

Anatomy In 3 Dimensions - Virtual Course Timeline

Greetings and welcome to the **Dr T's Anatomies Comprehensive** (Anatomy in 3 Dimensions equivalent) 2 and 4-Day Workshop. Below are the daily "hour-by-hour" schedules.

If you are doing the **4-day**: each will be on a separate day.

If you are doing the **2-Day**: **Day 1 and 2** will be back-to-back with an hour lunch break on and **Day 3 and 4** will be back-to-back Sunday with an hour lunch break.

Day 1	
Hour 1 Lecture	10 min - Introductions 10 min - housekeeping review of models and clay 40 min – review of vocabulary, RoM, Boney landmarks
Hour 2 Lecture	Connective Tissue
Hour 3 Lecture	Musculature Bones
Hour 4.5	Clay 101 External Rotators Hip Flexors

Day 2	
Hour 1	Muscles of the Knee and Hip Knee Joint
Hour 2	Adductor Hip Extensors
Hour 3	Leg and foot – Foot Pathology
Hour 4.5 Lecture	Joints Skeleton – Cervical, Thoracic, Lumbar Discs Pathology

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Day 3

Hour 1.5 Lecture	Structures of Respiration Lumbar Stabilization, Hydraulic Amplifier
Hour 2	Respiratory Muscles – Diaphragm Intercostals Deep Spinal Stabilizers
Hour 3	Superficial Spinal Musculature and Fascia
Hour 4	Anterior Abdominal Wall

Day 4

Hour 1	Pelvic Floor in a cup
Hour 2 Lecture	Upper Extremity - Boney Structures Rotator cuff
Hour 3	Upper Arm Musculature Anterior and Posterior Superficial Upper Extremity Musculature Cervico Thoracic Musculature
Hour 4.5 Lecture	Lower Arm Musculature Discussion
