

THE BODY MOVEABLE

SUPPLEMENTARY MATERIAL FOR

VOLUME 1

THE TRUNK AND HEAD

- LIST OF ILLUSTRATIONS
- ALPHABETICAL INDEX

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published June 2014 by



Toronto, Canada — www.learningmethods.com

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LIST OF ILLUSTRATIONS

This is a list of the book's main illustrations only. Some of the numerous smaller illustrations which do not have titles are not listed below but if you choose a topic below and go to that page you may just find a number of other relevant illustrations.

Page	Illustration Title
2	Vertebrae Showing Stress Lines
2	Hip Joint on Coronal Section — Stress Lines
3	Trabecular Structure of the Calcaneus
4	Forces on Bone
4	Theory of Columns
5	Tension Optical Pictures
6	Contact Points
6	Collateral Ligaments
7	Motor Unit
7	Structure of Cartilage
8	Wrist Flexed
8	Stretch on Muscle
8	Wrist Extended
9	Agonist - Antagonist Action
10	Fascia, Ligament, and Tendon
11	Shapes of Articular Surfaces:
12	Stabilizing vs Rotatory Forces
13	Phases of Locomotion
13	Antagonistic Muscles
14	Angle of Application
14	Speed Muscle
14	Power Muscle
15	Speed and Power Muscles
16	Rotation of the Forearm
16	When Muscles change Effects
17	Range of Motion of Hip Joint
17	Translatory Movement of Lower Leg
17	Translatory Movement of Heel
17	Shortening of the Limb
18	Flexion and Extension
18	Compensatory Effects
19	Countercurrent Shift
19	Parallel Shift
20	Effects of External Resistance
21	Contracture
22	Contracture and Adaptation
23	Centre of Gravity
24	Support and Stability
24	Height of Centre of Gravity
25	Development of Uprightness
26	Line of Gravity through Spine
26	Centres of Gravity of Major Body Areas
27	Instinctual Balancing Response in Pregnancy
27	Articulated Chain
27	Translatory and Rotatory Effects of Gravity
28	Instabilities and the Line of Gravity
29	Orientation Planes passing through the Centre of Gravity
33	The Skeleton
33	Embryological Germ Layers
34	(Stage 1) Embryonic Head
34	(Stage 1) Two Embryo Heads with Notochord
34	The Embryo showing Mesoderm and Notochord
35	Embryo - About 3 weeks
35	Embryo - End of 4 th week
35	Embryo - End of 5 th week
35	Embryo - Beginning of 5 th week
35	Embryo - Beginning of 4 th week
36	Modifications to Atlas
36	Embryonic Derivations
36	Stages in Development of Ribs, Costal Cartilages, and Sternum
36	(Stage 2) Intermediate or Blastemal Stage
36	(Stage 3) Cartilaginous Stage
37	Head of the Embryo
38	Arch Cartilage Derivatives
39	Developmental Timeline
40	Rudimentary Gait Reflexes
43	Coming out on Land
44	Placement of Spine
45	Spinal Curves
46	The Vertebral Column
47	Fifth Cervical Vertebra
47	Sixth Cervical Vertebra
47	Lumbar Vertebra
47	Functions of the Vertebral Parts
47	Seventh Cervical Vertebra
48	Upper Cervical Spinal Column
48	Atlas
48	Atlas and Axis
48	Axis
49	Structure of a Typical Vertebra
49	Trabecular Systems
50	The Intervertebral Disc
50	Vertebra — Active and Passive Layers
50	Vertebral Lever System
51	Dynamics of the Nucleus
52	The Intervertebral Articulations
53	The Vertebral Ligaments
53	Degenerative Changes of the Intervertebral Disc
54	Anterior Vertebral Ligaments
54	Posterior Vertebral Ligaments
55	Ranges of Flexion-Extension
56	Ranges of Axial Rotation
56	Ranges of Lateral Flexion
57	Motions in the Intervertebral Joints
57	Automatic Rotation with Lateral Flexion
58	The Intrinsic Equilibrium of the Vertebral Column
59	Muscle Attachments on the Back of the Skull
59	The Erector Spinae (Sacrospinalis)
60	The Splenius Muscles and Transversospinalis Group
60	The Splenius Muscles

- 61 Erector Spinae
- 62 Cross-section through the Vertebral Column at the Level of L2-L3
- 63 Spinalis, Semispinalis, and Longissimus
- 64 Iliocostalis, Longissimus, and Semispinalis Muscles
- 65 Rotatores
- 65 Multifidus
- 66 Interspinal and Intertransverse Muscles
- 67 Cross-section through the 8th Thoracic Vertebra
- 67 Cross-section through the 3rd Thoracic Vertebra
- 68 Cross-section through the Neck at the Level of the 5th Cervical Vertebra
- 68 Cross-section through the Torso at the Level of the 1st Thoracic Vertebra
- 69 The Coccyx
- 69 The Sacrum
- 70 The Sacrum
- 70 The Sacrococcygeal Joint
- 71 Ligaments of the Sacrum and Coccyx
- 72 Frontal Section of the Pelvis
- 72 The Sacrococcygeal Ligaments
- 73 Boundaries of the Perineal Region
- 73 The Perineal Diamond
- 74 Muscle Attachments of Sacrum and Coccyx
- 74 Frontal (Coronal) Section through Anus
- 75 Musculature of the Pelvic Floor
- 76 Musculature of the Pelvic Floor
- 77 Frontal Section through the Anus – the Sphincter Muscles
- 78 Urogenital Diaphragm
- 78 Pelvic and Urogenital Diaphragm
- 79 Frontal Section through Vagina
- 79 Frontal Section through the Prostate Gland
- 79 Left Median Section of the Pelvic Floor
- 80 Superficial Muscles of the Perineum
- 80 Root of the Clitoris
- 81 Root of the Clitoris
- 81 Superficial Muscles of the Perineum
- 82 The Lumbar Vertebral Column
- 83 Lumbar Vertebrae
- 83 Lumbar Vertebral Column and Sacrum/Coccyx
- 84 Structure of the Lumbar Vertebrae
- 85 Frontal Section through the Pedicles
- 85 Sagittal Section through Lumbar Vertebrae
- 85 Lumbar Extension
- 86 Lumbar Lateral Flexion
- 86 Lumbar Axial Rotation
- 86 Lumbar Flexion
- 87 The Lumbosacral Joint, Spondylolysis, and Spondylolisthesis
- 88 Lumbosacral Lateral Flexion
- 88 Iliolumbar Ligament
- 88 Lumbosacral Flexion and Extension
- 89 Horizontal Section through L3
- 90 The Attachments of Abdominal and Related Muscles
- 91 Muscle Attachments of Abdomen (with related muscles)
- 92 The Deep Lateral Back Muscles
- 93 Psoas Muscle
- 94 Superficial Muscles of the Abdomen
- 95 Superficial Muscles of the Abdomen and Lumbar Region
- 96 Abdominal Wall Muscles
- 97 Common Hernia Sites
- 97 The Inguinal Region
- 98 Internal Oblique
- 98 Spermatic Cord passing through Inguinal Canal
- 99 Internal Oblique
- 100 Transversus Abdominis
- 101 Rectus Abdominis
- 102 The Rectus Sheath
- 103 The Waist
- 104 Rotation of the Trunk by the Abdominal Muscles
- 105 Flexion of the Trunk — Forward and Lateral
- 105 Lateral Flexion
- 106 Flattening of the Vertebral Curves — Lengthening of the Spine
- 107 Standing Erect
- 107 Flexion and Extension of the Trunk
- 107 Full Flexion of the Trunk
- 108 The Trunk as Inflatable Structure
- 109 Sitting and Lying Positions
- 110 Nerve Roots and Disc Prolapse
- 111 Sagittal Section of Lumbar and Sacral Regions
- 111 Disc Prolapse
- 112 Midsagittal Section through the Abdominal and Pelvic Wall
- 113 Frontal Section through the Abdominal and Pelvic Wall
- 114 The Thoracic Vertebral Column
- 115 Tenth Thoracic Vertebral
- 115 Twelfth Thoracic Vertebral
- 115 Sixth Thoracic Vertebral
- 115 Thoracic Vertebral Column
- 116 Exploded View of Typical Thoracic Vertebra
- 117 The Sternum
- 117 Typical Ribs
- 118 Atypical Ribs
- 118 Thoracic Cage
- 119 Thoracic Cage
- 120 Flexion and Extension of the Thoracic Vertebral Column
- 121 Thoracic Lateral Flexion
- 121 Thoracic Axial Rotation
- 122 Costovertebral Joints and the Ligaments
- 122 Thoracic Axial Rotation
- 123 Section through the Costotransverse Joints from 2nd to 9th
- 123 The Costotransverse Joints and Ligaments
- 124 Sternocostal and Interchondral Joints
- 125 The Mechanism of the Thorax
- 126 Movements of Ribs
- 126 The Mechanism of the Thorax
- 127 Phases of Thoracic Movement
- 128 Midfrontal Section through the Thorax
- 129 The Lower Intercostal Spaces
- 130 Relations of the Rib Muscles
- 131 Sternocostalis

- 131 Intercostal Muscles in Rib Movements
 131 Posterior Aspect of the Front of the Thoracic Cage
 132 Levatores Costarum
 133 Median Section through the Thorax
 133 Thoracic Muscles
 134 The Diaphragm from Above
 135 The Diaphragm from Below
 136 Anterior View of the Diaphragm and Heart within the Thorax
 137 Posterior View of the Diaphragm and Heart within the Thorax
 138 Actions of the Diaphragm
 139 Actions of the Diaphragm on the Ribs
 139 The Process of Respiration
 140 The Process of Respiration
 141 Accessory Inspiratory Muscles
 142 Collapsed Lung
 143 Abdominal Muscles and Diaphragm in Breathing
 144 Movements of the Ribs and Sternum in Breathing
 145 The Mammary Gland
 145 Horizontal Section through the Thoracic Wall
 146 Thoracic and Abdominal Viscera inside the Skeleton (Front)
 147 Thoracic and Abdominal Viscera inside the Skeleton (Back)
 148 Orientation Diagrams for Sections
 148 Oblique Cross-section through the Thoracic Wall at the Level of the 3rd Thoracic Vertebra
 149 Thoracic and Abdominal Viscera inside the Skeleton (Side)
 150 The Head and Neck — The Bones
 150 Cervical Vertebral Column
 150 The Cervical Vertebrae
 151 Axis
 151 Atlas
 151 Atlas and Axis Together
 152 Relationship of the Skeletal parts to the External Aspect
 153 Relationship of the Skeletal Parts to the External Aspect of the Head and Neck
 154 Adult Skull
 155 Bones of the Neuro-cranium separated from those of the Visceral Cranium
 156 Adult Skull
 156 The Base of the Adult Skull
 157 The Atlanto-occipital and Atlanto-axial Articulations
 157 Exploded Diagrammatic View of the Structure of the First Three Cervical Vertebrae
 157 Occiput and First Three Vertebrae
 157 Atlas on the Axis
 158 The Ligaments of the Suboccipital Region
 158 Transverse Section through Atlas
 159 Ligaments of the Suboccipital Region (Back View)
 160 Ligaments of the Suboccipital Region (Front View)
 160 Atlas
 161 Movements of the Suboccipital Region
 161 Atlas on the Dens
 161 Rotation between Atlas and Axis
 161 Vertical Section through Atlas and Axis
 162 The Atlas seen in Perspective
 162 Atlas and Axis with Atlas Sectioned along Midline
 162 Vertical Section through Occiput and Atlas at the Atlanto-occipital Joint
 163 Cross Section of the Suboccipital Region
 163 Flexion and Extension of the Lower Cervical Column
 164 Model showing comparable range and combinations of Movements between Occiput, Atlas and the Axis.
 164 Rotation and Lateral Flexion in the Lower Cervical Vertebral Column
 164 Orientation of Combined Rotation / Lateral Flexion
 165 Compensations to allow Pure Rotation of the Head on the Shoulders
 166 Cervical Vertebrae, Transverse Section
 166 Distribution of Weight (schematic) through Suboccipital Region
 167 Relationship of the Atlanto-occipital Region to the Head and Neck.
 167 Balance — The Lever System of the Head and Neck
 168 Muscle Attachments of the Front of the Skull
 168 Muscle Attachments of the Base of the Skull
 169 Muscle Attachments of the Jaw and Mouth
 169 Muscle Attachments of the Side of the Skull
 170 The Deep Muscles of the Back of the Neck
 171 Deep Muscles of the Back of the Neck
 172 Neck and Shoulder Muscles
 172 The Deep Short Muscles of the Back of the Neck
 173 Suboccipital Muscles
 174 The Anterior Vertebral Muscles of the Neck
 175 The Prevertebral and Paravertebral Musculature of the Neck
 176 The Scalenes (Front)
 176 The Scalenes (Side)
 177 Superficial and Lateral Cervical Muscles (Front)
 178 Superficial and Lateral Cervical Muscles (Side)
 179 Hyoid Bone
 179 The Anterior Neck Region — Structures of the Throat
 180 Arrangement of Digastric
 180 Muscle Attachments of the Hyoid Bone
 180 Digastric
 181 The Layers of Suprahyoid Muscles
 181 Stylohyoid Muscle and Ligament
 181 Internal Surface of Mandible
 182 Anterior Neck Muscles
 182 The Infrahyoid Muscles
 183 Sternohyoid
 183 Omohyoid
 184 Actions of the Suboccipitals
 185 Rotation of Skull on Atlas
 185 Rotation of Skull and Atlas on Axis
 186 Suboccipital Region
 186 The 'Sling' of the Throat
 186 The Flexory Muscles
 187 Extension of the Head and Neck (1st and 2nd Group)
 188 Extension of the Head and Neck (3rd Group)
 188 Prevertebral Muscles
 189 Cross Section through the Neck at the Level of the

- 5th Cervical Vertebra
- 189 Cross Section through the Neck at the Level of the 7th Cervical Vertebra
- 190 Musculature of the Front of the Neck
- 191 Musculature of the Neck
- 192 Mandible, Right Half
- 192 The Mandible
- 192 Mandible, Left Side
- 193 Temporomandibular Joint
- 193 Sagittal Section through the Left Temporomandibular Joint
- 194 Temporal Bone
- 194 Sagittal Section through the Articular Disc of the Temporomandibular Joint
- 195 Sequential Changes in Position of Disc and Condyle during Opening and Closing the Mouth
- 196 Superficial Facial Muscles and Masseter
- 197 Deep Facial Muscles and Temporalis
- 197 The Pterygoid Muscles
- 198 The Jaw and some of its Muscles
- 199 Midsagittal Section through the Head and Neck
- 201 Articulated Cricoid and Arytenoid Cartilages
- 201 Cricoid Cartilage
- 201 Thyroid Cartilage
- 201 Epiglottic Cartilage
- 202 Muscle Attachments for the Cricoid and Arytenoid
- 202 Muscle Attachments on the Oblique Line
- 203 Laryngeal Cartilages, Ligaments and Articulations
- 204 Larynx with Vocal Ligaments and Membranes
- 204 Mid-sagittal Section showing right half of Laryngeal Cartilages
- 205 Midsagittal Section of Larynx
- 205 Frontal Section through the Cavity of the Larynx
- 206 Laryngeal Muscles (Posterolateral View)
- 207 Laryngeal Muscles (Anterolateral View)
- 207 Laryngeal Muscles (Top View)
- 208 Total Closure of the Glottis
- 208 Thyroarytenoid Muscles
- 208 Posterior Cricoarytenoids
- 208 Lateral Cricoarytenoids
- 208 Transverse Arytenoid
- 208 Cricothyroids
- 209 Larynx – During Phonation by Whispering
- 209 Larynx – Deep or Forced Inspiration
- 209 Larynx – During Phonation
- 209 Larynx – Resting Position
- 210 Median Section through the Head and Neck
- 211 The Pharynx seen through the Oral Cavity
- 212 The Pharynx with its related Openings and Recesses
- 213 Diagrammatic Scheme of the Middle and Inner Ear
- 214 Structures around the Pharynx and the Constrictors
- 215 Musculature of the Pharynx
- 217 The Bones of the Hard Palate and Pharynx
- 217 Pathways of Food during Swallowing
- 219 Muscles of the Soft Palate and Pharynx
- 220 Muscles of the Palate and Oral Cavity
- 221 Mechanism of Opening and Closing the Auditory Tube
- 221 Muscles of the Tongue (Extrinsic)
- 222 Extrinsic Muscles of the Tongue
- 222 Muscle Attachments of the Hyoid Bone
- 223 The Tongue and Hyoid Bone Musculature
- 224 Medial Sagittal Section of the Tongue
- 224 Frontal Section of the Head and Tongue
- 225 The Oral Musculature
- 226 Muscles of the Head – Deep Layer
- 226 Tongue and Buccinator retaining Food between the Molars in Chewing
- 226 Arrangement of Fibres around the Mouth (Orbicularis Oris)
- 228 Muscles of the Head and Face – Superficial Layer
- 229 Muscle Attachments of the Face and Jaw
- 230 Muscles of the Face and Jaw
- 231 Muscle Attachments of the Face and Jaw
- 232 The Fascial Musculature Removed as a Mask
- 233 Levator Palpebrae Superioris
- 234 The Muscles of the External Ear
- 235 Facial Muscles and Superficial Neck Muscles
- 236 Extrinsic Eye Muscles
- 237 Orientation of Eyeball
- 237 Diagram of the Extrinsic Eye Muscles
- 237 Extrinsic Eye Muscles
- 238 Orientation of the Extrinsic Eye Muscles
- 238 The Relationship between the Orbital and Ocular Axes
- 239 Conjugate Movement of the Eyes
- 239 Eye Divergence (abduction)
- 239 Eye Convergence (adduction)
- 240 Movement of the Visual Axes
- 240 Front View, Right Eye
- 241 Oblique Eye Muscles
- 241 Summary of the Actions of the Extrinsic Eye Muscles
- 242 Summary of Action of the Eye Muscles
- 242 Groupings of Muscles About the Various Axes
- 242 The Transverse Axis
- 243 The Muscles During Movements of the Head and Neck
- 244 Forward Flexion
- 244 Muscles During Movements of the Trunk (Flexion - Extension)
- 244 Muscles During Movements of the Head and Neck
- 245 Muscles during Movements of the Trunk (Extension and Arm Elevation)
- 246 Muscles During Movements of the Trunk (Lateral Flexion)
- 247 Muscles During Movements of the Trunk (Rotation)

