

# Today – February 12<sup>th</sup>

- **Intro** – Laptops out, head to Weekly Course Calendar for exam link
- **Advanced** – Pick-up coloring packet; Submit Patient Charts if done; Chapter 16 Worksheet & textbook out, as applicable
- **Weekend Check-In**
- **Reminders n' Stuff:**
  - NO CLUB MED Wednesday
  - Teacher Offerings Wednesday
  - Job Shadow needs?

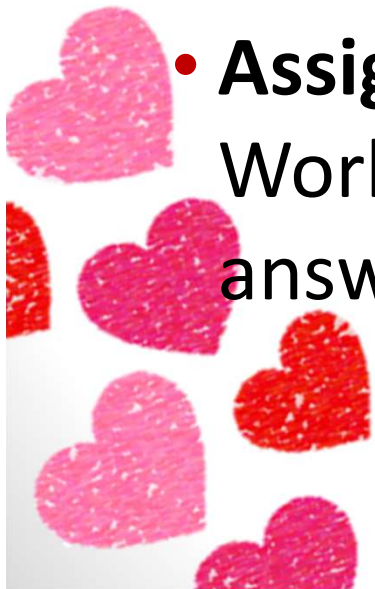
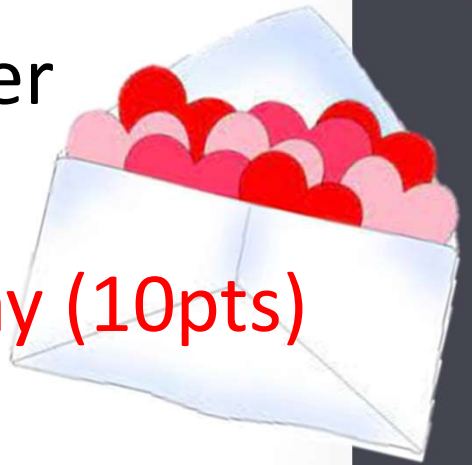
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## Introduction to Sports Medicine

- **Exam:** Skeletal Muscle Physiology
- **Assignment:** Begin work on Chapter

## Advanced Sports Medicine

- Revamped Patient Charts **due Friday (10pts)**
- **Assignment:** Continue Chapter 16 Worksheet (include pg. number(s) with answers); submit when finished
- **Assignment:** Color the muscles of the lumbo-pelvic-hip complex



# Muscles to Color

## Hip

- Gluteus Maximus
- Gluteus Medius
- Gluteus Minimus
- *Psoas Major & Minor*
- *Iliacus*
- Tensor Fascia Latae
- IT Band

## Ant. Thigh

- Rectus Femoris
- Vastus Lateralis
- Vastus Medialis
- Vastus Intermedius
- Sartorius

## Post. Thigh

- Biceps Femoris
- Semimembranosus
- Semitendinosus

## Abdomen

- Transverse Abdominis
- Rectus Abdominis
- Internal Oblique
- External Oblique
- Diaphragm

## Lumbar Spine

- *Transversospinalis Group*
  - *Rotatores*
  - *Semispinalis*
  - Multifidus\*
- Erector Spinae Group
- Interspinalis
- Intertransversarii
- Quadratus Lumborum
- Latissimus Dorsi
- Thoracolumbar Fascia