ANATOMY LAB 1 EXPLORATION  

Please list all names of members in your group rotation:

_________________ , _________________ , _________________

Cadaver #:

1. Can you identify the **brachioradialis** muscle? What is its **nickname**? Which **grip during a biceps curl** stresses this muscle?

2. Is the **patella** visible? What is its **nickname**? Can you find the **tibia**? What is its **nickname**? Where does the **patellar tendon** insert onto the tibia? Is it patellar **tendon** or a **ligament**? Explain briefly.

3. Can you find the **biceps brachii long and short** heads? What **two actions** does the biceps brachii do? Where is the **brachialis** compared to the biceps? What **grip** isolates the **brachialis**?

4. Identify the **rectus abdominis**, **external oblique** and **internal oblique** muscles if dissected. Is the dissection completed enough for you to isolate the **transversus abdominis muscle**? What **exercise/s stress/es the rectus abdominis**? What movements emphasize **oblique muscles**?

5. Any **abdominal muscles** visible at this station, that were not visible at station 4?

6. Identify the gluteal and posterior thigh/hamstring muscles. Is the dissection completed enough to differentiate **gluteus maximus, medius and minimus muscles**? Can you identify the **biceps femoris, semitendinosus and semimembranosus muscles**? What **exercise/s work/s gluteal and hamstring muscles**, simultaneously?

7. Identify the **triceps brachii**. List all **three heads** below. What **exercise/action works the posterior arm**?

8. Can you identify the **trapezius** and **posterior deltoid muscles**? What are these **muscles shaped like**, respectively? What **exercises help isolate** these two muscles?