KINES 80

STUDY GUIDE

CHAPTERS 3-5 Shoulder, Forearm and Elbow, Wrist and Hands

ines 80 Exam 3 Study Guide (Chp 4 & 5)

Know the difference between the shoulder girdle and shoulder joint.

What do extrinsic and intrinsic mean in regards to the joint and girdle and wrist and hand. What are the muscles for each?

What are stabilizers of the shoulder joint? Is it stable? Why or why not?

List the 4 rotator cuff muscles, the action and location of each. What common function do all 4 have?

What actions are specific to the scapula?

Which are the joint actions possible at the GH joint? Which muscles are responsible for making them happen.

Does the clavicle move at all? Name the two joints that correspond to the clavicle?

Be able to locate and identify the landmarks on the scapula.

During a bicep curl, which muscles are the stabilizer muscles?

What is the difference between a strain and a sprain?

Name the characteristics of ligaments and tendons.

Know which shoulder girdle motions work with the shoulder joint (GH) actions.

For all shoulder girdle and GH joint muscles: Know the main actions of each and the bones they originate and insert on. You don’t need all the details like C7-T5, instead you would just need to know “spine”or front of the humerus, etc. Some muscles attachments may be included in the name of the muscle and you should know that.

What is the basic cause of Tennis Elbow and Golfer’s Elbow? Which on is medial and which is lateral?

Describe Carpal Tunnel Syndrome.

Know the different joints at elbow and forearm.

Elbow, wrist and hand joint actions.

Check through the power points and read through your notes. Anything said in class is fair game!

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