INDEX

A

abdominal
 cavity 89, 97, 112-113, 128, 133, 139-140, 253
 fascia 73
 muscles 89, 96, 99, 103-104, 106-109, 121, 138-139, 141-143
 viscera 103, 112, 120, 127, 138-139, 142-143, 146-147, 149
 wall 89, 95-96, 98-100, 102, 105, 120-121, 138-139, 142, 253
 absorption 3, 5, 50
 accessory muscles
 expiratory 141
 inspiratory 140-141
 accessory process 47, 62, 66, 82-84, 114-115
 acetabular fossa 76, 113
 acetabular labrum 97
 acetabulum 12, 74-75, 97, 251
 achilles tendon 10
 acromioclavicular joint 17, 190-191
 acromion process 146-147, 178-180, 183, 190-191, 251
 active insufficiency 8
 adductor longus muscle 94
 adductor magnus muscle 80-81
 agonist 9, 251
 ala nasi 230
 ala of vomer 210
 alar ligament 158-159, 163
 alveoli 139, 142, 192, 225, 229
 amnion 34
 amniotic cavity 35
 amphibian 33, 43, 116, 200
 anal canal 74, 76-77, 79, 112
 anal hiatus 75
 anal triangle 73, 76
 anatomical dead space 140
 Anatomy of Wholeness xiv, 270
 angle of application 12-14
 ankle 11, 13, 18, 20, 26-28, 45
 ankle joint 11, 13, 26-28, 45
 Ann Penistan 266
 annulus fibrosus 50, 84, 110-111
 anococcygeal ligament 74, 76, 79-81, 112
 ano-rectal flexure 74
 antagonist 8-9, 13, 19, 21-22, 86, 174, 182, 232, 251
 anterior atlanto-axial membrane 158-159
 anterior atlanto-occipital membrane 158
 anterior cruciate ligament 6
 anterior intertransverse muscle 66
 anterior longitudinal ligament 53-54, 58, 62, 71-72, 85, 112,
 120, 122, 133-134, 158-159, 163
 anterior tubercle 47-48, 66, 150-151, 159, 174-176, 189
 antitragicus muscle 234
 aorta 35, 67, 112, 134-136, 138
 aortic hiatus 133, 135
 ape 25
 apex of lung 68, 146
 apex of sacrum 69
 apical ligament 158-159, 210
 apposition 3, 5, 251
 arch of axis 48, 151
 arch of cricoid 179, 201, 204, 210
 arcuate pubic ligament 73, 76
 arm 6, 8-9, 12, 15-16, 20, 26, 39-41, 89, 105, 108, 120, 186,
 245, 251-252
 arthroidal joints — *see synovial joints*
 articular cartilage 7, 158
 articular eminence 197
 articular process 47-50, 53-54, 62, 64-65, 67, 69-71, 75, 82-87,
 90, 110-111, 114-116, 119-124, 150-151, 157-158, 163, 166, 170-172
 articular tubercle 69, 193-195
 aryepiglottic fold 202, 205-209, 212, 216-217, 219
 aryepiglotticus muscle 205-208, 215, 219

arytenoid cartilage 37-38, 152, 189, 201-204, 206-207, 215, 219
 arytenoid muscle 189, 202, 208, 210, 215, 219
 atlanto-axial 53, 157-162, 184-185, 199
 atlanto-axial joint 157, 159, 162, 184-185, 199
 atlanto-occipital joint 28, 45, 159-162, 167, 184-185
 atlanto-occipital ligament 158-160
 atlas 36, 46, 48, 66, 147, 149-153, 157-164, 166, 171-174, 176,
 179-180, 184-186, 190-191, 210-211
 anterior arch 36, 48, 150-152, 157, 161-162, 174, 184, 202, 210-211
 arch 48, 151
 cruciate ligament 159
 posterior arch 150, 153
 transverse ligament 158-159, 162, 210
 transverse process 184
 atmospheric pressure 12, 139, 142
 ATP (adenosine tri-phosphate) 7
 atrophy 3, 36
 auditory tube 199, 210-216, 218-219, 221
 auditory vesicles 34, 37
 auricle (external ear) 234
 auricularis anterior muscle 234-235
 auricularis muscle 196, 228, 233-235
 auricularis posterior muscle 196, 228, 233-235
 auricularis superior muscle 234
 auricular surface 70, 72
 axial rotation 51-53, 55-57, 86, 121-122
 axial skeleton 33, 43, 153
 axillary space 145
 axis 4-6, 12, 14, 16, 23, 26, 34, 36, 43, 45-46, 48, 50, 53,
 63-66, 97, 105, 115, 119, 121, 125-126, 144, 147, 149-153,
 157-158, 160-164, 166, 171-173, 176, 179, 184-186, 195, 203,
 210, 212, 238-242, 249, 253, 255
 arch 48, 151
 body 48, 151
 dens 36, 48, 147, 150-151, 158

B

basal ganglia 42
 basilar tubercle 53
 bi-articular muscle 5, 18-20 — *see also uni-articular muscle*
 biceps brachii muscle 12, 15, 131, 243-245, 247
 biceps femoris muscle 10, 15, 19
 bifid spinous process 47, 150, 157
 binocular vision 155
 biped 23-24, 160
 bison 25
 bladder 73, 78-79, 81, 98, 103, 146, 149
 body balance 23
 bone, physical properties 3
 brachialis muscle 15, 19
 brain 40, 42-43, 153, 155, 160-161, 166-167, 213
 brain stem 40, 160-161, 166-167
 branchial arches 33, 38, 209
 bronchi 33, 140, 144, 200
 bronchial tube 136-137, 140, 142, 145
 bronchioles 140, 144
 buccinator muscle 168-169, 196-198, 214, 218, 220, 224-232
 bulbocavernosus muscle 80
 bulb of vestibule 80
 bulbospongiosus muscle 76-77, 79-81
 bulbourethral gland 79
 bulb penis 79
 bulb vestibule 79

C

calcaneus 3
 calf muscle 13, 26-27
 camel 25
 canine fossa 227
 capillaries 7
 capsular ligament 53, 71, 85-87, 110, 150, 158, 160, 163, 203

- carbon dioxide (CO₂) 7, 120
 carotid tubercle 150
 carpal joint 17
 carpometacarpal joint 11
 cartilage, physical properties 6
 caudae muscles 74
 central tendon 14, 76, 112-113, 128, 133-139, 143, 180, 253
 centre of gravity 20, 23-29, 44-45, 83, 106, 108, 167, 184, 186
 head 28, 167
 centrifugal force 12
 centrum tendineum — *see perineal body*
 cerebellum 40, 42
 cerebrospinal fluid 109
 cerebrum 34
 cervical canal 79
 cervical fascia 183, 189, 194, 205, 235
 cervical rib 153
 cervical spinal nerve 151
 childbirth 70, 72, 75-76, 96
 choline 7
 cholinesterase 7
 chondrify 36
 chondroglossus muscle 180, 222-223
 ciliary bundle 231
 circulatory system 120
 clavicle 33, 117-118, 131, 142, 146-147, 149, 152, 167, 170, 176-180, 182-183, 186, 190-191, 251
 clavicular notch 117
 clitoris 78-82, 112, 149, 251
 body 80
 erection 81
 glans prepuce 80
 clivus 212, 215
 CO₂ — *see carbon dioxide*
 coccygeal cornu 69-70, 83
 coccygeus muscle 73-76, 78-79
 coccyx 46, 69-77, 80-81, 83, 109, 112, 149, 251
 cochlea 37, 213, 251
 coelum 35
 collagen 7-8
 collapsed lung 142
 colon 77, 92-93, 146-147, 149, 251
 ascending 146-147, 149
 descending 146-147
 sigmoid 146-147
 transverse 146, 149
 common annular tendon 236
 common carotid artery 137, 189, 213
 common tendinous ring 236-237
 compression force 4-5, 50-51, 66, 108
 compressor naris muscle (nasalis) 230
 compressor urethrae 78
 conchal eminence 234
 condyle, femur 14
 conjoint tendon 98-101
 connective tissue 8, 58, 73, 99, 135, 253, 255
 sheath 8
 contracture 19, 21-22
 spastic 21
 conus elasticus 202-207
 conus medullaris 111
 convergence 239, 242
 copulation 76
 coracobrachialis 245
 coracoid process 146-147, 178-180, 183, 190-191
 cornea 232, 236-240
 corniculate cartilage 201-204, 206
 corniculate tubercle 205-206, 209-210, 212
 corniculopharyngeal ligament 203
 cornu 38, 69-71, 83, 179-183, 201, 203-204, 206-207, 213-215, 222-223, 251
 coronal suture 154, 156, 233
 corpus cavernosa clitoridis 81
 corpus cavernosum penis 80-81
 corpus spongiosum penis 80-81
 corrugator supercilii muscle 168-169, 197, 229-233
 cortex 42, 49, 251
 costal arch 102
 costal cartilages 36, 91, 96, 100-102, 118-119, 122, 124-126, 129, 131, 134, 144
 costal facet 47, 84, 114-116, 122-123
 inferior 115-116
 superior 47, 114-116, 123
 costal groove 117, 119, 122, 128, 130
 costal ligament 68
 costal margin 102, 122
 costal process 34, 36-37, 66
 costochondral angle 126, 137
 costoclavicular ligament 118, 142
 costodiaphragmatic angle 113, 128, 136
 costodiaphragmatic recess 113, 128, 134, 137
 costotransverse bar 150
 costotransverse foramen 124, 150
 costotransverse joint 122-123
 costotransverse ligament 54, 122-124, 129-130, 148
 costovertebral articular facets 117
 costovertebral joint 123, 148
 costoxiphoid ligament 101, 124-125
 coughing 98, 139, 142, 200
 countercurrent shift 19
 counter-pressure 5
 counterweight 5
 cranial flange 150
 cranial vault 33, 37, 152
 cranium 43, 155, 233
 cremasteric fascia 99
 cremasteric reflex 99
 cremaster muscle 97-99
 cricoarytenoid muscles 202
 cricoid cartilage 37-38, 152, 167, 179, 183, 186, 190, 198-199, 201-214, 222, 251
 cricopharyngeal ligament 203-204, 215
 cricopharyngeal ligament (tendon of oesophagus) 203-204, 215
 cricopharyngeus muscle 208, 213
 cricothyroid ligament — *see conus elasticus*
 cricothyroid muscle 38, 202-208, 213-214, 222
 cricotracheal ligament 202-205, 222
 cross-section through
 1st sacral vertebra 75
 9th thoracic 148
 anterior abdominal wall 102
 atlas 158
 atlas and axis 151
 costotransverse joints 123
 costotransverse ligaments 123
 head and neck 199
 hip 2
 laryngeal cartilages 204
 larynx 205
 larynx cavity 205
 mammary gland 145
 neck through 5th cervical 68
 sternocostal joints 124
 suboccipital region 158
 temporomandibular joint 193
 thorax at 3rd thoracic 67
 thorax at 1st thoracic 68
 thorax at 8th thoracic 67
 thoracic wall at T3 148
 tongue 224
 tongue and jaw 224
 vertebral column at L2-L3 62

- cruciate ligament 6, 158-159
 crus clitoridis 79, 82
 crus of clitoris 80
 crus penis 77, 79, 82
 crying 139
 cuneiform cartilage 201
 curves, vertebral column 45
 cycling 20
- D**
- dartos muscle 81, 98
 David Gorman 266
 deep cervical fascia 183, 189, 194
 deep dorsal sacrococcygeal ligament 71-72
 deep finger flexor — *see flexor digitorum profundus*
 deep nuchal fascia 189
 deep posterior sacrococcygeal ligament 112
 defecation 70, 75, 77, 96, 139
 degrees of freedom 16-17, 55, 165
 deltoid muscle 8-9, 67, 94-95, 177, 243-247
 dens 36, 48, 147, 150-153, 157-163, 166, 199, 210, 252
 anterior facet 151, 161
 depressor anguli oris muscle 168, 196, 226-232, 235
 depressor labii inferioris muscle 168-169, 196-197, 226-232, 235
 depressor septi muscle 168-169, 197, 226, 229-232
 depressor supercillii muscle 231, 235
 descending aorta 134
 diaphragm 44, 73-81, 92-93, 100, 108, 112-113, 117, 120,
 126-128, 131, 133-143, 146-147, 149, 200, 252
 central tendon 14, 76, 112-113, 128, 133-139, 143, 180, 253
 costal part 128, 134, 136-137
 cupola 135, 137
 lumbar part 133-134, 137
 medial crus 134
 sternal part 131, 133-134
 diaphragmatic pleura 142
 diastasis 5
 diencephalon 34
 digastricus
 anterior belly 169, 224
 posterior belly 59, 168-169, 219
 digastricus fossa 180-181, 192
 digastricus muscle 14, 38, 59, 167-169, 178, 180-183, 186, 190-192,
 196, 209, 212, 215-216, 219, 224, 243-244
 dilator naris (nasalis) muscle 226, 228, 230-231
 dinosaur (brontosaurus/apatosaurus) 25
 disc prolapse 76, 110-111
 divergence 239-240, 242
 dorsal artery of clitoris 78
 dorsal artery of penis 78, 81
 dorsal sacral foramen 69, 83
 dorsal sacrococcygeal muscle 74
 dorsal sacroiliac ligament 61, 65, 71-72
 dorsal vein of clitoris 78
 dorsal vein of penis 78, 81, 112
 dorsiflexion 13, 18, 20, 250, 252
 dorsum sellae 37, 193
 duodenum 146
 dura mater 110, 158, 213
- E**
- ear canal 152, 155-156, 168, 173, 179, 191, 193-194
 ear ossicles 33
 ectoderm 33-34, 252
 ejaculation 78, 81
 elastic recoil 120, 139, 141-142, 221
 elbow joint 11
 embryo 33-35, 37, 39, 252-253
 endoderm (entoderm) 33-34, 252
 entoderm — *see endoderm*
 epicranial aponeurosis 196, 233-234
- epicranial muscle (occipitofrontalis) 38, 228, 233
 epiglottic
 cartilage 201-206
 stalk 201
 tubercle 208
 vallecula 205, 224
 epiglottis 152, 199, 201-210, 212-213, 215, 217, 219, 224
 epithelium 33, 200
 equilibrium 3, 13, 18, 21-24, 27-29, 44, 50-51, 58,
 143-144, 167, 187
 erector spinae muscles 59, 61-65, 67, 73-74, 89, 91, 96, 133, 135, 142, 145
 ethmoid bone 155
 eustachian tube — *see auditory tube*
 excretory system 35
 exhaustion 7
 extension 6, 16, 18-22, 29, 37, 52-53, 55, 57, 66-67, 70, 72,
 85-86, 88, 105, 107, 110-111, 120-121, 158, 162-165, 172-173,
 184-185, 187-188, 233, 244-245, 249, 252
 external acoustic meatus 194-195
 external iliac artery 113
 external intercostal membrane 129-130, 148
 external intercostal muscle 67, 123, 128-130, 145, 148
 external oblique aponeurosis 97-98, 102
 external oblique muscle 62, 89-92, 94-99, 101-105, 113, 128-129,
 141, 143, 244-247
 external occipital crest 154-155, 168
 external occipital protuberance 153-156, 168, 170, 172
 external sphincter 74, 77, 79
 extorsion (turning out) 240-242
 extraperitoneal fat 97-98
- eye**
- inferior oblique muscle 38, 174-175, 236-238, 240-242
 levator palpebrae muscle 38, 168, 231-233, 237
 obliquus inferior muscle 168, 184-185, 231
 obliquus superior muscle 168, 173, 184-185, 231
 palpebrae superior muscle 231
 rectus inferioris muscle 236-238, 240-242
 rectus lateralis muscle 168, 180, 231, 236-239, 241-242
 rectus medialis muscle 236-242
 rectus superioris muscle 233, 236-242
 superior oblique muscle 168, 173, 184-185, 231
 eye-hand coordination 41
 eyelid 227, 230-233, 237
- F**
- falx inguinalis — *see conjoint tendon*
 Farrar, Margaret 266
 fascia, physical properties 10
 fascia lata 80-81, 95
 fascia levator ani — *see tendinous arch*
 fatigue 7, 21
 femoral hernia 97
 femur 2, 4-6, 14, 16, 72, 93, 146, 252
 condyle 14
 greater trochanter 94-95, 146, 244, 246-247
 head 2, 72, 146
 lesser trochanter 93, 146
 fibrocartilage 70, 72, 125, 161, 202
 fibrosis 21, 55, 84, 86, 110
 fish 33, 43, 116, 200, 209, 254
 flexion 6, 13, 16, 18-22, 27, 29, 52-53, 55-57, 66-67, 70, 86, 88,
 90, 93, 105, 107-108, 111, 120-121, 158, 160-166, 172-174, 184-188,
 243-244, 246, 249-250, 252
 foramen cecum 224
 foramen magnum 153, 155-156, 158-161, 168, 173, 198
 foramen ovale 217
 foramen transversarium 36
 forced expiration 96, 137, 142
 forced inspiration 142, 178, 209
 forebrain 34
 foregut 34

fovea dentis 48, 151
 fracture 4-5, 87, 120, 166
 rib fracture 120
 frankfurt plane 152
 frenulum 211, 228
 frontal bone 37, 154-156, 197, 226, 231, 233, 236-237
 frontalis muscle — see *occipitofrontalis* 196, 228, 230, 232-235
 frontal sinus 169, 199, 233

G

galea aponeurotica (scalp) 197, 232-235
 gastrocnemius muscle 14, 18, 107, 252
 genial tubercle 181, 222
 genioglossus muscle 169, 180, 182, 190-192, 210, 221-224
 geniohyoid muscle 169, 180, 182, 186, 190-192, 196, 198-199, 205, 210, 216, 221-224
 genitals 34, 73, 77
 gill 33, 38, 43, 200, 209
 gladius 117
 glans of clitoris 80
 glenoid fossa 146, 179, 190-191
 glottis 108, 139, 207-209
 gluteal fascia 80-81
 gluteus maximus muscle 61, 73-74, 80-81, 91, 94-95, 106, 113, 244-247
 gluteus medius muscle 5, 94-95, 113, 244-247
 gluteus minimus muscle 113
 glycogen 7
 Gorman, David 266
 gracilis muscle 80-81, 94, 252
 gravity 5, 9, 13, 18-20, 22-29, 42, 44-45, 58, 83, 103, 106, 108, 167, 178, 184, 186, 188, 217
 greater alar cartilage 210, 227
 greater cornu 38, 179-183, 203-204, 214-215, 222-223
 greater sciatic foramen 75
 greater trochanter 94-95, 146, 244, 246-247
 greater vestibular gland 79
 guy wire 5, 58

H

H₂O (water) 7
 hamstring muscles 10, 14-15, 18-20, 106-107, 246-247
 hard palate 198-199, 210-211, 216-218, 225
 head of femur 2, 72, 146
 head of rib 54, 117, 123
 heart 34, 44, 106, 127, 135-140, 143, 145-147, 149, 251, 253, 255
 heel bone 3, 255
 helix major muscle 234
 helix minor muscle 234
 helix of the ear 234
 hernia
 femoral 97
 inguinal 97
 obturator 97
 hip joint 2, 11, 17, 26, 45, 93, 251
 homologue of rib 47
 horse 25
 hyaline cartilage 36, 124
 hymen 79
 hyoepiglottic ligament 202, 204-206, 210
 hyoglossus muscle 178, 180-182, 190-191, 205, 214, 221-224
 hyoid bone 33, 38, 146, 152, 167, 178-183, 186, 190-191, 198-199, 202-206, 209-212, 214-217, 221-224, 243-244
 hyopharyngeus muscle 191
 hyperbolic curve 103
 hyperboloid of revolution 103
 hypophyseal fossa 34
 hypophysis cerebri 34

