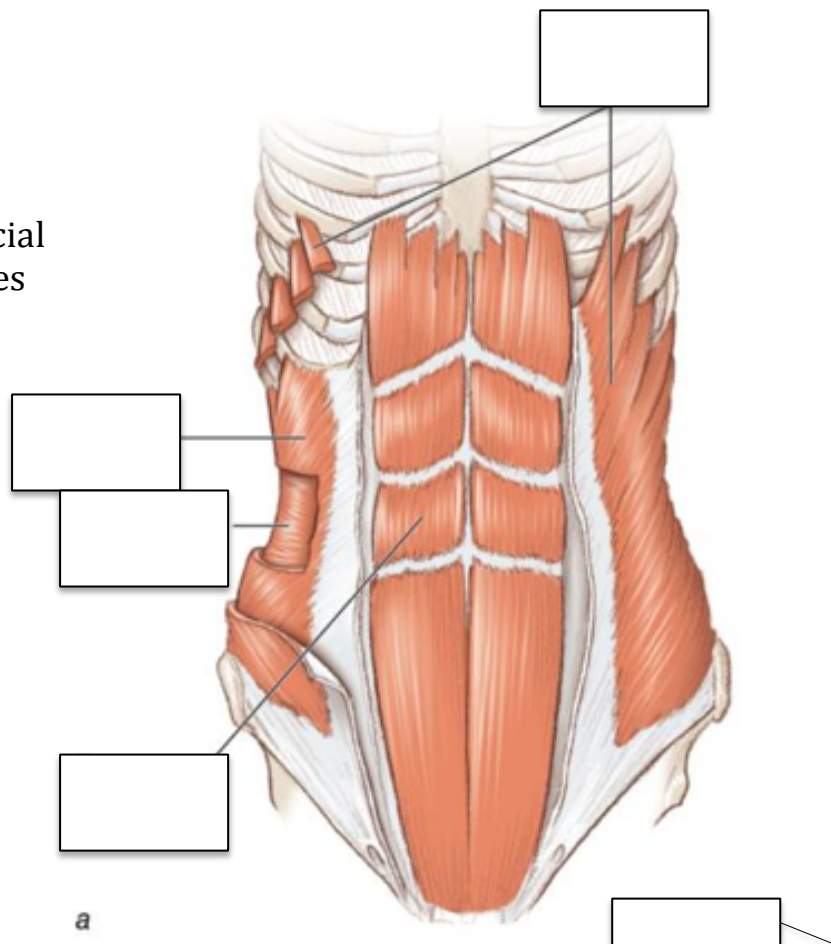
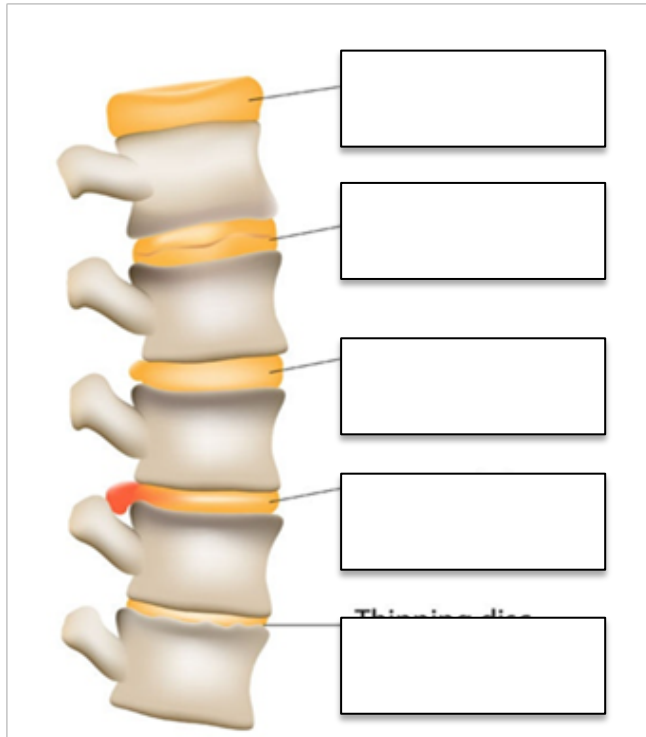


Name these parts of the spine. How many vertebrae are there?



