

Dr T's Anatomies in 3D - Workshop Notes

Day 1

Introduction to the Human Body

Regional landmarks

Axial vs Appendicular Skeleton

Planes of motion

Localization terms

Movement terms:

- Flexion
- Extension
- Lateral Flexion
- Axial Rotation
- Elevation
- Depression
- Adduction
- Abduction
- Protraction
- Retraction
- Nutation
- Scaption
- Pronation
- Supination
- Opposition
- Inversion
- Eversion
- Anterior Pelvic Tilt
- Posterior Pelvic Tilt

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- Lateral Pelvic Tilt
- Plantar Flexion
- Dorsiflexion

Pelvic Structures and Boney Landmarks

Interdigitation and Osseous roughening for increased surface area

Fascia and Tensegrity

Connective Tissue:

- Collagen
- Hydrogen Bonding
- Fascial Structure and Function
- Facial Nutrition, Wellness and the Role of Water
- Tensegrity and Bio-Tensegrity - load sharing and dissipation

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Muscular Structure

Full and Empty "Fascial Pockets"

Contractile Nature of Fascia

Health Effects of Fascia

Bone Structure

Bone Remodeling

Clay 101

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Hip External Rotators:

- Obturator Externus and Internus

- Quadratus Femoris

- Gemellus Superior and Inferior

- Piriformis Iliac and Sacral

Hip Flexors

- Psoas Major and Minor

- Iliacus

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DAY 2

Ilio-Psoas and rollup

Quadriceps

- Vastus Intermedius

- Vastus Lateralis

- Vastus Medialis

- Rectus Femoris

Hip Abductors

- Gluteus Minimus

- Gluteus Medius

- Tensor Fascia Latae

- IT-Band

Knee Joint

Ligaments, Cartilage and Function

ACL Repair

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Hip Adductors

- Pectineus

- Adductor Longus

- Adductor Brevis

- Adductor Magnus PF

- Adductor Magnus IF

- Adductor Magnus IC

Hamstrings

- Semimembranosus

- Semitendinosus

- Biceps Femoris

Gluteus Maximus - Iliac and Sacral

Ankle And Foot Structures

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Superficial Front line

Deep Front Line

Back Line

Lateral Line

Stirrup Supporting Foot

Spiral Line

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DAY 3

Joints - Types and Structure

Joints - Congruency, Stability and Nutrition

Joint Nutrition

The Spine and Related Structures

Upper and Lower Extremities - Design and Function

Spinal Landmarks

Spinal Curve Development

- Atlas

- Axis

- Cervical Vertebrae

- Thoracic Vertebrae

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- Costal structures - Ribs

- Lumbar Vertebrae

How Joints Move - The Facet Dance

Disc Herniation

Structures of Respiration

Thoracic Cage

Diaphragm - Intercostals - intro

Accessory Muscles of Respiration

Abdominal Fascial Arrangement

Hydraulic Amplifier

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Diaphragm - Intercostals - detail

Erector Spinae

Deep Spinal Stabilizers

Anterior Neck Flexors

- Semispinalis

- Spinalis

- Longissimus

- Splenius

- Iliocostalis

- Serratus Posterior Superior and Inferior

Balance of the Front Lines vs the Back Line

Abdominal muscle and fascial organization

Front and Back Slings

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The Functional Lines - Power Transfer

Abdominals

- Transverse Abdominis

- Internal Oblique Abdominis

- External Oblique Abdominis

- Rectus Abdominis

Rectus tissue folding and fusion

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DAY 4

Pelvic Floor

- Perineals
- Bulbospongiosus
- Ischiocavernosus
- Rectal Sphincters
- Levator Ani
- Coccygeus
- Pubococcygeus - why is it important?

Scapular structure and landmarks

Humerus

Clavicle

Acromioclavicular Joint

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Rotator Cuff

SITS

- Supraspinatus

- Infraspinatus

- Teres Minor

- Subscapularis

Teres Major

Arm Extensors

- Triceps Brachii – Medial Head

- Triceps Brachii – Lateral Head

- Triceps Brachii – Long Head

Arm Flexors

- Brachialis

- Biceps Brachii – Short Head

- Biceps Brachii – Long Head

Coracobrachialis

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Serratus Anterior

Rhomboideus - Minor

Rhomboideus - Major

Pectoralis Minor

Levator Scapulae

Latissimus Dorsi

Pectoralis Major - Abdominalis

Pectoralis Major - Sternocostalis

Pectoralis Major - Clavicularis

Deltoideus - Spinalis

Deltoideus - Acromialis

Deltoideus - Clavicularis

Trapezius - Spinalis

Trapezius - Acromialis

Trapezius - Clavicularis

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Cleidomastoideus

Sternomastoid

Medial and Dorsal Forearm landmarks

Ulna

Radius

Carpal Bones

Meta-Carpal Bones

Phalanges

Radial Head

Pennate Muscles of the Forearm

Flexors vs. Extensors

Retinaculum

Carpal Tunnel Syndrome

Opponens Policis and Digiti Minimi

Muscle Vectors and Connections