I

ileum 93

iliac crest 61, 71, 73, 76, 88-89, 92, 94-96, 98, 100, 113
 iliacus muscle 73-74, 90-91, 93-94, 106, 113
 iliococcygeus (levator ani) muscle 74, 76, 80-81
 iliocostalis cervicis muscle 59, 61-62, 64, 67-68, 133, 141, 151, 171-172, 187, 189
 iliocostalis lumborum muscle 59, 61-62, 133
 iliocostalis muscle 59, 61-62, 64, 67-68, 89, 133, 141, 148, 151, 165, 171-172, 187, 189
 iliocostalis thoracis muscle 59, 61-62, 133
 iliocostocervicalis muscle 61
 iliofemoral ligament 71, 113
 iliolumbar ligament 10, 71-72, 87-88, 92
 iliopectineal eminence 75, 97
 iliopsoas muscle 97
 iliotibial tract 5
 ilium 2, 57, 70, 72, 75, 87-88, 90, 100, 252
 incisive foramen 217
 incisive fossa 228
 incisivus labii inferioris muscle 229
 incisivus labii inferior muscle 226, 229, 232
 incisivus labii superioris muscle 229, 232
 incisivus labii superior muscle 226, 229, 232
 incus 38, 194, 213
 index
 of lordosis 83
 of thoracic curvature 115
 inferior articular process 47-49, 62, 70, 83-87, 90, 114-115, 119-120, 124, 150-151, 157, 166
 inferior articular surface 47, 151, 157, 161
 inferior cornu 179, 201, 203, 207, 213
 inferior lateral angle 69, 71, 76
 inferior longitudinal muscle of tongue 222-223
 inferior nuchal line 153-154, 156, 168, 172-173
 inferior oblique muscle 38, 174-175, 236-238, 240-242
 inferior pharyngeal constrictor muscle 205
 inferior pubic ramus 73, 76-77, 79-81, 113
 inferior thyroid tubercle 201-202, 213, 222
 inferior vena cava 134
 inferior vertebral notch 47, 115
 inflated lung 142
 infrahyoid muscles 180-182, 186, 206
 infraorbital foramen 227, 231
 infraorbital margin 154, 237
 infraspinatus muscle 67, 95, 244-247
 infrasternal angle 126, 139
 infratemporal fissure 237
 inguinal
 canal 97-98
 reflected inguinal ligament 96-98
 ring 96-99, 101
 ring, deep 97-98
 ring, superficial 96-99, 101
 inguinal hernia 97
 inguinal ligament 93-102
 innominate bone — see *ilium*
 interarticular ligament 71, 148
 interarytenoid notch 212
 interchondral joint 124-125
 interchondral ligament 124-125
 interclavicular ligament 190, 199
 intercoccygeal joint 72
 intercornual ligament 70-72
 intercostal artery 148
 intercostalis intimi muscle 129-130, 141, 145, 148
 intercostalis lumborum muscle 62
 intercostal muscles 66, 130-131, 142
 intercostal space 37, 118-119, 129-130, 132, 142, 148
 intermaxillary suture 154
 intermediate sacral crest 69-70
 internal intercostal membrane 123, 130, 148
 internal intercostal muscle 67, 123, 128-131, 145, 148

- internal jugular vein 183, 189
 internal oblique aponeurosis 100, 102
 internal oblique muscle 62, 89-92, 95, 98-105, 113, 117, 128-129, 141, 143
 internal sphincter 74, 76-77
 internasal suture 154
 interneurons 39-40
 interosseus sacroiliac ligament 72, 75
 interphalangeal joint 17, 21
 intersegmental 117
 interspinales muscle 59, 66, 153, 172
 interspinous ligament 50, 53, 62, 66-67, 85, 112, 133
 interspinous muscle 68, 172, 189
 intertransversarii muscles 59, 66, 132, 172
 lateral 66
 medial 66
 intertransverse ligament 53, 57, 71, 85, 121, 148
 intervertebral disc 36, 49-50, 52-54, 56, 83-87, 92, 110, 112, 115, 118, 121-123, 133, 142, 148, 150, 158, 165, 210
 motions of intervertebral joints 57
 intervertebral foramen 50, 83, 110, 123
 intestines 136, 255
 intorsion (turning in) 239-242
 intra-abdominal pressure 75, 98, 100, 138, 142
 intraarticular ligament 122-124
 intrapleural pressure 139, 142
 intrathoracic pressure 139-140
 ischial ramus 73, 77, 80-81
 ischial spine 72-76, 78, 147
 ischial tuberosity 71, 73-74, 76-78, 80-83, 97, 109, 146-147, 149
 ischiocavernosus muscle 76-77, 79-82
 ischiorectal fossa 73-74, 79, 81, 113
 isometric 19
 isotonic 19
- J**
- jugular notch 117
 jugular vein 136-137, 177, 183, 189
- K**
- kangaroo 25
 kidney 35, 92-93, 136, 147, 149
 kinesiology 3
 kinetic chain 17, 20
 knee cap — *see patella*
 knee joint 6, 11, 28
 knuckle joint 6
- L**
- labia majus (*plural: labia majora*) 79
 labia minus (*plural: labia minora*) 79-80
 labrum 97, 113
 labyrinths of the ear 155
 lacrimal bone 37, 155, 231
 lacrimal fascia 231-232
 lacrimal sac 231-232
 lactic acid 7, 21
 lactiferous ducts 145
 lacunar ligament 95, 97-98
 lambdoid suture 153-154, 156
 lamina 47, 49, 52, 54, 65, 67, 70-72, 82-85, 95, 98-102, 114-116, 153, 157, 166, 173, 182, 193-195, 197-199, 201-208, 210, 213-214, 218, 220-221, 233, 253
 rectus sheath, anterior 102
 rectus sheath, posterior 102
 laryngeal prominence 146, 179, 201-202, 217, 223
 laryngeal ventricle 199, 205
 laryngopharynx muscle — *see inferior constrictor* 189, 191
 laryngoscope mirror 209
 larynx 33, 68, 144, 167, 179, 182, 188, 198-213, 216-217, 224, 251
 sinus 205, 207
 ventricle 205
 vestibule 205
 lateral arcuate ligament 134-138
 lateral atlanto-occipital ligament 159-160
 lateral costotransverse ligament 54, 123-124, 148
 lateral cricoarytenoid muscle 202, 205-208
 lateral flexion 29, 52-53, 55-57, 66-67, 86, 88, 93, 105, 107, 121, 161, 163-165, 172-174, 184-185, 187, 243, 246, 249
 lateral (inferior) crus 97, 159
 lateral ligament 6, 160-161, 193
 lateral lumbocostal arch 134-135
 lateral mass 48, 150-151, 157, 161, 173
 lateral nasal cartilage 230
 lateral palpebral raphe 231
 lateral pterygoid muscle 168-169, 181, 193-198, 214-215, 219
 lateral pterygoid process 168
 lateral sacral crest 61, 69-70
 lateral sacral mass 36
 lateral sacrococcygeal ligament 71-72
 lateral temporomandibular ligament 193
 lateral thyrohyoid ligament 203-204
 latissimus dorsi muscle 8, 62, 67, 89, 91, 94-96, 141-142, 145, 244-247, 253
 LearningMethods 267
 LearningMethods Publications 268
 lesser cornu 38, 179-181, 203-204, 214, 222-223
 lesser trochanter 93, 146
 levator anguli oris muscle 168-169, 196-197, 226-232
 levator ani muscle 73-77, 79-81, 112-113
 levator costarum muscle 66, 68, 92, 130, 132, 141, 148, 175
 levatores costarum brevis muscle 132
 levatores costarum longus muscle 132
 levator labii superioris alaeque nasi muscle 168-169, 196, 227-231, 235
 levator labii superioris muscle 168-169, 196-197, 226-232, 235
 levator labii superioris muscle 168-169, 196-197, 226-232, 235
 levator palpebrae muscle 38, 168, 231-233, 237
 levator palpebrae superioris muscle 168, 231-233, 237
 levator prostatae (levator ani) muscle 74-75, 79
 levator scapulae muscle 60, 68, 151, 165, 170, 172, 175-176, 178, 180, 182-183, 187, 189-191, 243-244
 levator veli palatini muscle 168, 211-212, 214-216, 218-221, 225
 lever arm 6, 12, 15, 108
 levers for muscle attachment 47
 ligament, physical properties 10
 ligament of malleus 38
 ligamentum flavum 50, 53-54, 58, 62, 71, 85-86, 110-112, 120-121, 133, 148, 158, 160, 163, 166
 ligamentum nuchae 53, 60, 63, 68, 132-133, 153, 158, 160, 163, 170-172, 189
 ligamentum teres 72, 113
 linea alba 89-90, 94-102, 104, 112, 117
 linea terminalis 69-70, 75
 line of gravity 18, 23-24, 26-29, 45, 83
 line of pressure 2
 line of tension 2
 lingual aponeurosis 224
 lingula 181, 192, 194
 liver 7, 35, 136, 138, 146-147, 149, 255
 lobe of lung 67
 long dorsal sacroiliac ligament 71
 longissimus capitis muscle 59-63, 68, 165, 168-172, 178, 180, 187, 189-190
 longissimus cervicis muscle 59, 61-62, 64, 67-68, 148, 151, 170-171, 174, 187, 189
 longissimus thoracis muscle 59, 61-63, 67, 133, 148
 longus capitis muscle 68, 151, 168, 173-175, 180, 182-183, 186-187, 189-191, 211, 214
 longus colli muscle 68, 151, 174-175, 178, 180, 186-187, 189-191, 211, 214

lordosis 29, 83, 93-94, 107, 187-188
 index of 83
 lumbar fascia 89
 lumbocostal fibrous triangle 134-135
 lumbodorsal fascia 189
 lumbosacral angle 46, 84, 87
 lumbosacral articulation 83
 lumbosacral disc 87, 108
 lumbosacral ligament 88
 lunata surface 76
 lung 67-68, 93, 96, 106, 121, 136-142, 145-147, 149, 183, 189, 200, 255
 collapsed 142
 inflated 142
 lymph node 68, 145, 189

M

malleus 37-38, 194, 213
 mammal 43-44, 74-75, 116, 200
 mammary gland 145
 mamillary process 47, 65-66, 82-84, 114-115
 mandible 33, 37-38, 152-156, 170, 177, 179-182, 186, 190-199, 210-211, 214-215, 219-226, 228-230
 articular disc 193
 articular tubercle 69, 193-195
 condylar process 156, 193, 215
 coronoid process 156, 193, 215
 mandibular angle 152, 154, 156, 192, 197
 mandibular arch 34
 mandibular canal 192
 mandibular foramen 181, 192, 194, 198
 mandibular fossa 193-194
 mandibular incisure 192
 mandibular ramus 194, 196, 198
 manual dexterity 41
 manubrium 37, 117, 125, 133, 142, 152, 178-179, 182-183, 190-191, 253
 Margaret Farrar 266
 masseter muscle 38, 168-169, 186, 192, 196-198, 225-226, 228-231, 253
 mastoid process 60, 62, 152-156, 167-168, 170-171, 173, 175, 177-183, 190, 193-194, 196, 198, 212, 230
 maxilla 33, 37, 154-156, 179, 191, 193, 196, 198-199, 210, 214, 217, 224-227, 229-231, 237
 maxillary sinus 224, 237
 mechanics
 joint action 11
 muscle action 11
 mechanism of the thorax 125-126
 meckel's cartilage 37-38, 194
 medial arcuate ligament 134-136, 138
 medial ligament 6
 medial lumbocostal arch 93, 134
 medial palpebral ligament 231
 medial pterygoid muscle 168-169, 181, 194, 196-198, 211-212, 214-215, 218-219, 226
 medial pterygoid plate 211, 214, 218, 226
 medial sacral crest 61, 69, 70, 75, 112
 medial thyrohyoid ligament 203
 median fibrous septum of tongue 222, 224-225
 median raphe 74, 213-215
 median sacral crest — *see* *medial sacral crest*
 median sacral tubercle 83
 median thyrohyoid ligament — *see* *medial thyrohyoid ligament*
 mediastinal pleura 142
 mediastinum 136, 199
 medulla oblongata 42, 166
 membrana tectoria 53, 158, 160
 mental foramen 192
 mentalis muscle 168-169, 196-197, 226-232
 mental ossicles 38

mental spine 181
 mental tubercle 154, 192
 mesencephalon 42
 mesenchyme 36-38, 253
 mesoderm 33-35, 253
 metacarpal 6
 metacarpophalangeal joint 6, 17, 21
 midbrain 34
 middle ear 209, 211, 213, 221
 modiolus 229
 mono-articular — *see* *uni-articular muscle*
 mons pubis 80
 mortice and tenon 90
 motor end plates 21, 39
 motor nerve 7, 39
 motor unit 7-8, 17, 142
 movements of the thorax 125-126
 multifidus muscles 53, 59-60, 63, 65-68, 73-74, 89, 104, 148, 153, 172, 187, 189, 253
 deep 53, 172
 superficial 172
 muscle
 fibre 7-8, 21, 39, 76, 135, 137
 physical properties 7
 muscle of the uvulae 168
 muscle spindles 39
 musculus uvulae 219-220
 mylohyoid groove 181, 192-193, 198
 mylohyoid line 181, 192-193, 214, 226
 mylohyoid muscle 38, 169, 178, 180-182, 186, 190-193, 196, 198-199, 209-210, 214, 216, 221-222, 224, 226
 mylohyoid raphe 182, 190
 myotome 34-35

N

nasal bone 154-156, 210, 230
 nasal capsule 37
 nasal concha 212
 nasal passage 224
 nasal septum 156, 169, 193, 210-212, 219, 231-232
 nasalis muscle 144, 168-169, 196-197, 226, 228-232, 235
 transverse part 168-169, 229
 alar part 169, 229
 nasolabial furrow 227
 nasolacrimal groove 237
 navel — *see* *umbilicus*
 neural arch 34, 36
 neural groove 34
 neurocranium 155
 neuromuscular spindles — *see* *stretch receptors*
 nipple 145-146, 253
 erector muscle 145
 nostril 140, 144, 200, 210, 227, 230
 notochord 34-37, 43, 50, 158
 notochord sheath 34
 nuchal ligament 53, 60, 63, 68, 132-133, 153, 158, 160, 163, 170-172, 189
 nuchal septum 158, 162
 nucleus pulposus 50, 58, 84-85, 108, 110, 112

O

obesity 27
 oblique arytenoid muscle 202, 206-208, 216
 oblique auricular muscle 234
 oblique line 96, 154, 156, 182, 192, 201-202, 207, 213, 228
 oblique line of mandible 96, 154, 156, 182, 192, 201-202, 207, 213, 228
 obliquus capitis inferior muscle 173, 184-185
 obliquus capitis muscle 59, 165, 169-173, 184-185
 obliquus capitis superior muscle 59, 165, 169, 171, 173, 185
 obliquus externus abdominis — *see* *external oblique muscle*

obliquus inferior muscle 168, 184-185, 231
 obliquus internus abdominis — *see internal oblique muscle*
 obliquus superior muscle 168, 173, 184-185, 231
 oblong fovea 201-202, 207
 obturator externus muscle 113
 obturator fascia 73-76, 79-81, 113
 obturator hernia 97
 obturator internus muscle 73-76, 79, 113
 obturator membrane 72, 76, 79, 97, 113
 occipital bone 34, 37, 64, 153-156, 158, 162, 168, 173-174, 177, 179, 193, 197, 199, 210-214, 226, 233
 basilar part 168, 193, 199
 occipital condyle 151-156, 158, 160-163, 167-169, 173, 175, 198
 occipital crest 154-156, 160, 168
 occipitalis muscle 168-169, 177, 196, 228
 occipitalis — *see occipitofrontalis*
 occipital protuberance 133, 153-156, 168, 170, 172
 occipitofrontalis muscle (epicranium) 169, 230-231, 233-235
 occiput 26, 48, 53, 60, 150-151, 156-164, 167, 170, 173, 175, 186-187, 199, 233
 odontoid process 49, 150-152, 157, 161, 184
 oesophageal hiatus 133, 135
 oesophageal membrane 133-134
 oesophagotracheal space 205
 oesophagus 67-68, 112, 134-136, 138, 145, 167, 179, 189, 191, 198-199, 202-203, 205, 210-215, 217, 222, 253
 circular muscles 215
 longitudinal muscle 215
 omohyoid muscle 68, 176, 178, 180-183, 186, 189-191, 222-223, 243-244
 optic canal 233, 236
 optic capsule 155
 optic nerve 236-238, 241
 oral cavity 198-199, 211, 220
 orbicularis oculi muscle 168-169, 196, 229-233, 235
 orbicularis oris muscle 168-169, 196-199, 225-233, 235
 orbit 152, 156, 231-233, 236-239
 orbital fissure 154
 inferior 154
 superior 154
 orbital septum 233
 orbitosphenoid 37
 oropharyngeal isthmus 221
 ossify 72, 122, 144
 otic capsule 34, 37
 ovary 149

P

palate
 median suture 156
 palatine aponeurosis 216, 218, 220, 225
 palatine bone 198, 217-218
 pyramidal process 198
 palatine crest 218
 palatine raphe 211
 palatine tonsil 199, 210-212, 215, 219-220, 222, 225
 palatoglossal arch 211-212, 218, 220
 palatoglossus muscle 38, 218, 220, 222-223, 225
 palatopharyngeal arch 210-212, 216, 218
 palatopharyngeal sphincter 211, 216, 220
 palatopharyngeus muscle 212-220, 225
 palmar aponeurosis 21
 palpebrae superior muscle 231
 pancreas 147
 parallel shift — *see concurrent shift*
 parasympathetic nerves 144
 parathyroid gland 212
 paravertebral muscle 35, 50, 87, 89, 104, 107-108, 176
 parietal bone 37, 153-156, 197, 226
 parietal muscle 35
 parietal notch 194
 parotid fascia 230
 parotid gland 193-194, 196, 225, 253
 patella 6, 14
 pathomechanics 21
 pecten of the pubis — *see pectineal line*
 pecten pubis — *see pectineal line*
 pectineal line 98-101
 pectineus muscle 94, 97
 pectoralis major muscle 8, 12, 90-91, 94, 96, 102, 124, 141, 145, 177, 182, 243-246
 pedicle 47, 49, 53-54, 70, 82, 84-85, 110, 114-116, 153, 157, 166
 pelvic brim 73-74, 93, 97
 pelvic diaphragm 73-74, 76, 108, 112
 pelvic outlet 70, 73, 75
 pelvic tilt, angle 83
 pelvic viscera 73, 75
 pelvis 5, 20, 25, 33, 44, 59, 69, 71-74, 83, 87-88, 90, 92-94, 96-97, 101, 103, 105-109, 249, 251, 253
 penis 73, 77-82, 112, 146
 erection 81-82
 ejaculation 78, 81
 Penistan, Ann 266
 pennate muscle 253
 pericardium 34, 135-136, 138-139, 145-146, 253
 perichordal disc 34
 pericranium 234
 perineal body 73-78, 80-81, 112
 perineal diamond 73
 perineal fascia 73
 perineal membrane 73, 77-78, 80-81
 perineal space 77, 79-80
 perineum 59, 73, 76, 79-81, 108
 peritoneum 74, 77, 97-98, 102, 136, 253
 petro-occipital synchondrosis 219
 petropharyngeus muscle 215
 phalanx 6, 254
 pharyngeal aponeurosis 215
 pharyngeal arches — *see branchial arches*
 pharyngeal membrane 34
 pharyngeal muscle 68
 pharyngeal recess 199, 212
 pharyngeal tonsil 210-212, 219
 pharyngobasilar fascia 210, 213-214, 218-219
 pharyngobasilar membrane 215
 pharyngoepiglottic fold 212
 pharynx 179-181, 189, 191, 194, 198-200, 204-205, 209-221, 254
 phylogeny 43, 254
 piriform fossa 213, 217
 piriformis muscle 73-75, 254
 piriform recess 212, 219
 pisiform recess 215
 placenta 39
 plane joint 122
 plantar flexion 18, 20, 27, 250
 platysma muscle 38, 68, 168-169, 177-178, 180, 182, 196, 228-229, 231, 235
 pleura 136, 142, 175-176
 diaphragmatic 142
 mediastinal 142
 visceral 142
 pleural cavity 142, 145
 posterior atlanto-axial ligament 158, 160
 posterior atlanto-occipital membrane 158, 160, 162
 posterior capsular ligaments 53
 posterior cervical ligament 158, 160, 162-163
 posterior cricoarytenoid ligament 201, 203-204
 posterior cricoarytenoid muscle 201-204, 206-208, 215, 219
 posterior cruciate ligament 6
 posterior intertransverse muscle 66, 173
 posterior longitudinal ligament 53-54, 62, 71, 85, 87, 110-112, 120, 133, 158

posterior suboccipital muscles 170, 172, 188
 posterior superior iliac spine 65, 71, 76, 147
 posterior tubercle 47-48, 60, 62, 150-153, 157, 170, 172-173, 175-176, 189
 postural 42, 44, 66, 105, 107, 139, 172-173, 254
 posture 22, 44-45, 67, 93, 106, 137, 142, 227
 pregnancy 27, 39, 106
 pressure 2-7, 11-14, 43, 50-51, 53, 57-58, 75, 96, 98, 100, 108-111, 120, 138-140, 142-144, 200, 221
 atmospheric 12, 139, 142
 intrapleural 139, 142
 intrathoracic 139-140
 lines 2
 pulmonary 139
 prevertebral muscles 174, 188
 primary expiratory muscles 141
 primary inspiratory muscles 140
 primate 25
 proatlas 158
 prolapse 76, 110-111
 promontory 45-46, 69-70, 83, 105, 112, 149, 254
 pronation 16
 proprioception 40
 prostate 74-75, 79, 147
 apex 79
 gland 79, 147
 provisory callus 5
 psoas 73, 89-94, 106, 109, 113, 134-137, 254
 psoas major muscle 73, 90-94, 113, 134-137
 psoas minor muscle 93
 pterygoid fovea 192, 197
 pterygoid hamulus 193, 214, 217, 219-220, 225
 pterygoid plate 198, 211, 214, 218, 226
 pterygoid tuberosity 192-193
 pterygomandibular raphe 211, 214, 219-220, 225-226
 pterysphenoid ligament 193
 pubic
 arch 73, 77
 crest 96-97, 101
 ramus 73, 75-77, 79-81, 97, 113
 symphysis 72-73, 79, 101, 105
 tubercle 75-76, 95-97, 99, 101-102, 149
 pubis 73-78, 80-81, 83, 95-102, 112, 146, 252, 254
 pubococcygeus (levator ani) muscle 74, 80-81
 puborectalis (levator ani) muscle 74-77, 79
 pudendal canal 74, 76
 pudendal vessels 78-79
 pulmonary artery 136-137, 145
 pulmonary pressure 139
 pulmonary vascular perfusion 140
 pyramidalis 90, 100-102, 245
 pyramidal process 198, 217

