BI 199 ANATOMY LAB EXPLORATION 3! ☺

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?