Deep and superficial abdominal muscles

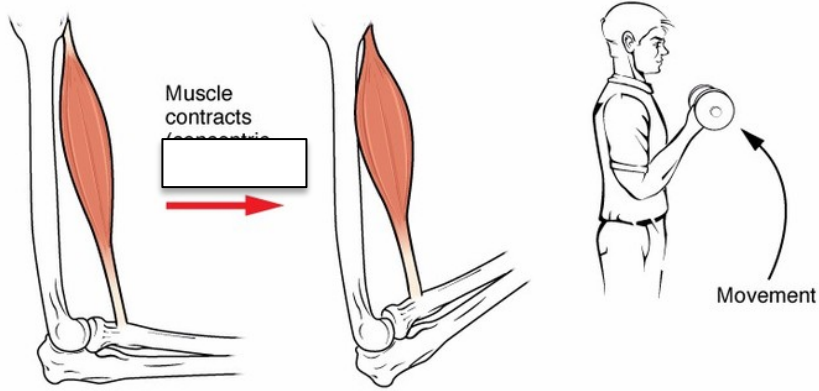




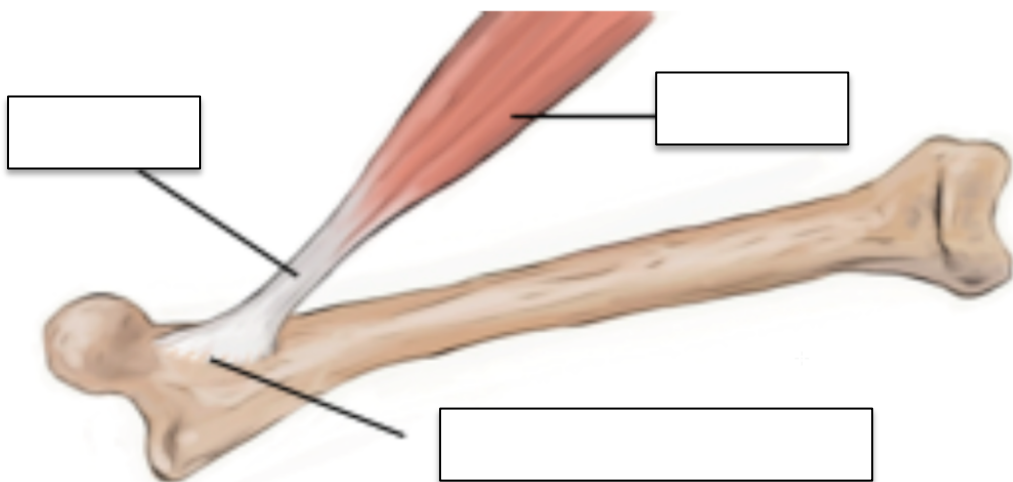
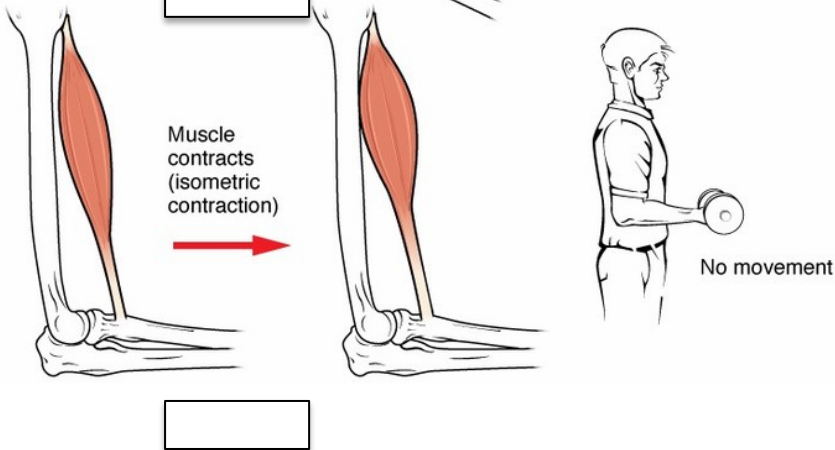
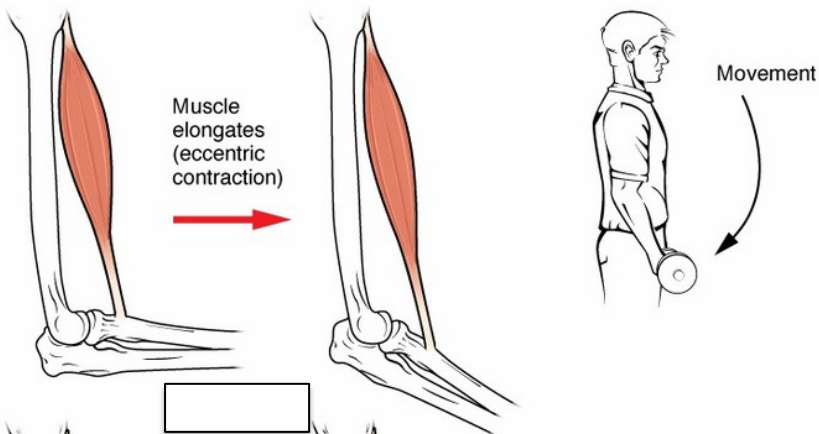
Name that disc injury