Q

quadratus lumborum muscle 61, 64, 88-93, 127, 132, 134-137, 141-142
 quadruped 23-25, 160

R

radiate ligament 54, 122-123, 144, 148
 radiate sternocostal ligament 124
 radio-humeral joint 11
 radius of gyration 16
 raphe 74, 76, 80, 182, 190, 211, 213-215, 219-220, 225-226, 231, 254
 rectal ampulla 76
 rectal incontinence 77
 rectum 73-77, 103, 146-147, 149, 254
 rectus abdominis muscle 67, 89-91, 94-96, 98-103, 105, 117, 129, 141, 143, 244-247
 rectus capitis anterior muscle 168, 173-175, 186, 191
 rectus capitis lateralis muscle 59, 165, 168, 173-175, 190-191

rectus capitis posterior major muscle 59, 171, 173, 184-185
 rectus capitis posterior minor muscle 59, 165, 171, 173, 184-185
 rectus capitis posterior muscles 59, 165, 168-173, 184-185
 rectus femoris muscle 19, 94, 244-246
 rectus inferioris muscle 236-238, 240-242
 rectus lateralis muscle 38, 168, 180, 231, 236-239, 241-242
 rectus medialis muscle 236-242
 rectus sheath 94, 102-103, 129
 rectus superioris muscle 233, 236-242
 respiratory excursion 120-121, 125
 resting length 8
 reticular formation 21
 rhomboideus major muscle 67
 rhomboideus minor muscle 153
 rhomboid muscle 60-61, 132, 170, 172, 209, 244, 247
 ribs
 angle 118
 asternal 119
 costal cartilage joint 118
 costal groove 117, 119, 122, 128, 130
 crest 118
 false 118, 130
 floating 118-119
 fracture 120
 head 54, 117-118, 123
 neck 118
 shaft 118
 true 118, 124, 130-131
 tubercle 118
 rib cage — see *thoracic cage*
 rima glottidis 144, 189, 202-205, 208-209
 intercartilaginous part 205, 209
 intermembranous part 205, 209
 rima vestibule 204
 risorius muscle 196, 226-228, 230, 232, 235
 rotatores brevis muscle 65
 rotatores cervicis muscle 63, 65
 rotatores lumborum muscle 63, 65
 rotatores longus muscle 65
 rotatores muscles 59-60, 63, 65-66, 89, 104, 132, 148, 172
 rotatores thoracis muscle 63, 65
 round ligament 95, 98-99

S

sacral cornu 69-71, 83
 sacral foramina 69-70, 111
 sacral hiatus 69-71
 sacral spinous ligament 72
 sacrococcygeal joint 70, 74
 sacroiliac articular surface 69
 sacroiliac joint 69-70, 72, 75, 88
 sacroiliac junction 45
 sacroiliac ligament 53, 61, 65, 71-72, 75, 88
 sacrolumbar joint 70
 sacrospinalis muscle 59, 61, 73
 sacrospinous ligament 71-72, 75, 83
 sacrotuberous ligament 61, 71-73, 75-76, 80-81, 83
 sacrovertebral angle 70
 sacrum 26, 46, 49, 53, 59, 65, 69-74, 76, 83, 87-88, 90, 109, 111, 114, 147, 149, 158, 253-254
 apex 69
 base 69-70
 canal 69-72, 75
 cornu 69-71, 83
 crest 61, 69-70, 75, 112
 foramina 69-70, 111
 hiatus 69-71
 inferior lateral angle 76
 lateral crest 61, 69-70
 lateral mass 36
 medial crest 61, 69-70, 75, 112

- sacrum ... *continued*
 median tubercle 83
 promontory 45-46, 69-70, 83, 105, 112, 149, 254
 spinal nerves 70
 transverse lines 69-70
 tuberosity 69
- sagittal suture 153-154
- salamander 43
- salpingopalatine fold 210-212
- salpingopharyngeal fold 199, 211-212
- salpingopharyngeus muscle 211, 213, 215-216, 218-219, 221
- sarcomere 8, 22
- sartorius muscle 14, 94, 244-247
- scalenus anterior muscle 68, 140, 142, 151, 175-177, 182, 189-191
- scalenus medius muscle 68, 118, 128, 175-177, 182, 189-191
- scalenus posterior muscle 68, 118, 151, 175-177, 182-183, 189, 191, 244
- scalenus tubercle 118
- scaphoid fossa 218
- scapula 33, 60, 67, 141, 145, 147, 149, 167, 170, 183, 191, 254
 inferior angle 147
 spine 147, 191
- scapular notch 183, 190-191
- sciatic nerve 111
- sclera 236-237
- sclerotome 34-35
- sclerotomic fissure 34
- sclerotomic segment 34
- scoliosis 114
- scrotum 73, 81, 98
- sella turcica 34, 167, 169, 193, 210, 254
- semicircular canal 37, 42, 155, 167, 213
- semilunar cartilage 6
- semimembranosus muscle 15
- seminal vesicle 147
- semispinales muscle 59
- semispinalis capitis muscle 59-60, 62-64, 68, 133, 148, 168-173, 178, 187, 189, 235
- semispinalis cervicis muscle 60, 63-64, 68, 148, 170-171, 187, 189
- semispinalis thoracis muscle 60, 63-64, 67, 153
- semi-supine 109
- semitendinosus muscle 15, 80-81
- serratus anterior muscle 67, 90-91, 94, 96, 118-119, 141, 145, 176, 190, 244-247
- serratus posterior inferior muscle 61, 89, 130, 132-133, 141, 247
- serratus posterior superior muscle 67-68, 128, 132-133, 141, 148, 153, 189
- shearing force 4, 86-87, 121-122
- short dorsal sacroiliac ligament 71
- shoulder 16-17, 20, 41, 44, 89, 116, 177-178, 187, 190, 251-252, 254
- sinus
 frontal 169, 199, 233
 maxillary 224, 237
 sphenoid 169, 210
 tonsillar 212
- sinus of larynx 205, 207
- sitting bones — *see ischial tuberosity*
- skeleton
 appendicular 33
 axial 33, 43, 153
- skull 33, 37, 55, 59, 153-156, 166, 168-172, 174-175, 181, 185-186, 197-198, 210-212, 214, 221, 233, 253-254
- soft palate 198-199, 210-213, 216, 218-222, 225
- soleus muscle 18, 20, 107, 254
- somite 34-35, 38
- spermatic cord 95, 97-99
- sphenoid bone 34, 37, 154-156, 168, 193, 197, 210-211, 217, 233, 236-237
- sphenoid sinus 169, 210
- sphenomandibular ligament 38, 193-194, 197-198, 215, 219
- sphincter 73-74, 76-81, 112, 200, 208, 211, 216, 220, 227, 232
 ani 73-74, 76-77, 80-81, 112
 ani externus 74, 76-77, 79, 80-81, 112
 ani internus 74, 76-77
 external anal 74, 76-77, 79, 80-81, 112
 internal anal 74, 76-77
 palatopharyngeal 211, 216, 220
 urethrae 76-79, 81, 112
- sphincter urethrae muscle 76-79, 81, 112
- spinal canal 36, 68, 110-112, 133-134, 145, 151, 158, 161, 199
- spinal column — *see vertebral column*
- spinal cord 34-35, 40, 47, 68, 110-111, 151, 155, 163, 166, 210
- spinalis capitis muscle 59, 61, 63-64, 171, 191
- spinalis cervicis muscle 59, 61, 63, 153, 170-171
- spinalis thoracis muscle 59, 61, 63, 67
- spinous process 47-49, 52-53, 62, 67-71, 82-86, 95, 104, 111-112, 114-116, 118-120, 123, 133-134, 145, 150-153, 157-158, 163, 172-173, 189, 199, 210
- spleen 136, 146-147
- splenius capitis muscle 59-60, 62, 68, 133, 148, 153, 167-172, 178, 187, 189-191, 235
- splenius cervicis muscle 60, 68, 133, 165, 171-172, 187
- spondylolisthesis 87
- spondylolysis 87
- squamo-mastoid suture 194
- squamotympanic fissure 194
- stabilization 3, 12-13, 173
- stapedius muscle 38
- stapes 38, 194, 213
- sternal
 angle 117, 139
 body 117, 125-126
 fracture 120
 symphysis 133
 synchondrosis 117
- sternbrae 37, 117, 125
- sternoclavicular joint 68, 178, 191
- sternoclavicular ligament 183
- sternocleidomastoid muscle 29, 59-60, 62, 68, 140-142, 168-171, 176-178, 180-183, 187-191, 235, 243-247
- sternocostal fibrous triangle 134-135
- sternocostal joints 124-125
- sternocostal ligament 124
- sternocostalis — *see transversus thoracis*
- sternohyoid muscle 68, 131, 178, 180, 182-183, 186, 189-191, 222-223, 243-244
- sternothyroid muscle 68, 131, 167, 178, 180, 182-183, 186, 189-191, 199, 202, 205, 210, 213
- sternum 33, 36-37, 43, 52, 69, 95, 116-122, 124-126, 128-131, 133, 138-140, 142, 144-145, 148, 152, 167, 177-180, 182, 187-188, 199, 210, 253, 255
- stomach 103, 136, 138, 146, 149, 252-253, 255
- stretch receptors 208
- striated muscle 38
- styloglossus muscle 167-169, 182, 190-191, 198, 214-215, 221-224
- stylohyoid ligament 38, 180-181, 186, 191, 214-215, 221-222
- stylohyoid muscle 38, 167-169, 178-182, 186, 190-191, 209, 214-216, 219, 221-222
- styloid process 33, 38, 152, 154-156, 167-170, 175, 179-181, 186, 191, 193-194, 198, 209, 211-216, 219, 221-223, 226
- stylomandibular ligament 193-194, 212, 215, 219, 223
- stylopharyngeus muscle 38, 167-168, 198, 213-216, 219, 222
- subastragal joint 11
- subclavian artery 68, 118, 136, 176
- subclavian vein 118, 137
- subcostalis muscle 130, 141
- subhyoid bursa 204-205
- sublingual caruncle 210
- sublingual fold 224
- sublingual fossa 181, 192
- sublingual gland 224

submandibular fovea — *see submandibular fossa*
 submandibular fossa 181
 submandibular gland 212
 suboccipital 59, 66, 158-161, 163-166, 168, 170, 173, 184-186
 suboccipital muscles 66, 165, 170, 173, 184-185
 subscapularis muscle 67, 145
 superficial cervical fascia 189, 235
 superficial dorsal sacrococcygeal ligament 71-72
 superficial finger flexor — *see flexor digitorum superficialis*
 superficial posterior sacrococcygeal ligament 112
 superior anterior iliac spine 149
 superior articular process 47, 54, 62, 67, 69-70, 82-84, 86-87, 90, 114-116, 122-123, 150-151, 163
 superior constrictor muscle 168-169, 191, 198, 214-216, 218-220, 222, 225
 superior cornu 179, 183, 201, 203-204, 207, 214
 superior costal facet 47, 114-116, 123
 superior costotransverse ligament 122-124, 129-130
 superior longitudinal muscle of tongue 224
 superior nuchal line 60, 153-154, 156, 168, 170, 172, 178
 superior oblique muscle 38, 174-175, 180, 236-238, 240-242
 superior pubic ramus 75-76, 97
 superior thyroarytenoid muscle 207
 superior thyroid notch 201, 203-204, 207
 superior thyroid tubercle 201-202
 superior vertebral notch 70
 supination 16
 supine 93, 105, 109, 137, 178
 suprahyoid muscles 180-181, 186, 190, 206
 supraorbital margin 154, 233
 suprarenal gland 136, 147
 suprascapular ligament 183
 supraspinous ligament 53-54, 58, 61-62, 68, 71, 85-87, 112, 132-133, 148, 199
 supratonsillar fossa 211
 supreme nuchal line 154, 172
 surface tension 142
 suspensory ligament of clitoris 80
 suture
 internasal 154
 median palatine 217
 squamosal 194
 transverse palatine 217
 zygomatico-temporal 227
 sympathetic nerves 144
 symphysis 70, 72-81, 83, 95-97, 101-102, 105, 112, 133, 146, 177, 181-182, 192, 222, 228, 255
 synchondrosis 117, 124, 212, 219, 255
 synovial joint 49, 52, 70, 122-124, 150, 161, 203

T

talus 11, 255
 tarsus of eyelid 233
 tear sac — *see lacrimal sac*
 temporal aponeurosis 230
 temporal bone 34, 37-38, 60, 154-156, 158, 180, 193-196, 213, 215-216, 218, 233-234
 zygomatic arch 156, 193, 196-198, 230, 234
 zygomatic process 154, 193-194, 196, 215, 219, 233
 temporal fascia 197, 234
 temporal fossa 197
 temporalis muscle 38, 168-169, 186, 192, 196-198, 225-226, 229-231
 temporomandibular joint 191, 193-194, 197, 214, 219, 226-227
 temporoparietalis muscle 228, 233-235
 tendinous arch 73-74, 76, 80-81, 113, 134
 tendinous insertion 94, 101
 tendon, physical properties 10
 tendon of oesophagus — *see cricopharyngeal ligament*
 tension lines 2
 tensor fasciae latae muscle 5, 91, 94, 244-247

tensor tympani muscle 38, 168
 tensor veli palatini muscle 38, 168-169, 198, 214-216, 218-219, 221, 225
 teres major muscle 94-95, 145, 244-247
 teres minor muscle 67, 95, 244-247
 testis 97-99
 theory of columns 4
 thoracic cage 58, 103-105, 118-121, 127, 131, 144, 244
 thoracolumbar fascia 59, 61-62, 88, 95, 98, 100, 132, 145, 246
 throat muscles 108-109
 thyroarytenoid muscle 202, 204, 206-208, 216
 thyroepiglottic ligament 203-205, 210
 thyroepiglotticus muscle 206-208
 thyrohyoid membrane 191, 202-207, 214, 222-223
 thyrohyoid muscle 167, 178, 180, 182-183, 186, 190-191, 202-207, 210, 214-216, 222-223
 thyroid
 inferior cornu 203
 superior cornu 183, 203-204, 214
 thyroid cartilage 37-38, 68, 146, 152, 167, 179, 182-183, 189-191, 199, 201-202, 204-207, 209-210, 212-214, 216-217, 222-224, 243-244
 thyroid gland 136, 146, 180, 182-183, 205, 210, 212-213
 thyroid notch 179, 201-204, 207
 thyropharyngeus muscle 213
 tibia 4, 6, 14, 249, 252-253, 255
 tidal volume 140, 142
 titin 8
 tongue 38, 167, 181, 190, 198-200, 202, 205, 210-212, 214-216, 218-226, 251-253
 dorsum 211, 219
 median fibrous septum 222, 224-225
 tonic neck reflex 40
 tonsillar sinus 212
 torsion 4, 49, 144, 242
 torsional deforming force 4
 torsion rod 144
 trabeculae 2, 4-5, 49, 255
 trabecular system 2-3, 49
 trachea 33, 67-68, 136, 140, 142, 144, 146, 152, 167, 179, 182, 186, 189, 198-200, 204-205, 210, 214
 tracheal annular ligament 203
 tracheal cartilage 33, 179, 186, 199, 202-205, 207, 214, 222
 traction 5, 232, 240, 242
 tragus muscle 234
 transversalis fascia 97-98, 102, 134-135
 transverse abdominis muscle 62, 90, 95, 134
 transverse acetabular ligament 76, 113
 transverse arytenoid muscle 201-202, 205-208
 transverse auricular muscle 234
 transverse costal facet 47, 114-116
 transverse foramen 47-48, 150-151, 153, 157-158, 189
 transverse ligament 6, 36, 86, 123, 151, 153, 157-159, 161-162, 166, 184, 210
 transverse lingual muscle 220
 transverse muscle of the tongue 225
 transverse perineal ligament 76-78
 transverse process 36, 44, 47-49, 54, 60, 62-72, 82-85, 88-89, 92-93, 104, 110, 114-116, 118-119, 122-126, 132, 134, 136, 141, 148, 150-153, 157-159, 163, 170-174, 176, 180, 184-185, 187, 189-190
 transverse process of atlas 184
 transverse sacral tubercle 72
 transverse spinalis muscle 92
 transversospinalis muscle 59-60, 63, 67, 104, 135, 187
 transversus perinei profundus muscle 77-78, 113
 transversus perinei superficialis muscle 76-77, 80
 trapezius muscle 59-60, 67-68, 95, 145, 153, 168-172, 177-178, 182-183, 187-191, 235, 243-247
 triangular fovea 201, 204
 triceps brachii 244-247
 triceps muscle 67, 94-95, 244-247

triticeal cartilage 203
 trochlea of the eye 236
 trochlear fossa 236
 turbinate bone 217
 turgor 3
 tympanic membrane 213
 tympanic ring 38

