

Modeling the Core Muscles with Anatomy in Clay

Planning Worksheet

Use your coloring sheets & other resources:

1. Identify the **origin** and **insertion** for each muscle
2. Determine what order muscles should be placed on the model (generally, but not always, you'll work deep to superficial)
3. Formulate a plan for how you'll create each muscle in clay; consider:
 - ▶ Muscle shape
 - ▶ Muscle size relative to others
 - ▶ Muscle thickness
 - ▶ Fiber direction

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Helpful Tips

- ▶ Warm the clay with your hands to make it malleable for easier handling
- ▶ Before making any muscles (for application to your model), play around with the clay and tools; experiment with techniques that can make your muscles look as realistic as possible:
 - ▶ Put lines in the clay using the stylus to represent fiber direction; keep areas of tendon(s) or aponeurosis smooth (no lines)
 - ▶ For cylindrical muscles, roll clay into “logs” to desired length; pinch the end(s) to narrow to a tendon
 - ▶ The round loop end of the stylus is great for shaving the clay to the shape desired

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Helpful Tips

- ▶ Mark, with pencil, origins and insertions on the model prior to making and applying a muscle
- ▶ Use a ruler to make sure your clay is long, wide and/or thick enough to reach the origin and insertion
- ▶ Do as much work/detailing on a muscle as you can before applying it to the model...it's very hard to work on a muscle once on the model
- ▶ As the model has no internal organs for many of the trunk muscles to rest against, use balled up tissue paper to fill the void