

Review Worksheet for Planes, Joints, and Muscles

Somatotypes – ectomorphs, mesomorphs, endomorphs

General predominant characteristic

Ectomorph = skinny, tall

Mesomorph = muscular

Endomorph = heavy

Body regions – axial and appendicular

Axial – H, N, trunk

Appendicular – UE, LE

Body planes and axes of rotation

Coronal (frontal) – divides into A/P

Sagittal (A/P) – divides into L/R

Transverse (horizontal) – divides into T/B

Mid = equal halves

Arthrology classifications

Synarthroses – immovable

Amphiarthroses – slightly movable

Diarthroses – freely movable joints – synovial joints

Ball and socket

Hinge

Saddle

Pivot

Gliding

Condylloid

Ranges of motion

Flexion, extension, abduction, adduction, ER, IR, Lateral Flexion, PF, DF, IN, EV, PRO, SUP, horizontal AB, horizontal AD, circumduction, elevation, depression, protraction, retraction, opposition, excursion (mandibular)

Anatomy of skeletal muscles

Tendinous origin/insertion

Connective tissue – tendon

Major muscles and functions

Need to be familiar with the major muscles – reviewed with each unit

Origins and insertions are general for most, specific for some