U

ulno-humeral joint 11
 umbilical cord 35
 umbilicus 62, 94-95, 101-102, 112, 146, 245, 255
 unciform process 157
 uncovertebral facet 52, 150, 165
 uni-articular (mono-articular) muscle 5, 19, 20, 268
 — *see also bi-articular muscle*
 upright position 23-25, 28, 67
 urachal ligament 112
 urachus 95
 urethra 73, 75, 77-81
 urethrovaginal sphincter 76
 urination 76, 78, 81, 139
 urogenital diaphragm 73, 76-81
 urogenital gap 112
 urogenital hiatus 75
 urogenital triangle 73
 uterine tube 149
 uvula 211-212, 215, 218, 220, 225
 uvula muscle 219-220

V

vagina 74-75, 78-81, 149, 255
 vestibule 149
 vagus nerve 38, 144, 255
 vasti muscles 19
 lateral 5, 113
 vastus lateralis muscle 5, 113
 vena cava 134-135
 venous plexus 109
 ventral sacrococcygeal ligament 71-72, 75
 ventral sacrococcygeal muscle 74
 ventral sacroiliac ligament 72, 75, 88
 ventricle of larynx 205
 vermiform appendix 147, 149
 vertebra prominens 46, 150, 153
 vertebrae 2, 26, 33-36, 43-44, 46-55, 57-71, 73-75, 82-90,
 92-93, 104, 109-110, 112, 114-123, 125, 128, 130, 132-136,
 144-145, 148, 150-153, 157-158, 160, 163-166, 170-172, 174,
 176, 187, 189, 198-199, 210-213, 255
 vertebral
 arch 36, 47, 49-50, 54, 68, 87, 90
 artery 150-151, 189
 body 35, 47, 49, 51-54, 57-58, 68, 70-71, 82-85, 89, 110-111,
 114-116, 120-123, 139, 148, 153, 163, 165-166, 189
 canal 36, 68, 110-112, 133-134, 145, 151, 158, 161, 199
 foramen 47-48, 82, 84, 114-115, 150-151
 isthmus 87
 plateau 50, 51, 86, 111, 115
 vertebral column 26, 44, 48, 56-58, 61, 101, 105, 120, 144
 automatic rotation with lateral flexion 57
 curves 45
 intrinsic equilibrium 58
 motions of intervertebral joints 57
 range of axial rotation 56
 range of flexion-extension 55
 range of lateral flexion 56
 vertebrate 33, 38, 43, 116, 153, 155, 200, 209, 236
 vertebrochondral rib 126
 vertebrosternal rib 126, 139
 vertical muscle of the tongue 225
 vestibular apparatus 40, 254

vestibular fold 204-205, 209
 vestibular ligament 204-205, 207
 vestibule of larynx 205
 vestibulum 42
 visceral pleura 142
 vocal cords — *see vocal ligament*
 vocal membrane — *see cricothyroid ligament*
 vocalis muscle 189, 202, 205-208, 255
 vocalization 194
 vocal ligament 189, 201, 203-205, 207-208
 vocal process 144, 201-204, 207-209
 vomiting 96, 103, 139
 vortex of the hair 153

W

weight-bearing 6, 15, 47

X

xiphoid process 37, 95, 100-101, 105, 112, 117, 119, 125, 127, 131,
 134-135, 149, 255

Y

yolk sac 35

Z

zygomatic arch 156, 193, 196-198, 230, 234
 zygomatic bone 37, 154-156, 191, 193, 196-197, 214, 227
 zygomatico-temporal suture 227
 zygomatic process 154, 193-194, 196, 215, 219, 233
 zygomaticus major muscle 168-169, 196, 226-232, 235
 zygomaticus minor 168-169, 196, 227-232, 235

THE BODY MOVEABLE

SUPPLEMENTARY MATERIAL FOR

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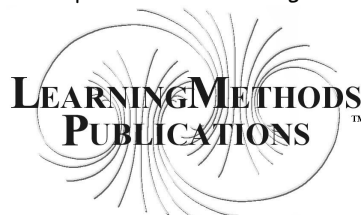
- LIST OF ILLUSTRATIONS
- ALPHABETICAL INDEX
- LIST OF HUMAN BONES

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published June 2014 by



Toronto, Canada — www.learningmethods.com

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BONES OF THE HUMAN BODY

Adapted from the Wikipedia article:
"List of bones of the human skeleton"

A typical adult human skeleton consists of 208 bones, not counting many small and often variable sesamoid bones and ossicles. Individuals may have more or fewer bones than this owing to anatomical variations. The most common variations include having additional (that is, supernumerary) cervical ribs or lumbar vertebra. Sesamoid bone counts also may vary among individuals. This figure of 208 bones must be noted to have some peculiarities in its method of counting. As noted below, the craniofacial bones are counted separately despite the synostoses, which occur naturally in the skull. Some reliable sesamoid bones (for instance, pisiform) are counted, while others (for example, the great toe sesamoid bones) are not. The count of bones also changes with age since many bones fuse together (for instance, the three bones of the sternum).

BONES OF AN ADULT:

CRANIAL (8)

- frontal bone
- parietal bone (2)
- temporal bone (2)
- occipital bone
- sphenoid bone
- ethmoid bone

FACIAL BONES (14):

- mandible
- maxilla (2)
- palatine bone (2)
- zygomatic bone (2)
- nasal bone (2)
- lacrimal bone (2)
- inferior nasal concha (2)
- vomer

MIDDLE EAR BONES (6):

- malleus (2)
- incus (2)
- stapes (2)

IN THE THROAT (1):

- hyoid bone

SHOULDER GIRDLE (4):

- scapula or shoulder blade (2)
- clavicle or collarbone (2)

IN THE THORAX (27):

- ribs (2 x 12)
- sternum or breastbone, comprising:
 - manubrium (1),
 - body of sternum (gladiolus) (1),
 - xiphoid process (1)

VERTEBRAL COLUMN (24):

- cervical vertebrae (7)
- thoracic vertebrae (12)
- lumbar vertebrae (5)

Upper arms (2):

- humerus (2)

FOREARMS (4):

- radius (2)
- ulna (2)

HANDS (EXCLUDING SESAMOID BONES) (54):

- carpal (wrist) bones:
 - scaphoid bone (2)
 - lunate bone (2)
 - triquetrum bone (2)
 - pisiform bone (2)
 - trapezium (2)
 - trapezoid bone (2)
 - capitate bone (2)
 - hamate bone (2)

METACARPUS (PALM) BONES:

- metacarpal bones (5 x 2 hands)

DIGITS OF THE HANDS (FINGER BONES OR PHALANGES):

- proximal phalanges (5 x 2 hands)
- intermediate phalanges (4 x 2 hands)
- distal phalanges (5 x 2 hands)

PELVIS (4):

- sacrum [1]
- coccyx or tailbone [1]
- os coxae or hipbone, comprising:
 - fused ilium, ischium, and pubis (2)

UPPER LEGS (THIGHS) (2):

- femur (2)

LOWER LEGS (6):

- patella (2)
- tibia (2)
- fibula (2)

FEET (EXCLUDING SESAMOID BONES) (52):

- tarsal (ankle) bones:
 - calcaneus or heel bone (2)
 - talus (2)
 - navicular bone (2)
 - medial cuneiform bone (2)
 - intermediate cuneiform bone (2)
 - lateral cuneiform bone (2)
 - cuboid bone (2)

METATARSUS BONES (10):

- metatarsal bone (5 x 2 feet)

DIGITS OF THE FEET (TOE BONES OR PHALANGES) (28):

- proximal phalanges (5 x 2 feet)
- intermediate phalanges (4 x 2 feet)
- distal phalanges (5 x 2 feet)

LIST OF ILLUSTRATIONS

This is a list of the book's main illustrations only. Some of the numerous smaller illustrations which do not have titles are not listed below but if you choose a topic below and go to that page you may just find a number of other relevant illustrations.

Page	Illustration Title
1	Development of the Musculature
1	Development of the Limb Bud
2	The Bones
2	Section through Arm Bud of Fetus
3	Posterior (Extensor) Compartment
4	"Anterior" (Flexor) Compartment
4	Compartmentalization of the Lower Limb
4	"Posterior" (Extensor) Compartment
5	Lobe-finned Fish
5	Transitional Type Fin
6	Changing Relationships of Pectoral Girdle
6	Depths of Joints
6	Rotation of the Head Relative to Shaft
7	Adaptations of Knee and Elbow
8	The Pentadactyl Limb
9	Scapula
9	The Bones
9	Scapula
9	Scapula
10	Left Clavicle
10	Left Humerus
11	The Shoulder Girdle
12	Transverse Section through Head of Humerus
12	Schematic Diagram of Joint Surfaces
12	Clavicle – Ranges of Motion
12	Axes of Movement
13	Elevation-Depression Movement
13	Anterior-Posterior Movement
13	Sternoclavicular Joints
14	Acromioclavicular Joint
15	The Coracoclavicular Ligaments
15	Left Shoulder
16	Schematic Horizontal Section
16	Axial Rotation of Acromioclavicular Joint
17	Scapular Protraction and Retraction
17	Scapular Rotation
17	Scapular Elevation and Depression
18	The Shoulder Joint
18	Angles of Parts of the Humerus
18	Contour of the Humeral Head
18	Capsule of the Shoulder Joint
19	Ligaments of the Shoulder Joint
19	Section through Shoulder Joint
20	Shoulder Joint
20	Section through Shoulder Joint
21	Coracohumeral Ligament during Flexion-Extension
21	Coracohumeral Ligament during Abduction
21	Coracohumeral Ligament during Rotation
22	Capsule During Abduction
22	Capsule with Arm Hanging Vertically
23	Shoulder-Arm Ranges
23	Shoulder Extension
23	Shoulder Flexion
23	Horizontal Extension
23	Reference Position
23	Horizontal Flexion
24	Shoulder-Arm Ranges
24	Shoulder Abduction
24	Shoulder Adduction
25	Protraction - Retraction
25	Axial Rotation
26	Range of Circumduction
27	Muscle Attachments of the Shoulder and Upper Arm
28	Left Humerus
28	Muscle Attachments of the Humerus
28	Left Humerus
29	Muscle Attachments of the Scapula
30	Muscle Attachments, Left Clavicle
30	Thoracic Muscle Attachments
31	Superficial Muscles of the Torso
32	Upper Limb Muscles
32	Trapezius
33	Elevation of the Scapula
33	Trapezius Pulls Back the Head
33	Trapezius: Outward Rotation of Scapula
33	Superficial Back Muscles
33	Posterior aspect
34	Latissimus Dorsi – Origin and Insertion
34	Latissimus Dorsi
35	Inward Rotation of Scapula
35	Retraction of Scapula
36	Throwing Movement

- 36 Adduction and Medial Rotation
- 36 Pectoralis Major
- 36 Pectoralis Major
- 37 Upper Chest
- 37 Anterior Wall of Axilla
- 37 Inward Rotation
- 37 Pectoralis Minor
- 37 Partially Dissected Left Shoulder
- 38 Serratus Anterior
- 39 Outward Rotation (Forward Rotation)
- 39 Protraction
- 39 Inward Rotation (Backward Rotation)
- 39 Horizontal Section
- 40 Retraction
- 40 Depression
- 40 Elevation
- 40 Right Shoulder Joint
- 40 Muscles of Retraction
- 40 Scapular Muscles
- 41 Deltoid
- 41 Arm Swinging
- 41 Deltoid
- 41 In Abduction
- 41 Internal Structure of Deltoid
- 42 Supraspinatus
- 42 Teres Minor
- 42 Infraspinatus and Teres Minor
- 43 Subscapularis
- 43 Scapular Muscles
- 43 Stabilizing Effects of Rotator Cuff
- 44 Coracobrachialis
- 45 The Three Phases of Flexion (The Shoulder as a Whole)
- 45 Horizontal Flexion
- 45 Horizontal Extension
- 46 Extension at the Shoulder
- 46 Adduction of Arm
- 46 Coupling of Rhomboids and Teres Major
- 46 Adductory or Abductory Role of Clavicular Pectoralis Major
- 47 Action of Deltoid
- 48 Medial Rotation
- 48 Lateral Rotation
- 49 Scapular Muscles
- 49 Right Shoulder
- 49 The Armpit
- 49 Back Wall of the Armpit
- 50 Transverse Section through the Shoulder
- 50 Cross Section through the Shoulder
- 50 Frontal Section through the Shoulder
- 51 Orientation Diagram for Sections
- 51 Muscles of the Shoulder
- 51 Sagittal Section through Shoulder Region
- 52 Left Humerus
- 52 The Elbow Joint
- 52 Humerus
- 52 Ulna and Radius
- 53 Left Ulna
- 53 Left Radius
- 55 Corresponding Articular Surfaces
- 56 Relationship of the Bones of the Forearm
- 58 The Articular Capsule
- 58 Transverse Section through the Right Elbow Joint
- 58 Sagittal Section through the Left Elbow Joint
- 58 Mechanical Model of Elbow
- 59 Elbow Ligaments
- 60 Limitation of Extensory Movements
- 60 Muscles of the Elbow
- 60 Limits of Flexory Movement
- 61 Muscle Attachments of the Shoulder and Elbow
- 61 Muscle Attachments of the Elbow
- 62 Muscle Attachments of the Shoulder and Elbow
- 62 Left Radius
- 62 Left Ulna
- 63 Arm Muscles
- 64 Flexion of the Elbow
- 64 The Flexors of the Elbow
- 64 Brachialis
- 65 Extensor Carpi Radialis Longus
- 65 Brachioradialis
- 66 Flexor Muscles
- 66 Pronator Teres
- 66 Extension
- 66 Mid-Flexion
- 67 Triceps
- 68 Elbow, Lateral View
- 68 Elbow, Full Extension
- 68 Resistance to Longitudinal Traction in Extension
- 68 Elbow, Medial View
- 68 Resistance to Impact in Extension
- 70 Range of Supination
- 70 Supination
- 70 Pronation
- 70 Neutral Reference Position

- 70 Range of Pronation
- 70 Neutral Position
- 71 Radio-Ulnar Joint
- 71 Superior Radio-Ulnar Joint
- 72 Frontal Section through Supinated Wrist
- 72 Anteromedial view of Radius
- 72 Anterodistal View of Radius
- 72 Anterolateral view of Ulna
- 72 Inferior Radio-Ulnar Joint
- 73 Supination
- 73 Pronation
- 73 Views of Pronation
- 73 Section Near the Middle of the Forearm
- 73 Pronation
- 73 Interosseus Membrane
- 74 Superior Radio-Ulnar Joint
- 74 Accessory Movements Associated with Pronation-Supination
- 74 Inferior Radio-Ulnar Joint
- 74 Tilting of the Head of the Radius in Pronation
- 75 Pronation with Weak Accessory Flexion
- 76 Supination
- 76 Lateral Views of Elbow
- 76 Pronation
- 76 Supination at the Elbow
- 77 Pronation
- 78 Muscles of the Shoulder and Upper Left Arm
- 78 Transverse Section Through Humerus
- 78 Upper Arm Muscles
- 79 Transverse Section through the Middle of the Humerus
- 79 Transverse Section through the Elbow Joint
- 79 Transverse Section through the Forearm
- 79 Deep Muscles of the Upper Left Arm
- 80 View of the Arm During Extension
- 80 View of the Arm During Flexion
- 80 Supination through to Forced Pronation
- 81 Cross-Sections of the Humerus
- 81 Radius and Ulna
- 82 Right Hand
- 82 Ulnar (Medial) View of Wrist
- 82 Radial (Lateral) View of Wrist
- 83 Right Triquetral
- 83 Right Scaphoid
- 83 Right Pisiform
- 83 Right Trapezoid
- 83 Right Capitate
- 83 Right Hamate
- 83 Right Lunate
- 83 Right Trapezium
- 84 Right 1st Metacarpal (Thumb)
- 84 Distal Carpal Row
- 84 Proximal Carpal Row
- 84 Left 2nd Metacarpal
- 84 Left 3rd Metacarpal
- 84 Articular Complex of the Wrist
- 85 Left 4th Metacarpal
- 85 The Carpal and Metacarpal Bones
- 85 Left 5th Metacarpal
- 86 Circumduction (Right Hand)
- 87 Ligaments of the Wrist and Hand
- 88 Coronal Section of Wrist
- 88 Relative Curves of the Surfaces
- 89 Surfaces of the Midcarpal Joint
- 89 Surfaces of the Radio-Carpal Joint
- 90 From X-Ray of Full Abduction
- 91 Fields of Wrist Motion
- 92 Extensor Region
- 92 Flexor Muscles of the Forearm
- 92 Flexor Region
- 92 Transverse Section through the Middle of the Forearm
- 93 Ulnar Border of the Wrist, Muscle Attachments
- 93 The Flexors, Muscle Attachments of the Forearm and Hand
- 94 Radial Aspect of the Wrist, Muscle Attachments
- 94 Muscle Attachments of the Forearm and Hand
- 95 Extensor Muscles of the Forearm
- 96 Action of Flexor Digitorum Profundus and Superficialis
- 96 Flexor Digitorum Profundus
- 97 Flexor Pollicis Longus
- 97 Flexor Digitorum Superficialis
- 98 Superficial Layer
- 100 Muscle Attachments of Extensor Pollicis Brevis and Extensor Indicis
- 101 Extensor Carpi Ulnaris
- 101 Extensor Pollicis Longus
- 104 Wrist Muscles - Adduction
- 104 Wrist Muscles - Abduction
- 104 Wrist Muscles - Flexion
- 104 Wrist Muscles - Extension
- 105 The Functional Patterns of Wrist Movement
- 106 Contact Areas of the Palm and Hand
- 108 Ligaments of the Carpometacarpal Joints