Movement	What happens?
Flexion	
Extension	
Abduction	
Adduction	
Lateral flexion	
Rotation	
External rotation	
Internal rotation	
Supination	
Pronation	
Dorsiflexion	
Plantar flexion	

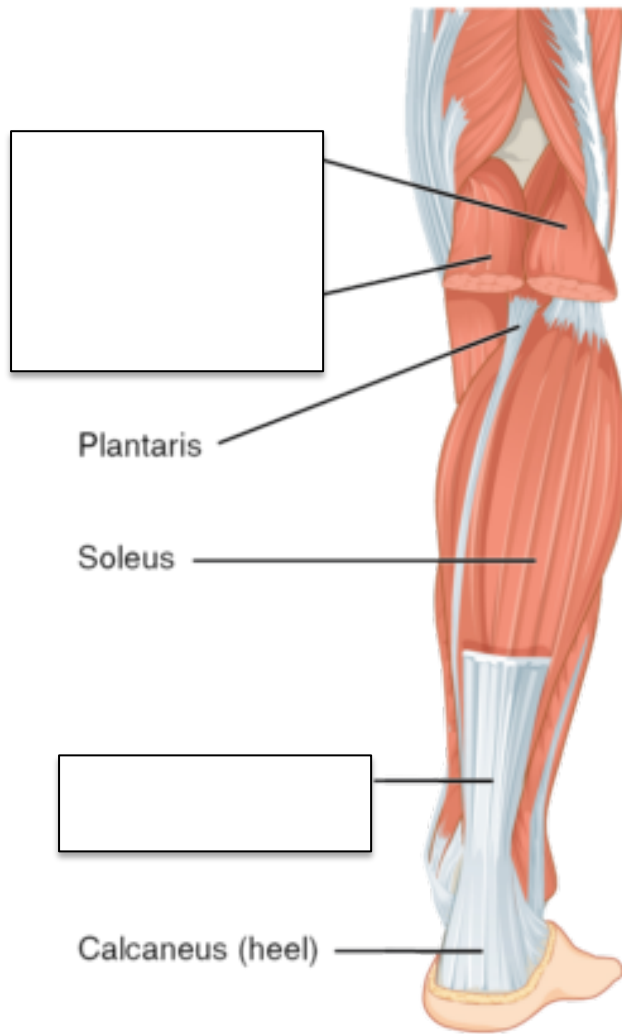
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What kind of contraction is this?



