Thanks sincerely for printing the first and last name of each group member below:

1. 
2. 
3. 
4. 

Your goal is to answer questions 1-7 by working collaboratively. The recorder and text-reference investigator should not have served previously. Others can be cadaver explorers! If you switch roles, be sure to change gloves to avoid cross-contamination of pens and references. Also, thanks for being gentle – put every structure back exactly as you found it – leave no trace! – to help with preservation, be sure to cover body areas you’re not examining! All questions are open game! Have fun learning!

1. The **femoral triangle** is often used as a pressure point in first aid. Identify with members of your group, the **femoral triangle on both sides** of the cadaver. List in order from lateral to medial the following structures within the triangle: arteries, empty or interstitial space, lymphatics, nerves, veins. Does the 1st letter of each of these femoral triangle structures you’ve listed spell a word? That is, can a **pneumonic** be used to remember the structures’ order from lateral to medial? If the **femoral nerve or artery were injured** what muscles would be affected?

2. Have each group member **identify & say out loud**, muscles that make up the **quadriceps**. What single muscle traverses the quadriceps from the hip to the knee, from lateral to medial? Please identify on both sides, print the name of the muscle, the meaning of the name in Latin, and general function. Which sport or activity uses this muscle extensively?

3. Have each group member **identify & say out loud, unique abdominal muscle layers**. If the hips are stable and the trunk is moved counter-clockwise (from R to L) which muscles are activated? Identify these muscles & list all layers below from superficial to deep.

4. What are **hip flexor muscles**? Please identify all components parts. If your cadaver has an open abdomen and the thigh skin and underlying tissue are exposed, try to find the **iliopsoas combination muscle group** (iliacus and psoas major). How does flexing the hips and keeping the knees bent at a constant angle influence the hip flexors especially the iliopsoas? Why **bend the knees for all standing exercises**?

5. Identify and list below the bones that make up the **acromion-clavicular (A-C) joint** and the **sterno-clavicular (S-C) joint**. Does the cadaver at your station have an A-C or a S-C subluxation or dislocation? Discuss your rationale for saying yes or no with your group members. How might a **sports accident** cause any one of these shoulder injuries? Any **weight training exercises** associated with either A-C or S-C separations?

6. Can you find the **sciatic nerve**? Which distal muscles are served by the sciatic nerve & which proximal bones and connective tissues might adversely influence sciatic nerve function? What muscle is **directly overlying** the sciatic nerve? What does this muscle’s name in Latin mean? What is **sciatica** & what weight training exercise might induce it?

7. Can you find the **teres minor and major** muscles? Which one has a **larger mass** and which one is **superior**? From fiber direction and points of attachment, determine and list the function of each of these muscles. What muscle traverses between the teres minor and major?