- 108 Carpal Bones and Bases of the Metacarpals
- 109 Movements of the Metacarpals
- 109 The Muscles of the Carpometacarpal Joints
- 109 Distal View of Distal Row of Carpals
- 109 Movements of the Metacarpal Heads
- 110 Metacarpo-phalangeal Joint, opened out
- 110 Metacarpo-phalangeal Joint
- 111 Finger Flexion
- 111 Finger Extension
- 111 Abduction-Adduction of Index Finger
- 111 Passive Extension
- 111 Flexion of a Single Finger
- 111 Circumduction of Index Finger
- 112 Pulley-shaped Phalangeal Head
- 112 Lateral View of Ligaments
- 112 Interphalangeal Joint
- 112 The Inter-phalangeal Joints
- 112 Side View of Interphalangeal Flexion
- 113 Flexion of Proximal Interphalangeal Joints
- 113 Obliquity of Flexed Fingers
- 113 Passive Hyper-Extension
- 113 Passive Side Motion
- 114 Synovial Sheaths and Tunnels of the Wrist and Hand
- 114 Transverse Section through the Left Wrist
- 114 The Digital Tunnels
- 115 Structure of a Synovial Sheath
- 115 Cross-Section through Proximal Phalanx
- 116 Extensor Carpi Radialis Longus and Brevis, and Extensor Digitorum
- 116 Flexor Digitorum Superficialis
- 116 The Palmar Aponeurosis
- 116 Flexor Digitorum Profundus
- 117 Extensor Digitorum Tendons
- 117 Synovial Sheaths of the Extensors
- 117 Transverse Section above the Wrist
- 118 Dorsal Interosseus
- 118 The Interossei Muscles
- 118 Palmar Interosseus
- 119 The Lumbricals
- 119 The Retinacular Ligament
- 119 Palmar Interossei
- 119 Dorsal Interossei
- 120 Dorsal Expansion
- 120 Dorsal Expansion in Extension and Flexion
- 124 Palmaris Brevis
- 126 Ligaments at Base of Thumb
- 126 Obliquity of Thumb to the Fingers
- 127 Movements of the Thumb
- 128 Ligaments of the Joint
- 128 Thumb Flexion and Extension
- 128 Metacarpophalangeal Joint
- 128 The Ligaments
- 129 Flexion at the Interphalangeal Joint
- 129 Extension
- 129 Passive Hyperextension
- 130 Abductor Pollicis Brevis
- 131 Flexor Pollicis Brevis
- 131 Opponens Pollicis
- 131 Flexor Pollicis Brevis
- 132 Adductor Pollicis
- 134 Opposition of Thumb
- 134 Cone of Circumduction
- 135 Modes of Prehension – Opposition with Precision
- 136 Modes of Prehension – Opposition with Power
- 137 The Hook Grip
- 137 Muscles of the Hand
- 138 Palmar Aspect of the Hand
- 139 Proximal Phalanx
- 139 Cross Section through the Hand
- 139 Middle Phalanx
- 139 Distal Phalanx
- 139 Cross Sections of the Third Finger
- 140 Dorsal Aspect of the Hand and Wrist
- 140 Tendons of the Back of the Hand and Wrist
- 141 Cross Section through the Middle of the Forearm
- 141 Cross Section through the Distal Radio-Ulnar Joint (Wrist)
- 141 Cross Section through the Forearm
- 142 Flexor Muscles of the Forearm
- 143 Flexor Muscles of the Left Forearm, Middle Layer
- 143 Deep Layers of the Flexor Muscles of the Left Forearm
- 144 Superficial Forearm Extensors
- 147 Concurrent Shift (Lengthening and Shortening)
- 147 Countercurrent Shift (Swinging)

INDEX

A

- abductor digiti minimi muscle 2, 4, 83, 93, 109, 112, 116-118, 124, 125, 130, 137-140, 145
 abductor hallucis muscle 4
 abductor pollicis brevis muscle 2, 83, 93, 99, 101, 115, 116, 118, 130, 131, 133, 135, 137-139
 abductor pollicis longus muscle 3, 61, 63, 65, 73, 76, 80, 92-95, 99, 100, 103-105, 117, 130, 133-135, 138-145
 acetabulum 6
 achilles tendon 4
 acromioclavicular joint 9, 14, 16, 17, 22, 39
 acromioclavicular ligament 14, 15
 conoid portion 15, 16
 trapezoid portion 15, 16
 acromiodeltoid vault 22
 acromion 9, 11, 14-18, 20, 22, 24, 32, 39, 41, 42
 adductor brevis muscle 4
 adductor longus muscle 4, 31
 adductor magnus muscle 4, 33
 adductor muscles 3, 4, 23, 31, 33, 45-47, 93-95, 97, 98, 101, 105, 112, 115, 116, 118, 130-132, 135, 137-140
 adductor pollicis longus muscle 93
 adductor pollicis muscle 93-95, 97, 98, 101, 115, 130-132, 135, 137-140
 amphibian 5
 anatomical position 56, 58
 Anatomy of Wholeness x, xii, 168
 anconeus muscle 3, 27, 28, 58, 60-63, 65, 67, 71, 75-80, 94, 95, 99, 103, 144, 145
 Ann Penistan 164
 annular ligament 55, 58, 59, 67, 69, 71, 73, 74, 145
 antebrachial fascia 67, 78, 98, 99, 101, 102, 114, 117, 124, 141, 142, 144, 145
 anterior capsular ligament 112
 anterior interosseus nerve 97
 anterior recess 110, 112, 128
 anterior sternoclavicular ligament 13
 apical ectodermal ridge 1
 aponeurosis 15, 32, 33, 36, 43, 60, 63, 64, 66, 75-80, 92, 96-99, 101, 110, 116, 120, 124, 137-140, 142
 appendicular skeleton 5
 areolar tissue 96
 armpit 35, 49
 articular disc 12-15, 17, 37, 39, 72, 74, 83, 84, 87-89, 91, 138
 articularis cubiti muscle 27, 61, 62, 67
 atmospheric pressure 16, 18
 axial skeleton 1, 5, 8
 axilla 35, 37
 axillary fascia 37, 51
 axillary sheath 49
 axillary vein 50

B

- ball and socket joint 5, 6, 8, 18, 22
 biceps brachii muscle 2, 36, 60, 62-64, 142, 144
 biceps femoris muscle 4, 33
 biceps muscle 2, 4, 12, 15, 18-20, 23, 27, 29, 31, 33, 36, 37, 40, 43-45, 48-50, 58-60, 62-71, 73, 75-80, 92, 93, 95, 141-144, 146, 147
 long head 15, 18-20, 27, 49, 78
 short head 15, 18-20, 27, 49, 78, 79
 bicipital aponeurosis 64, 66, 75, 77
 bicipital fascia 80
 bicipital groove 36
 bicipitoradial bursa 141, 142
 brachial fascia 41, 79
 brachialis muscle 2, 27, 28, 44, 49, 58-66, 68, 69, 76, 78-80, 92, 93, 95, 96, 141-144, 146
 brachial plexus 50

- brachioradialis muscle 2, 3, 27, 28, 60-66, 68, 76, 78-80, 92-95, 100, 103, 138, 140-145
 bursa 13-15, 18-20, 22, 42, 50, 78, 79, 110, 115, 120, 141, 142

C

- calcaneus 7, 8
 capitate 82-85, 87-91, 106-109, 114, 131, 132, 138, 140
 capitulotrochlear groove 52, 55, 74
 capitulum 10, 28, 52, 54-56, 59, 71, 74
 carpal bone 7, 72, 82, 88, 91, 107, 108
 carpal bones
 capitate 82-85, 87-91, 106-109, 114, 131, 132, 138, 140
 hamate 82-85, 87-91, 98, 107-109, 114, 124, 125, 131, 137, 139, 140
 lunate 52, 72, 82-85, 87-91, 106, 107
 pisiform 82-85, 87-91, 93, 98, 104, 106, 107, 109, 114, 116, 117, 124-126, 130, 131, 137, 138, 140
 scaphoid 52, 82-85, 87-91, 107, 114, 130
 trapezium 82-85, 87-89, 91, 98, 99, 107, 108, 114, 126-128, 130, 131
 trapezoid 10, 15, 16, 20, 29, 30, 78, 82-85, 87-89, 91, 107-109, 114, 131, 140
 triquetral 82-85, 87-91, 107, 117, 140
 carpal tunnel 83, 84, 114, 130, 137
 carpometacarpal joint 98, 99, 108, 109, 118, 126-131, 133-135
 carpus 1, 7, 76, 83, 84, 88, 91, 108, 136
 carrying angle 55, 57, 58, 73
 cephalic vein 50
 cervical fascia 51
 clavicle 2, 5, 6, 8-17, 20, 22, 30, 32, 35-37, 39, 41, 45, 49-51, 58, 78, 79
 conoid tubercle 10, 11, 30
 greater tubercle 10, 20, 28, 42
 lesser tubercle 10, 15, 19, 28, 43
 subclavian groove 10
 trapezoid line 10, 15, 30
 clavipectoral fascia 30, 37
 closed kinetic chain 146
 collateral ligament 58, 59, 68, 71, 76, 83, 87-89, 97, 103, 110-112, 119, 120, 128, 138, 140
 common flexor mass 92
 conoid ligament 15, 17, 20, 29, 39, 78
 conoid tubercle 10, 11, 30
 coracobrachialis muscle 2, 12, 23, 27-29, 36, 37, 40, 43-45, 49, 50, 60, 62, 64, 78-80
 coracoclavicular joint 14
 coracoclavicular ligament 10, 14-16
 coracohumeral ligament 19-23, 25, 37, 40, 42, 45, 50
 coracoid process 2, 9, 11, 14, 15, 18-20, 37, 44, 49-51, 64, 77-79
 coronoid fossa 10, 52, 54-56, 58, 79
 coronoid process 52-56, 59, 60, 64, 66, 68, 71, 75, 97
 costal cartilage 13, 14, 37
 costal surface 9, 38
 costoclavicular ligament 10, 13, 17, 27, 30, 37, 62
 costoclavicular membrane 37
 coughing 34
 crossopterygii (early lobe-finned fish) 5

D

- David Gorman 164
 deep transverse metacarpal ligament 110, 116, 120, 138, 140
 deltoid muscle 2, 3, 10, 12, 15, 19, 22-34, 36, 38, 40-47, 49-52, 60-64, 67, 78-80
 deltoid tuberosity 10, 28, 41, 52, 67
 digital fibrous sheath 114-116, 119, 137-139
 digital retinacular ligament 121
 digital vaginal ligament — *see digital fibrous sheath*
 dorsal carpometacarpal ligament 108, 140, 145
 dorsal intercarpal ligament 87, 88, 108, 139, 140
 dorsal interosseus muscles 2, 93-95, 112, 115-120, 130, 132, 135, 137-140, 145

dorsal metacarpal ligament 87, 108, 140
 dorsal radial tubercle 82
 dorsal radiocarpal ligament 87
 dorsal shift 90

E

ectoderm 1
 elbow 1, 3, 5-8, 23, 24, 26, 28, 52, 54, 55, 57-71, 75-79, 92, 98, 103, 136, 141, 146-148
 electromyography 41
 embryological development 1
 embryology — *see also beginning of Volume 1*
 endochondral 5
 erector spinae muscle 50
 eversion 7
 evolution 7, 8
 primate 8
 extensor carpi radialis brevis muscle 3, 27, 59-63, 65, 76, 78-80, 92-95, 100, 103, 104, 114, 117, 130, 139-142, 144, 145
 extensor carpi radialis longus muscle 3, 27, 28, 60-66, 76, 78-80, 92-95, 99, 101, 103-105, 114, 116, 139-145
 extensor carpi ulnaris muscle 3, 27, 53, 60, 61, 63, 79, 80, 92-96, 98, 101-105, 114, 117, 133, 139-141, 144, 145
 extensor digiti minimi muscle 3, 60, 61, 80, 92, 94, 95, 100-102, 104, 105, 112, 114, 117, 139-141, 144, 145
 extensor digitorum brevis muscle 4
 extensor digitorum muscle 3, 4, 27, 60, 61, 63, 78-80, 92-95, 100-102, 104, 105, 112-114, 116, 117, 120-123, 139-141, 144, 145
 extensor hallucis longus muscle 4
 extensor indicis muscle 3, 61, 73, 76, 92, 94, 95, 99, 100, 102, 104, 105, 112, 114, 117, 139-141, 145
 extensor muscle 1, 2, 65, 90, 95, 99, 121, 123, 145
 extensor pollicis brevis muscle 3, 61, 63, 65, 73, 76, 80, 94, 95, 97, 99-101, 103-105, 114, 115, 117, 130, 133, 135, 138-142, 144, 145
 extensor retinaculum 65, 83, 92, 100-103, 117, 130, 139-141, 144, 145
 external oblique muscle 3, 31, 33, 34, 36, 38, 51

F

Farrar, Margaret 162
 femur 6
 fibrocartilaginous plate 110, 112, 128
 fibrous capsule 13-15, 18-20, 49, 72, 110, 126
 fibula 6-8
 finger, phalanx 1, 5, 8, 82, 85, 96, 97, 100-102, 105, 106, 109-113, 115-122, 124, 126, 128-135, 139, 140
 flexor carpi radialis muscle 2, 27, 60, 62, 63, 78-80, 83, 84, 89, 92, 93, 95, 98, 99, 103-105, 108, 114, 117, 132, 138, 139, 141-143
 flexor carpi ulnaris muscle 2, 3, 27, 58-63, 78-80, 88, 91-95, 98, 99, 101, 104, 105, 116, 117, 124, 130, 137-145
 flexor digiti minimi muscle 93, 94, 109, 112, 116, 124, 125, 131, 138, 139
 flexor digiti minimi brevis muscle 2
 flexor digitorum brevis muscle 4
 flexor digitorum longus muscle 4
 flexor digitorum profundus muscle 2, 27, 61, 62, 73, 79, 87, 92-99, 101, 104, 105, 112, 114-117, 119-121, 123, 132, 137-139, 141, 143
 flexor digitorum sublimis — *see flexor digitorum superficialis*
 flexor digitorum superficialis muscle 2, 59, 61-63, 66, 92, 93, 95-98, 104, 105, 112, 114-117, 119-121, 123, 137-139, 141-143
 flexor hallucis longus muscle 4
 flexor muscle 1, 2, 59, 61, 64, 66, 84, 92, 94, 137, 142, 143
 flexor pollicis brevis muscle 2, 83, 93, 127, 130-135, 137-139
 flexor pollicis longus muscle 2, 62, 73, 87, 92, 93, 95-97, 104, 105, 114, 117, 130-133, 135, 137-139, 141-143
 flexor retinaculum 83, 84, 89, 92, 96-98, 107, 109, 114, 116, 124, 125, 130, 131, 137-139
 fovea 52

G

gastrocnemius muscle 4

gemelli muscles 4
 gemellus inferior muscle 4
 gemellus superior muscle 4
 glenohumeral ligament 19-21
 glenoidal labrum 15, 18-20
 glenoid cavity 15, 18, 20, 44
 glenoid fossa 6, 9, 29
 glenoid margin 19
 gluteus maximus muscle 4, 31, 33, 34
 gluteus medius muscle 4, 31, 33, 34
 gluteus minimus muscle 4
 Gorman, David 164
 gracilis muscle 4, 31, 33
 greater tubercle 10, 20, 28, 42
 greater tuberosity 10, 20-22, 24, 25, 42
 great toe 3
 grip
 hook grip 136, 137
 power grip 136, 137
 precision grip 136, 137
 gut 1

H

hamate 82-85, 87-91, 98, 107-109, 114, 124, 125, 131, 137, 139, 140
 hamstring muscles 4
 hamulus 82-84, 87, 137
 hand
 power grip 8, 136, 137
 precision grip 8, 136, 137
 head of humerus 6, 12, 15, 20, 28, 40, 48, 50
 heart 1
 hinged level 6
 hook grip 136, 137
 hook of hamate 84, 85, 88, 89, 109, 114, 124, 125, 131
 humerus 1, 2, 5, 6, 9, 10, 12, 15-20, 22-24, 28, 34, 36-44, 46-50, 52, 54-59, 64, 65, 67, 70-72, 74-76, 78, 79, 81, 92, 97, 103
 acetabulum 6
 bicipital groove 36
 capitotrochlear groove 52, 55, 74
 capitulum 10, 28, 52, 54-56, 59, 71, 74
 coronoid fossa 10, 52, 54-56, 58, 79
 deltoid tuberosity 10, 28, 41, 52, 67
 glenoid margin 19
 greater tuberosity 10, 20-22, 24, 25, 42
 humeral head 6, 12, 15, 18, 20, 22-24, 28, 40, 42-44, 46-48, 50, 51, 62, 64, 66, 75, 93, 98, 141, 143
 intertubercular sulcus 10, 19, 34, 36, 43, 64
 lateral crest 10
 lateral epicondyle 2, 10, 28, 52, 54, 59, 76, 78, 92, 95, 101-103, 144, 145
 lateral supracondylar ridge 52, 65, 103
 lesser tuberosity 10, 20, 21
 medial crest 10
 medial epicondyle 2, 10, 28, 52, 54, 59, 60, 66, 75, 78, 79, 92, 97, 98, 142, 143
 medial supracondylar ridge 52
 olecranon fossa 10, 28, 52, 54, 55, 58, 59
 radial fossa 10, 52, 55, 56
 radial groove 10, 28, 52, 67
 trochlea 10, 28, 52, 54-59, 67, 68, 74
 ulnar groove 52
 hypothenar eminence 92, 95, 106, 109, 124, 136

I

iliac crest 34, 51
 iliacus muscle 4
 iliotibial tract 33
 ilium 4, 5, 32
 incisura 110, 112, 128
 inferior radio-ulnar joint 72, 74, 102

infraclavicular fascia 41
 infraglenoid tubercle 9, 19, 20, 67
 infraspinatus muscle 3, 12, 19, 23-29, 31, 33, 34, 40-45, 47-51, 60, 61, 78
 infraspinous fascia 41, 42
 innominate bone 5
 intercarpal joint 90
 interclavicular ligament 13, 30
 intercostal muscle 1, 12, 37, 38, 50
 intermetacarpal joint 108, 109
 intermuscular septum 27, 61, 64-67, 78, 79, 94, 97-99, 102, 103, 141-145
 internal jugular vein 50
 interosseus intercarpal ligament 88
 interosseus margin 53, 73
 interosseus membrane 59, 61, 62, 71-73, 87, 93, 94, 96, 97, 99, 100, 138, 140, 141, 145
 interosseus metacarpal ligament 88
 interphalangeal joint 97, 102, 112, 116, 117, 119, 120, 122, 123, 129, 130, 132, 133, 135
 intersesamoid ligament 128
 intertubercular sulcus 10, 19, 34, 36, 43, 64
 intertubercular synovial sheath 20
 intracapsular fat tags 58
 inversion 7, 146
 ischia 5
 ischium 4

K

kinetic chain
 closed 146
 open 146
 knee 3, 4, 6-8, 22, 148
 knuckle 84

L

lateral angle 9
 lateral brachial intermuscular septum 27
 lateral crest 10
 lateral epicondyle 2, 10, 28, 52, 54, 59, 76, 78, 92, 95, 101-103, 144, 145
 lateral intermuscular septum 61, 65, 67, 78, 79, 103, 141, 144, 145
 lateral supracondylar ridge 52, 65, 103
 latissimus dorsi muscle 1, 3, 17, 20, 23, 25-29, 31-34, 36, 39-41, 43-51, 61, 62, 78-80
 latissimus fascia 51
 LearningMethods, about 165
 LearningMethods Publications 166
 lesser tubercle 10, 15, 19, 28, 43
 lesser tuberosity 10, 20, 21
 levator scapulae muscle 3, 12, 17, 25-27, 29, 31-33, 35, 37-40, 51, 61, 78
 ligamentum nuchae 32, 35
 limb buds 1
 limb rotation 3, 5
 little finger 2, 58, 82, 97, 98, 100, 102, 111-114, 118, 119, 124, 134
 lobe-finned fish 5
 locomotion 8
 lumbrical muscles 2, 95-97, 102, 110, 112, 115, 116, 118-123, 132, 136-139
 lunate 52, 72, 82-85, 87-91, 106, 107

M

mammary suspensory ligament 35
 manubrium 11, 13, 36
 Margaret Farrar 164
 masseter muscle 51
 medial crest 10
 medial epicondyle 2, 10, 28, 52, 54, 59, 60, 66, 75, 78, 79, 92, 97, 98, 142, 143
 medial intermuscular septum 61, 78, 94, 141-143
 medial margin 11

median nerve 50, 78, 79, 84, 114, 139, 141
 meniscus 20, 87, 88
 mesenchyme 1, 3
 mesoderm 1, 2
 mesotendon 115, 139
 metacarpal bones 1, 8, 65, 82-85, 87, 88, 90, 91, 93, 98-101, 103, 106-111, 113, 114, 116-118, 120-122, 124-135, 138-140
 metacarpophalangeal joint 97, 106, 110, 122, 123, 128, 131, 140
 midcarpal collateral ligament 88
 midcarpal joint 88-90
 middle radio-ulnar joint 71
 multipennate 41
 myoblast 3