Name that muscle

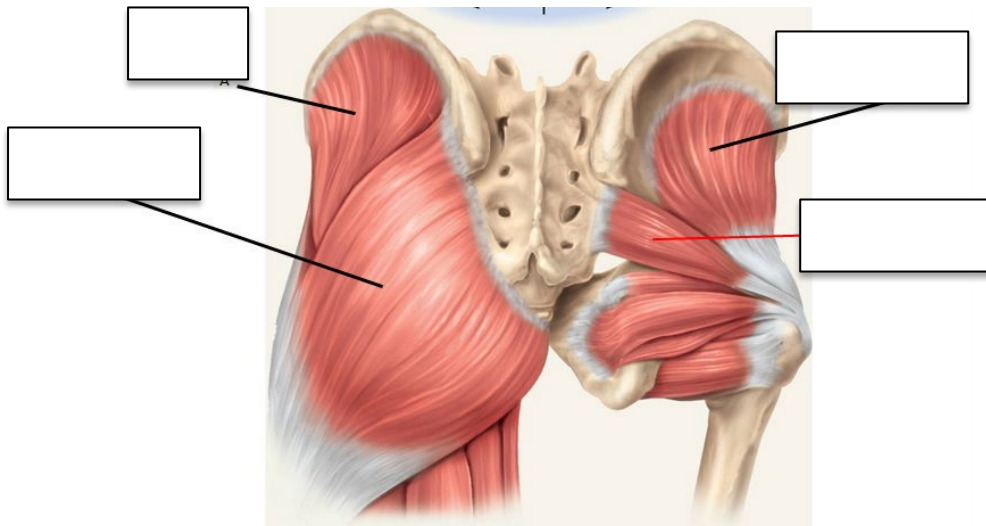


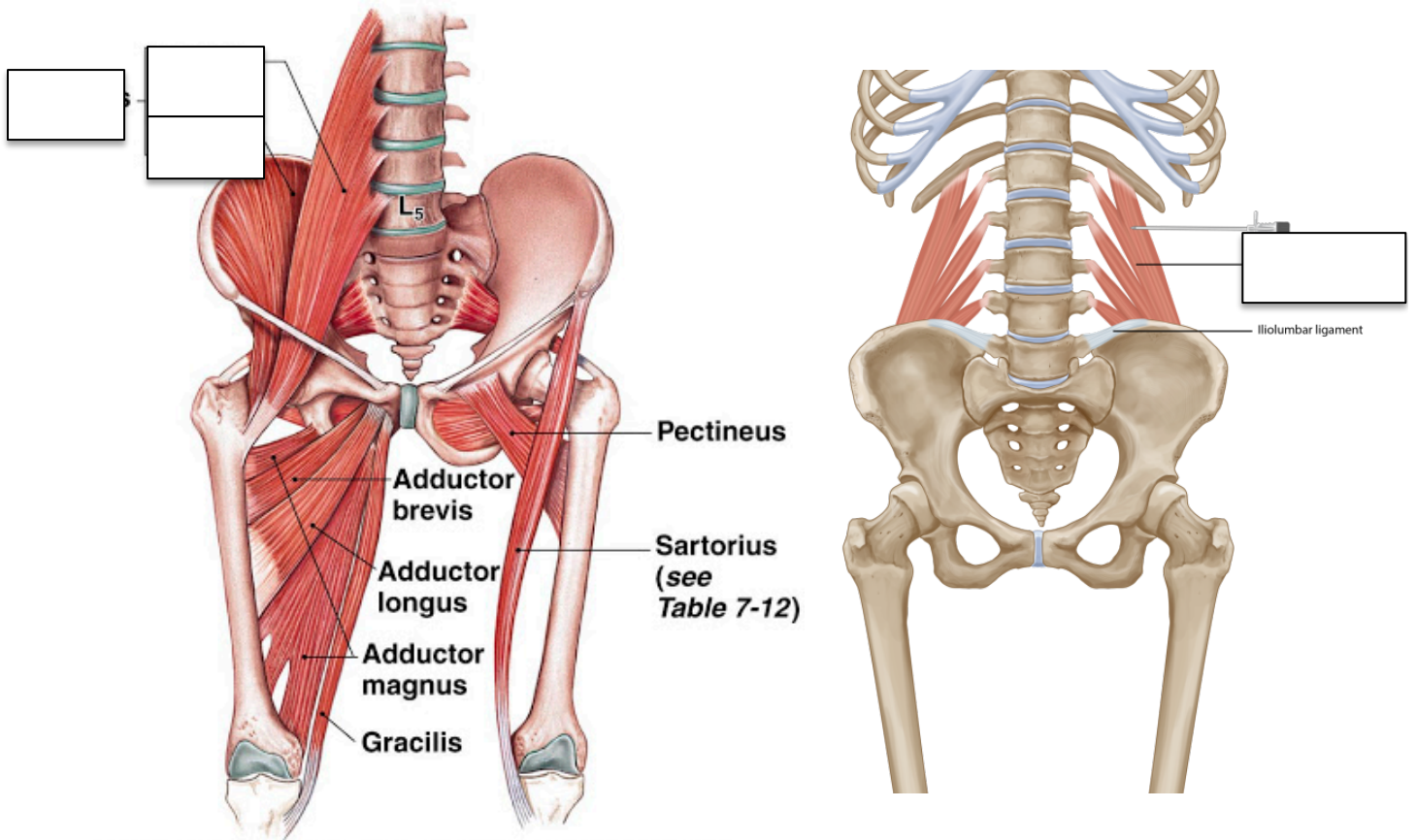
Plantaris

Soleus

Calcaneus (heel)

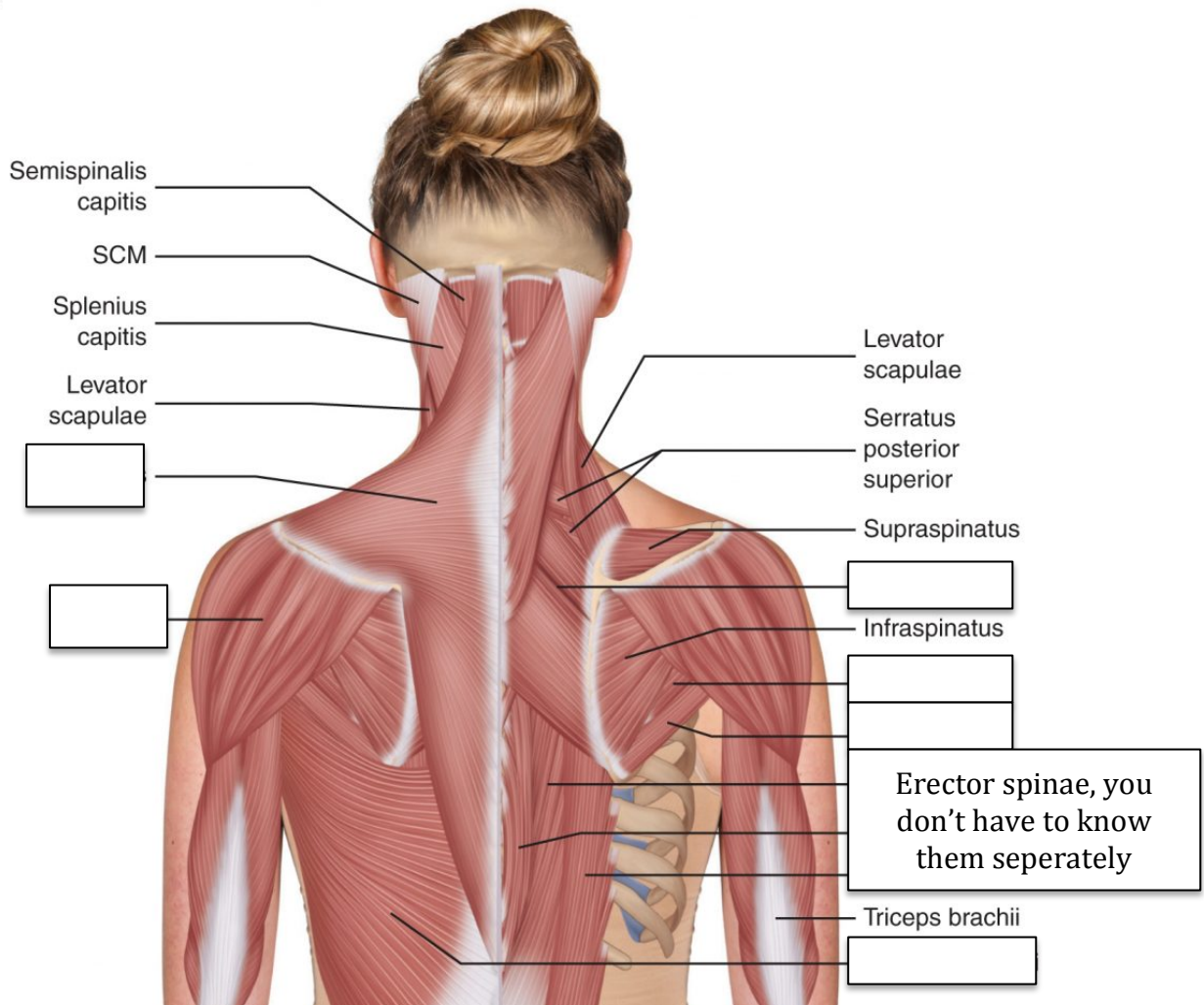
Superficial muscles of the right lower leg (posterior view)