N

nipple 35
 nuchal ligament 32, 35
 nuchal line 32
 superior 32

O

oblique cord 59, 71-73
 oblique dorsal ligament 126
 oblique palmar ligament 126, 127
 obturator externus muscle 4
 occipitofrontalis muscle 33
 olecranon 2, 10, 28, 52-60, 63, 67, 68, 71, 76, 78-80, 92, 95, 98, 144, 145
 olecranon fossa 10, 28, 52, 54, 55, 58, 59
 omohyoid muscle 27, 29, 31, 50, 51, 61, 62, 78, 79
 open kinetic chain 146
 opponens digiti minimi muscle 2, 93, 109, 124, 125, 131, 137-139
 opponens pollicis muscle 2, 93, 97, 109, 125, 130, 131, 133-135, 137-139
 opposable thumb 8
 out-cropper thumb muscles 103

P

palmar aponeurosis 63, 92, 97, 99, 110, 116, 124, 137, 139
 palmar carpometacarpal ligament 108
 palmar interosseus muscle 2, 93, 95, 112, 118-120, 130, 132, 135, 137-139
 palmaris brevis muscle 63, 92, 99, 116, 124
 palmaris longus muscle 2, 27, 60, 62, 63, 80, 92, 93, 95, 98, 99, 104, 105, 114, 116, 124, 137, 139, 141-143
 palmar ligament 87, 88, 91, 108, 110, 113, 115, 116, 119, 120, 126-128, 131, 135, 138
 palmar metacarpal ligament 87, 108
 palmar radiocarpal ligament 87, 138
 palmar shift 90
 palmar ulnocarpal ligament 87, 138
 passive insufficiency 121
 pectineus muscle 4, 31
 pectoral fascia 35, 41, 51
 pectoral girdle 5, 6
 pectoralis major muscle 2, 12, 19, 20, 23, 25-28, 30, 31, 34-37, 39-41, 43-51, 61-64, 78-80
 pectoralis minor muscle 2, 12, 17, 25-27, 29, 30, 33, 35-40, 42, 48-51, 62, 78, 79
 pectoral muscles 3, 37
 pelvic girdle 5, 8
 Penistan, Ann 162
 pentadactyl 5, 7, 8
 peroneal muscles 4
 peroneus brevis muscle 4
 peroneus longus muscle 4
 phalangeal tuberosity 82
 phalanx 1, 5, 8, 82, 85, 96, 97, 100-102, 105, 106, 109-113, 115-122, 124, 126, 128-135, 139, 140
 distal 82, 85, 96, 97, 100-102, 112, 115, 116, 119-122, 126, 128, 130-132, 134, 139, 140

phalanx ... *continued*

- middle 82, 85, 96, 97, 102, 112, 115, 116, 120, 139, 140
- proximal 82, 85, 97, 100-102, 105, 110, 112, 113, 115, 117-122, 124, 126, 128, 130-132, 134, 135, 139, 140
- phylogeny of appendicular skeleton 5
- piriformis muscle 4
- piriform 82-85, 87-91, 93, 98, 104, 106, 107, 109, 114, 116, 117, 124-126, 130, 131, 137, 138, 140
- pisohamate ligament 93, 124, 138
- pisometacarpal ligament 83, 88, 93, 98
- plane joint 14
- plantar foot muscles 4
- plantaris muscle 4
- plantigrade 6
- plasticity 39
- platysma muscle 31, 41
- popliteus muscle 4
- posterior iliac crest 34
- posterior recess 110, 112, 128
- posterior sternoclavicular ligament 13
- power grip 136, 137
- precision grip 136, 137
- primates 6-8, 136
- pronation 6, 7, 58, 65-67, 69-77, 80, 86, 96, 105, 111, 129, 131, 133, 134
- pronator quadratus muscle 2, 53, 61-63, 66, 73, 75-77, 92, 93, 96, 97, 138, 141-143
- pronator teres muscle 2, 27, 28, 53, 60-63, 65, 66, 75-80, 92-94, 97, 98, 140-143, 145
- pronator tuberosity 53
- propulsion 5, 6, 147
- protraction 16, 17, 23, 25, 38, 39, 48, 148
- psoas major muscle 4, 31
- pubis 4, 5

Q

- quadratus ligament 71
- quadratus femoris muscle 4
- quadruped 5-8

R

- radial collateral ligament 58, 59, 71, 76, 83, 87, 138, 140
- radial deviation 86, 87, 89, 104, 107
- radial fossa 10, 52, 55, 56
- radial groove 10, 28, 52, 67
- radial nerve 52, 78, 79, 141
- radial notch 52, 53, 55, 58, 71, 74
- radial sesamoid bone 128
- radial sulcus — *see humerus, radial groove*
- radial tuberosity 52, 53, 59, 64, 71, 72, 74, 77
- radiate carpal ligament 87, 88
- radiocarpal joint 72, 84, 87-91
- radius 1-3, 5-8, 52, 53, 55, 56, 58-60, 62, 65, 66, 68, 69, 71-77, 79, 81-85, 87-91, 97-100, 103, 104, 107, 114, 117, 130, 138, 140-145
 - dorsal tubercle 53
 - fovea 52
 - pronator tuberosity 53
- radial head 52, 53, 55, 56, 59, 62, 71, 73, 74, 93, 97, 141-143
 - radial tuberosity 52, 53, 59, 64, 71, 72, 74, 77
 - styloid process 52, 82, 87, 90, 100
 - ulnar notch 52, 53, 56, 72, 76
- rectus abdominis muscle 30, 31, 34, 35
- rectus femoris muscle 4
- retinacular ligament 119, 121
- retinaculum 19, 65, 83, 84, 89, 92, 96-103, 107, 109, 114, 116, 117, 124, 125, 130, 131, 137-141, 144, 145
- retraction 16, 17, 23, 25, 35, 40, 48
- rhomoid major muscle 3, 51, 61, 78
- rhomoid minor muscle 3, 51, 61, 78
- rhomoid muscles 3, 17, 23, 25, 32, 35, 37-40, 43, 46, 48, 50,

51, 61, 78

- rib 1, 11-13, 34, 36-38, 43, 50
- rotator cuff muscles 18, 19, 25, 43
- rowing 34, 148

S

- sacciform recess 88
- sacroiliac joint 5
- sacrum 4, 5
- sartorius muscle 4, 31
- scalene muscles 11, 31, 50
- scalenus anterior muscle 11, 50
- scaphoid 52, 82-85, 87-91, 107, 114, 130
- scaphoid tubercle 84, 85, 89
- scapula 1, 2, 5, 6, 8, 9, 11, 12, 14-18, 22-24, 26, 29, 32-41, 43, 45-48, 51, 52, 70
 - acromion 9, 11, 14-18, 20, 22, 24, 32, 39, 41, 42
 - coracoid process 2, 9, 11, 14, 15, 18-20, 37, 44, 49-51, 64, 77-79
 - costal surface 9, 38
 - glenoid cavity 15, 18, 20, 44
 - glenoid fossa 6, 9, 29
 - glenoid labrum 19-21, 64
 - infraglenoid tubercle 9, 19, 20, 67
 - infraspinous fossa 9, 42
 - lateral angle 9
 - scapular notch 9, 11
 - spinoglenoid notch 9
 - subscapularis fossa 9, 15
 - superior angle 9, 11, 38, 42
 - superior border 9
 - supraglenoid notch 11
 - supraglenoid tubercle 2, 5, 9, 11, 19, 64, 77
 - supraspinous fossa 9, 11, 42
- scapular notch 9, 11
- scapulothoracic joint 16
- semimembranosus muscle 4
- semitendinosus muscle 4, 33
- serratus anterior muscle 2, 12, 17, 23-27, 29-34, 36-40, 43, 45, 47-51, 62, 78
- sesamoid bone 82, 83, 87, 91, 110, 126, 128, 130-132, 138
 - pisiform 82-85, 87-91, 93, 98, 104, 106, 107, 109, 114, 116, 117, 124-126, 130, 131, 137, 138, 140
- shot putting 148
- shoulder
 - depression 17
 - elevation 17
 - protraction 16, 17, 23, 25, 38, 39, 48, 148
 - retraction 16, 17, 23, 25, 35, 40, 48
- shoulder-arm complex 16, 22, 26, 52
- shoulder-arm movements 22
- shoulder-arm ranges 23, 24
- shoulder blade — *see scapula*
- shoulder girdle 2, 9, 11, 12, 16, 17, 25, 39, 47, 48, 52, 70, 136
- shoulder joint 9, 16-20, 22-24, 26, 28, 38, 40-44, 46-48, 51, 52, 67, 69, 80, 146, 147
- skeleton
 - appendicular 5
 - axial 1, 5, 8
 - sneezing 34
 - soleus muscle 4
 - spacer 16
 - spinoglenoid notch 9
 - splenius capitis muscle 33, 51
 - splenius cervicis muscle 51
 - splenius muscle 31, 33, 51
 - stereoscopic vision 8
 - sternoclavicular joint 9, 10, 12-14, 17, 30, 37, 39
 - sternoclavicular ligament 13, 17
 - sternocleidomastoid muscle 27, 30, 31, 33, 37, 40, 50, 61, 62
 - sternohyoid muscle 27, 30, 31, 61

sternum 3, 9, 12, 14, 16, 35, 36
 manubrium 11, 13, 36
 styloid process 52, 80, 82
 subacromial bursa 18-20, 22, 42
 subclavian artery 50
 subclavian groove 10
 subclavius muscle 13, 26, 27, 30, 37, 40, 49-51, 61, 62, 78, 79
 subcoracoid bursa 50, 78
 subcutaneous bursa 79
 subdeltoid joint — *see subacromial bursa*
 subscapularis bursa 19
 subscapularis fossa 9, 15
 subscapularis muscle 2, 3, 9, 12, 15, 19, 20, 23-29, 39-44, 48-51, 62, 78
 subtendinous bursa 79
 superficial brachial fascia 79
 superficial transverse metacarpal ligament 116, 124
 superior angle 9, 11, 38, 42
 superior border 9
 superior radio-ulnar joint 54, 55, 71, 74
 supination 6, 7, 54, 56, 64, 65, 67, 69-77, 80, 86, 105, 111, 112, 129
 supinator crest 53, 59, 76
 supinator longus — *see biceps brachii*
 supinator muscle 3, 27, 53, 59, 61-64, 66, 67, 72, 73, 75-79, 92-94, 99, 103, 141-143, 145
 supraglenoid tubercle 20
 supraglenoid notch 11
 supraglenoid tubercle 2, 5, 9, 11, 19, 64, 77
 supraspinatus fascia 51
 supraspinatus muscle 3, 19, 22-24, 26-29, 40-44, 47-51, 61, 62, 79
 supraspinous fascia 42
 supraspinous fossa 9, 11, 42
 supraspinous ligament 32, 34, 35
 sweat gland 50
 symphysis pubis 5
 synovial sheath 18, 20, 97, 100, 103, 114, 115, 117, 137

T

talus 7, 8
 tarsal bones 7, 8
 tarsus 7, 91
 tensor fasciae latae muscle 4, 31
 teres major muscle 2, 3, 19, 23, 25-29, 31, 33, 34, 36, 40-51, 60-62, 67, 78-80
 teres minor muscle 3, 19, 24-29, 31, 33, 40-51, 60, 61, 67, 78
 tetrapod — *see quadruped*
 thenar eminence 92, 95, 106, 113, 130, 133, 135
 thoracic wall 16, 26, 35
 thoracolumbar fascia 34, 51
 thorax wall 9, 17
 throwing 148
 thumb 2, 3, 5, 8, 70, 82-85, 91, 95, 97-101, 103-109, 113, 114, 116, 118-120, 125-137
 tibia 3, 6-8
 tibialis anterior muscle 4
 tibialis posterior muscle 4
 transverse humeral ligament 19, 20, 64
 transverse metacarpal ligament 87, 110, 116, 120, 124, 138, 140
 transverse process 33, 50
 trapezium 82-85, 87-89, 91, 98, 99, 107, 108, 114, 126-128, 130, 131
 trapezius muscle 3, 15, 17, 23-27, 29-35, 38-41, 45-48, 50, 51, 60-63, 79, 80
 trapezoid 10, 15, 16, 20, 29, 30, 78, 82-85, 87-89, 91, 107-109, 114, 131, 140
 trapezoid ligament 15, 20, 29, 78
 trapezoid line 10, 15, 30
 triangular bone — *see carpal bones, triquetral*
 triceps
 lateral head 27, 28, 49, 61, 78-80, 144
 medial head 27

triceps brachii muscle 27, 63, 67
 triceps muscle 2, 3, 19, 22, 27-29, 33, 34, 36, 40-46, 49-51, 58-69, 78-80, 92, 94, 95, 142-145, 147
 long head 19, 22, 27, 44, 45, 49, 60-62, 78-80
 short head 19, 22, 45, 60
 triquetrum — *see carpal bones, triquetral*
 trochlea 10, 28, 52, 54-59, 67, 68, 74
 trochlear notch 52-59, 68, 69, 71, 73
 tubercle of trapezium 85, 89
 tubular bursae — *see synovial sheaths*

U

ulna 1, 2, 5-8, 52-55, 59-62, 64, 67-69, 71-77, 79-84, 87-92, 96, 98-101, 104, 114, 117, 138, 140-145
 coronoid process 52-56, 59, 60, 64, 66, 68, 71, 75, 97
 groove for extensor carpi ulnaris 53
 olecranon 2, 10, 28, 52-60, 63, 67, 68, 71, 76, 78-80, 92, 95, 98, 144, 145
 radial notch 52, 53, 55, 58, 71, 74
 styloid process 52, 80, 82, 87, 90, 138
 supinator crest 53, 59, 76
 trochlear notch 52-59, 68, 69, 71, 73
 ulnar head 53, 62, 66, 72, 79, 82, 84, 92, 93, 98, 143-145
 ulnar tuberosity 53, 64, 72
 ulnar collateral ligament 58, 59, 71, 87, 97, 138
 ulnar deviation 86-89, 104, 105, 107, 123, 132
 ulnar groove 52
 ulnar nerve 52, 58, 59, 78, 79, 84, 114, 117, 137, 141
 ulnar notch 52, 53, 56, 72, 76
 ulnar sesamoid bone 128, 132
 ulnar shift 90
 ulnar styloid process 87, 90, 138
 umbilical cord 1

V

vastus lateralis muscle 4
 vastus medialis muscle 4
 vertebrae 1, 12, 26, 33-35, 50, 51
 vincula brevia 115, 120, 138
 vincula longa 115, 120, 137, 138
 vincula tendinum 115
 volar accessory ligament 110

W

walking 8, 41, 147
 weight-lifting 148
 wrist
 abduction 7
 adduction 7
 wrist joint 72

THE BODY MOVEABLE

SUPPLEMENTARY MATERIAL FOR

VOLUME 3

THE LOWER LIMB

- LIST OF ILLUSTRATIONS
- ALPHABETICAL INDEX
- LIST OF HUMAN MUSCLES

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published June 2014 by



Toronto, Canada — www.learningmethods.com

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MUSCLES OF THE HUMAN BODY Listed alphabetically”

A typical adult human has about 640 muscles, most paired on the left and right sides of the body. There is some variability between individuals (for example palmaris longus and the transverse tongue muscles may or may not be present). Also the exact number of muscles varies depending on how one counts muscles as they join or split from their various origins or insertions.

abductor digiti minimi (<i>foot</i>)	flexor digiti minimi brevis (<i>hand</i>)	lumbricals (<i>hand</i>) (4)	scalenus medius
abductor digiti minimi (<i>hand</i>)	flexor digitorum brevis	masseter	scalenus minimus
abductor hallucis	flexor digitorum longus (<i>foot</i>)	medial pterygoid	scalenus posterior
abductor ossis metatarsi digiti quinti (<i>occasional slip of abductor digiti minimi</i>)	flexor digitorum profundus	medial rectus	semimembranosus
abductor pollicis brevis	flexor digitorum superficialis	mental	semitendinosus
abductor pollicis longus	flexor hallucis brevis	musculus uvulae	serratus anterior
adductor brevis	flexor hallucis longus	mylohyoid	serratus posterior inferior
adductor hallucis	flexor pollicis brevis	nasalis	serratus posterior superior
adductor longus	flexor pollicis longus	oblique arytenoid	soleus
adductor magnus	frontalis	obliquus capitis inferior	sphincter ani
adductor pollicis	gastrocnemius	obliquus capitis superior	sphincter urethrae
anconeus	gemellus inferior	obturator externus	splenius capitis
articularis cubiti	gemellus superior	obturator internus	splenius cervicis
articularis genu	genioglossus	occipitofrontalis (<i>occipitalis</i>)	stapedius
aryepiglotticus	geniohyoid	omohyoid	sternocleidomastoid
auricularis	gluteus maximus	opponens digiti minimi (<i>hand</i>)	sternohyoid
biceps brachii	gluteus medius	opponens pollicis	sternothyroid
biceps femoris	gluteus minimus	orbicularis oculi	styloglossus
brachialis	gracilis	orbicularis oris	stylohyoid
brachioradialis	hyoglossus	palatoglossus	stylopharyngeus
buccinator	iliacus	palatopharyngeus	subclavius
bulbospongiosus	inferior oblique	palmaris brevis	subcostalis
constrictor of pharynx - inferior	inferior rectus	palmaris longus	subscapularis
constrictor of pharynx - middle	infraspinatus	pectineus	superficial transverse
constrictor of pharynx - superior	intercostals external	pectoralis major	perinei
coracobrachialis	intercostals innermost	pectoralis minor	superior oblique
corrugator supercilii	intercostals internal	peroneus brevis	superior rectus
cremaster	internal oblique abdominis	peroneus longus	supinator
cricothyroid	interossei - dorsal (<i>hand</i>)	peroneus tertius	supraspinatus
dartos	interossei - dorsal (<i>foot</i>)	piriformis	temporalis
deep transverse perinei	interossei - palmar (<i>hand</i>)	plantaris	temporoparietalis
deltoid	interossei - plantar (<i>foot</i>)	platysma	tensor fasciae lata
depressor anguli oris	interspinales	popliteus	tensor tympani
depressor labii inferioris	intertransversarii	posterior cricoarytenoid	tensor veli palatini
diaphragm	intrinsic muscles of tongue	procerus	teres major
diaphragm	ischiocavernosus	pronator quadratus	teres minor
digastric	lateral cricoarytenoid	pronator teres	thyro-arytenoid (<i>with vocalis</i>)
erector spinae - spinalis	lateral pterygoid	psoas major	thyro-epiglotticus
erector spinae - iliocostalis	lateral rectus	psoas minor	thyrohyoid
erector spinae - longissimus	latissimus dorsi	pyramidalis	tibialis anterior
extensor carpi radialis brevis	levator anguli oris	quadratus femoris	tibialis posterior
extensor carpi radialis longus	levator ani - coccygeus	quadratus lumborum	transverse arytenoid
extensor carpi ulnaris	levator ani - iliococcygeus	quadratus plantae (<i>also called flexor digitorum accessorius</i>)	transversospinalis - multifidus
extensor digiti minimi (<i>hand</i>)	levator ani - pubococcygeus	rectus abdominis	transversospinalis - rotatores
extensor digitorum (<i>hand</i>)	levator ani - puborectalis	rectus capitis anterior	transversospinalis - semispinalis
extensor digitorum brevis (<i>foot</i>)	levator ani - pubovaginalis	rectus capitis lateralis	transversus abdominis
extensor digitorum longus (<i>foot</i>)	levator labii superioris	rectus capitis posterior major	transversus thoracis
extensor hallucis longus	levator labii superioris alaeque nasi	rectus capitis posterior minor	trapezius
extensor indicis	levator palpebrae superioris	rectus femoris	triceps
extensor pollicis brevis	levator scapulae	rhomboid major	vastus intermedius
extensor pollicis longus	levator veli palatini	rhomboid minor	vastus lateralis
external oblique abdominis	levatores costarum	risorius	vastus medialis
flexor carpi radialis	longus capitis	salpingopharyngeus	vocalis (<i>medial part of the thyro-arytenoid</i>)
flexor carpi ulnaris	longus colli	sartorius	zygomaticus major
flexor digiti minimi brevis (<i>foot</i>)	lumbricals (<i>foot</i>) (4)	scalenus anterior	zygomaticus minor