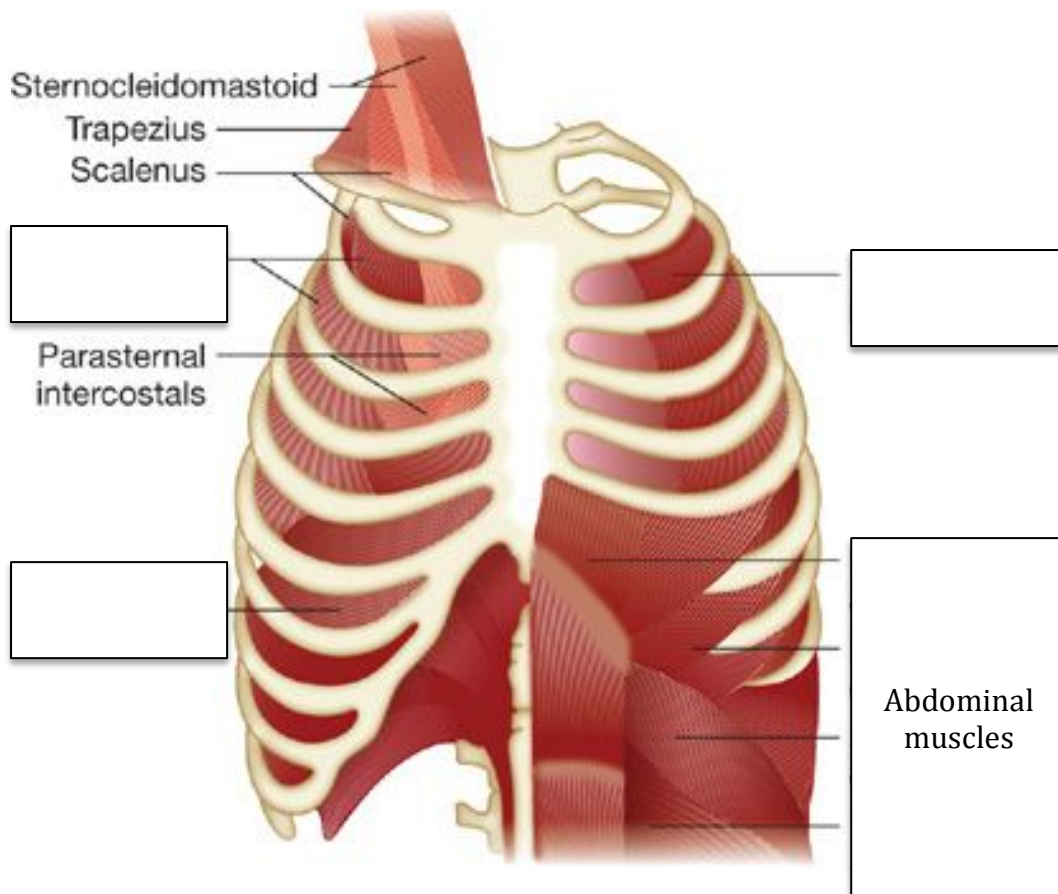
(c) The iliopsoas muscle and the adductor group

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Know where to find:

- **Biceps**
- **Triceps**
- **Quadriceps**
- **Hamstrings**



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