LIST OF ILLUSTRATIONS

This is a list of the book's main illustrations only. Some of the numerous smaller illustrations which do not have titles are not listed below but if you choose a topic below and go to that page you may just find a number of other relevant illustrations

Page	Illustration Title
1	The Hip Bone and Proximal Part of the Femur at Birth
1	Right Hip Bone of a Child 5-6 Years Old
2	Left Innominate Bone (Hip Bone)
3	Right Innominate Bone
4	Sacrum and Coccyx
4	Male Pelvis
4	Sacrum and Coccyx
5	Female Pelvis
5	Female Pelvis - Inferior Pelvic Aperture
5	Male Pelvis
5	Female Pelvis - Superior Pelvic Aperture
6	The Sacroiliac Joint
7	Female Pelvis with Ligaments
7	Frontal Section through the Middle of the Sacroiliac Joint between Sacral Vertebrae 1 and 2
8	Female Pelvis with Ligaments
8	Male Pelvis with Ligaments
9	The Pubic Symphysis with Ligaments
9	Dynamics of the Pelvic Ring
9	Median Section through Pelvis
10	Frontal Section through the Pelvic Girdle
11	Nutation and Counternutation
13	Right Femur in the Upright Standing Position
14	Hip Joint
14	Acetabulum
14	Femur
15	Upright Position
15	Position on All Fours - Coincidence of Articular Surfaces
15	Type I Hip Joint
15	Type II Hip Joint
16	Orientation Axes
16	Relation to Centre of Gravity
17	Schematic Diagram of the Architecture of the Pelvic Girdle
18	Posterior View
18	Anterior View
18	Hip Adduction and Abduction
18	Frontal Section of the Hip Joint
19	Anterior View - Ligaments of the Hip
20	Ligaments of the Hip Joint
21	In Abduction
21	In Lateral Rotation
21	In Adduction
21	In Medial Rotation
22	Hip Flexion
22	Movements of the Hip Joint and their Ranges
22	Medial and Lateral Rotation of Hip
23	Hip Extension
23	Medial and Lateral Rotation of Hip
24	Hip Adduction
25	The Cone of Circumduction
25	Hip Adduction
26	Muscle Attachment of the Pelvis
27	Muscle Attachments of the Femur
27	Muscle Attachments of the Pelvis
28	Muscle Attachments of the Hip
29	Superficial Muscles, Hip Region
30	Superficial Muscles, Hip Region
32	Transverse Section at the Level of Sacral Vertebra
34	Posterior View of Hip
35	Obturator Internus
35	Gemellus Superior and Inferior
37	Cross-Section of the Thigh
37	The Ilio-tibial Tract
38	Rectus Femoris
39	Sartorius
40	Pectineus
40	Gracilis
41	The Adductors
41	Insertions of Adductors
41	Origins of Adductors
42	Adductor Magnus
42	Schematic Cross-Section through the Middle of the Thigh
43	Biceps Femoris
44	Semimembranosus and Semitendinosus
47	Abductors of the Hip
49	The Adductors
49	Horse-riding
49	Making Love
50	Horizontal Section of the Pelvis
50	Pelvis Flexed over 90°
53	Piriformis
53	Inversion of Action of Quadratus Femoris
54	Transverse Section through the Upper Hip Joint
54	Transverse Section through the Mid Hip Joint
55	Cross-Section of the Thigh through Distal Third of Femur
55	Cross-Section of Thigh through Middle of Femur

- 55 Muscles of the Front of the Hip and Thigh
56 Muscles of the Front of the Hip and Thigh
57 Muscles of the Back of the Hip and Leg
57 Deep Muscles of the Back of the Hip and Leg
58 The Axis and Movements
60 Right Tibia
60 Distal End of Left Femur
60 Distal End of the Right Femur
60 Right Tibia
61 Relationship of Right Tibia and Fibula
61 Superior Aspect of Proximal End of Tibia
61 The Patella
66 Movements of the Condyles of the Knee
67 Relative Movements of the Femoral and Tibial Condyles and Axial Rotation
68 Capsule and Ligaments of the Extended Right Knee Joint
69 Attachments of the Capsule
69 Semi-Flexed Knee Joint
70 Exploded View of the Menisci
70 Sagittal Section through Left Knee
70 Proximal Surface of Tibia
71 Frontal Section of Knee Joint
71 Menisci and Cruciates
72 Active Mechanisms in the Movement of the Menisci
72 Knee and Ligaments
75 Tibial Collateral Ligament
75 Fibular Collateral Ligament
75 Tibial Collateral Ligament in Flexion and Extension
76 Fibular Collateral Ligament
76 Knee Joint
76 The Transverse Stability of the Knee
76 Movement of Adductory Stress
76 Movement of Abductory Stress on the Knee
77 Flexed Right Knee Joint
77 Posteromedial View of Knee Joint
78 Cruciates
79 The Rotational Stability of the Knee
80 Slight Flexion of the Knee
80 The Capsule and Related Ligaments Resisting Extension
80 The Muscles Actively or Passively Resisting Extension
80 Slight Hyperextension of the Knee
81 Muscle Attachments of the Knee
82 Muscle Attachments of the Knee
83 Muscles of the Knee
84 The Vasti Muscles
85 Vastus Lateralis
85 Vastus Intermedius
85 Vastus Medialis
86 Muscles of the Knee
87 Angle of Application
89 The Hamstrings
90 Sartorius
90 Gracilis
90 Popliteus
91 Gastrocnemius and Plantaris
93 Rotators of the Knee
94 Deep Dissection of the Back of the Knee
94 Cross-Section through the Knee
94 Cross-Section just above the Knee Joint
95 Cross-Section through the Knee
95 Deep Dissection of the Knee
95 Cross-Section just below the Knee
96 Right Fibula
96 Right Tibia and Fibula in Relation
96 Right Fibula
96 Right Tibia and Fibula in Relation
97 Right Talus
97 Tibia And Fibula In Relation
97 Distal Ends of Tibia and Fibula
98 Cross-Section through the Middle of the Right Leg
98 The Superior Tibiofibular Joint
99 Ligaments of the Tibiofibular Articulations
99 Cross-section about Midway through the Lower Leg
100 The Inferior Tibiofibular Joint
101 The Skeleton Of The Foot
103 Frontal Section
103 Left Talus
103 Mechanical Analogy
103 Sagittal Section
104 Ligaments of the Ankle Joint
105 Ligaments of the Ankle Joint
105 Dorsiflexion and Plantar Flexion
105 Range of Ankle Joint
106 Dorsiflexion
106 Mortise and Tenon Joint
106 Top View of Talus
106 Plantar Flexion
107 Left Calcaneus
108 Left Calcaneus
108 Left Cuboid Bone
108 Left Navicular Bone
109 Left Medial Cuneiform (first)
109 Left Intermediate Cuneiform (second)
109 Left Lateral Cuneiform (third)
110 The Subtalar Joint
111 Subtalar Joint
112 Dislocated View of the Subtarsal Ligaments
113 Midtarsal Joint
113 The Tarsal Ligaments

- 114 Horizontal Section through the Foot Joints
- 114 Proximal (Posterior) View of Cuboideonavicular Joint and Ligaments
- 115 Axis of Movement of Subtalar and Transverse Tarsal Joints
- 115 Talus
- 116 Position of Eversion
- 116 Position of Inversion
- 117 Eversion
- 117 Inversion
- 119 The Deep Plantar Ligaments
- 120 Oblique Section through the Right Foot
- 121 The Intercuneiform and Intermetatarsal Surfaces
- 121 The Intermetatarsal Joints
- 122 Ligaments of the Metatarsophalangeal and Interphalangeal Joints
- 122 Right First Metatarsal
- 124 Muscle Attachments of the Ankle and Foot
- 125 Muscle Attachments of the Left Foot
- 126 Muscle Attachments of the Lower Leg and Foot
- 127 Muscles of the Lower Leg and Foot
- 128 Tibialis Anterior
- 128 Extensor Hallucis Longus
- 130 Peroneus Longus
- 130 Peroneus Tertius
- 132 Flexor Hallucis Longus
- 132 Flexor Digitorum Longus
- 133 Tibialis Posterior
- 133 Flexor Digitorum Longus
- 134 Tibialis Posterior
- 134 Gastrocnemius
- 135 Plantaris
- 135 Soleus
- 136 Retinacula and Synovial Sheaths
- 137 Transverse Section through Ankle Joint
- 137 The Retinacula and Synovial Sheaths of the Ankle
- 137 Frontal Section through Ankle
- 138 Extensor Digitorum Brevis
- 139 Flexor Digitorum Brevis
- 139 Plantar Aponeurosis
- 139 Abductor Hallucis
- 140 Abductor Digiti Minimi
- 140 Flexor Digitorum Accessorius
- 141 Flexor Hallucis Brevis and Flexor Digiti Minimi Brevis
- 141 The Lumbricals
- 142 The Dorsal Interossei
- 142 The Plantar Interossei
- 142 Adductor Hallucis
- 144 Ankle Dorsiflexion
- 144 Toe Extension
- 145 The Dorsal Digital Expansion
- 147 Dynamics of Triceps Surae
- 149 Tibialis Anterior and Posterior
- 150 Loss of Rotation of Metatarsals
- 150 Sustentaculum Tali becoming More Horizontal
- 150 Loss of the Opposition and Medial Angulation of the Big Toe
- 150 Anterior Support Occupies Entire Width of the Foot
- 151 Migration of Peroneus Longus across the Sole of the Foot
- 151 The Tripod of the Foot and its Arches
- 154 The Transverse Arches
- 155 The Distribution of Stress
- 156 The Foot as a Twisted Plate
- 156 The Change in Angulation of the Metatarsals
- 157 Muscles of the Lower Leg
- 158 Cross-Section through the Lower Leg
- 158 Muscles of the Back of the Lower Leg
- 159 Muscles of the Back of the Lower Leg
- 159 Cross-Section of the Middle of the Lower Leg
- 159 Cross-Section through the Distal Portion of the Lower Leg
- 160 Cross-Section through the Foot at the Level of the Talus
- 160 Superficial Muscles of the Sole of the Right Foot
- 160 Orientation Diagram for the Sections
- 161 Deepest Layer of the Musculature of the Foot
- 161 Middle Layer of Musculature of the Sole of the Foot
- 162 Cross-Section of the Foot through the Region of the Metatarsals
- 162 Superficial Muscles and Tendons of the Dorsum (Top) of the Foot
- 163 Muscles of the Leg in Action
- 164 Muscles of the Leg in Action
- 165 Balanced Use of the Necessary Muscles
- 165 Different Standing Habits
- 167 Shortening and Lengthening the Leg
- 167 Swinging the Leg
- 168 The Uniaxial and Biaxial Leg Muscles in the Gait
- 168 The Leg Muscles in Bending
- 170 Phases of Locomotion
- 171 Support Phase
- 171 Swing Phase
- 172 Diagram of Phases of Support and Swing in the Walk
- 172 Relation of Hip Level to Speed and Length of Gait
- 172 Relation of Hip Level to Degree of Shortening of Leg
- 173 Diagram of Phases of the Sprint
- 173 Diagram of Phases of Support and Swing in the Run

INDEX

A

- abductor digiti minimi muscle 123, 125-127, 137, 139, 140, 142, 144, 153, 154, 157, 160-162, 164
 abductor hallucis muscle 123, 125-127, 136, 137, 139-142, 144, 152-154, 160-164
 abductor ossis metatarsi digiti quinti muscle 140
 accessorius muscle 123, 125, 126, 132, 137, 140, 141, 154, 160, 161
 acetabular fossa 2, 14, 17-19
 acetabular labrum 14, 17, 18
 acetabular notch 2, 14, 17, 18
 acetabulum 2, 3, 5, 6, 10, 12, 14, 15, 17, 18, 20, 21, 38, 84
 achilles tendon 81-83, 86, 91, 105, 111, 124, 134, 135
 active insufficiency 23, 59, 80, 167-169
 adductor brevis muscle 26-29, 37, 40, 41, 49, 51, 56
 adductor hallucis brevis muscle 125
 adductor hallucis muscle 123, 125, 141, 142, 154, 160-162
 adductor hiatus 56
 adductor longus muscle 26-30, 37, 39-42, 46, 49, 51, 55, 56, 81, 85
 adductor magnus muscle 26-30, 33, 34, 37, 39-45, 49, 51, 55-57, 68, 81, 82
 adductor tubercle 13, 42, 60, 75, 134
 ala of ilium 1, 2
 anatomical conjugate 5
 Anatomy of Wholeness xi, 196
 angle of application 87
 angle of inclination 14-16
 angle of torsion 14
 ankle joint 58, 59, 63, 100, 102-105, 107, 110, 124, 125, 128, 132, 136, 137, 143, 146, 147, 151
 Ann Penistan 192
 anterior arch 1, 10, 120, 151, 154
 anterior cruciate ligament 69-72, 77, 79, 80, 94, 95
 anterior crural intermuscular septum 158, 159
 anterior gluteal line 2, 3, 26
 anterior inferior iliac spine 2, 3, 10, 19, 26, 38, 84, 88
 anterior ligament 21, 68, 98, 99, 103, 106
 anterior longitudinal ligament 7, 8
 anterior obturator tubercle 2
 anterior superior iliac spine 2, 3, 6-8, 10, 26, 27, 29, 37, 39, 55, 56, 83, 86, 90
 anterior talofibular ligament 104, 105
 anterior tibiofibular ligament 77, 99, 100, 105, 106, 162
 anteversion — see angle of torsion
 apex of sacrum 4
 arcuate line 2, 3, 7, 10, 17
 arcuate popliteal ligament 68, 75, 90, 158
 arcuate pubic ligament 7-9
 articular fossa 3
 articularis genu muscle 27, 28, 68, 73, 81, 82, 85
 articular tubercle 4
 auricular surface 2, 4, 27

B

- ball-and-socket joint 12
 biarticular muscles 16, 39, 43, 88, 166-169
 biceps femoris muscle 8, 26-30, 37, 41-44, 49, 55, 57, 75, 80-84, 86, 89, 93-95, 124, 126, 127, 157-159, 163, 164
 long head 8, 26, 57, 82, 83
 short head 57, 82, 83
 bicondyloid 64
 bifurcate ligament 105, 111, 114, 116
 bladder 3, 54
 body of ilium 1, 2
 body of ischium 1, 2
 body of pubis 1, 2

C

- caecum (or cecum) 54
 calcaneal sulcus 107, 108, 110, 111, 137

- calcaneal tendon 81, 91, 104, 105, 107, 108, 111, 124-127, 132, 134-137, 140, 143, 144, 146, 157-159
 calcaneal tuberosity 101, 104, 107, 108, 113, 138-141, 151, 153, 155, 157-161
 calcaneocuboid joint 113, 114, 160
 calcaneofibular ligament 104, 105, 107, 108, 111, 113, 116, 126
 calcaneus bone 82, 83, 86, 91, 101, 102, 104, 105, 107-120, 124, 125, 127, 130, 131, 134-140, 146-150, 152-156, 163, 164
 capsular ligament 7, 72
 carrying angle 63
 cecum (or caecum) 54
 centre of gravity 10, 12, 16, 53, 107, 136, 143, 165, 170
 cervical ligament 105, 111, 112, 114
 chimpanzee 150
 closed kinetic chain 166
 coccygeus muscle 8, 27, 28, 34, 54
 coccyx 4, 5, 8-10, 30, 33, 37, 54-56
 collateral ligament 27, 28, 43-45, 68-72, 75-81, 89, 90, 93-95, 98, 104, 122-124, 126
 common peroneal nerve 62, 95, 130
 compact bone 16, 17
 conjugate
 anatomical 5
 true 5
 coronary ligaments 68, 71
 countercurrent action 167
 counternutation 11
 cruciate ligament 62, 69-73, 75, 77-80, 94, 95
 crural interosseous membrane 98, 99
 crus penis 3
 cuboid bone 101, 104, 105, 107-121, 125, 130, 131, 133, 141, 142, 148-151, 153-155, 160
 cuboideonavicular joint 114
 cuneiform bone 101, 104, 105, 108, 109, 111, 118-121, 128, 130, 131, 133, 134, 141, 142, 148, 149, 151, 152, 163, 164
 cuneocuboid joint 118
 cuneometatarsal joint 162
 cuneonavicular joint 114, 118

D

- David Gorman (biography) 192
 deep infrapatellar bursa 68, 70
 deep transverse fascia 132, 133, 135
 deep transverse metatarsal ligament 122, 138, 139, 142
 deltoid ligament of talus 103-106, 110-113, 116, 119, 126, 133, 136
 diaphragm muscle 31, 54
 dorsal calcaneocuboid ligament 113
 dorsal cuboideonavicular ligament 114
 dorsal cuneocuboid ligament 105
 dorsal cuneonavicular ligament 104, 111, 118
 dorsal digital expansion 129, 142, 145
 dorsal intercuneiform ligament 111
 dorsal intermetatarsal ligaments 121
 dorsal interossei muscles 123, 125, 126, 141, 142, 161, 162
 dorsal metatarsal ligament 105
 dorsal sacroiliac ligament 6, 7
 dorsal superficial sacrococcygeal ligament 8
 dorsal talonavicular ligament 115
 dorsal tarsometatarsal ligament 119
 dorsiflexion 80, 91, 92, 100, 102, 105-107, 117, 121, 124, 143, 144, 146, 149, 156, 167, 169, 171
 double float 173
 double support 172-174

E

- eccentrically loaded columns 62
 electromyographic evidence 32, 87, 128, 131, 136, 143
 erector spinae muscles 27, 33
 Euler's laws 62
 eversion 111, 114, 116-118, 120, 124, 130, 131, 143, 148
 extensor digitorum brevis muscle 111, 123, 125-127, 129, 136, 138, 144, 145, 157, 160, 162-164

extensor digitorum longus muscle 28, 29, 107, 123-130, 136-138, 140, 143-145, 148, 153, 157-160, 162-164
 extensor hallucis longus muscle 107, 123-129, 136-140, 143, 144, 149, 153, 157, 159, 160, 162-164
 external iliac fossa 3
 external oblique muscle 9, 26, 28-30, 81, 163, 164

F

falciform process 7-9, 27
 Farrar, Margaret 192
 fascia cruris 128
 fascia lata 16, 29-31, 33, 34, 37, 39-42, 47, 50-52, 54-56, 95, 163, 164
 femoral artery 55
 femoral head 10, 13, 16, 54, 63, 172, 173
 femoral nerve 37
 femoral triangle 39, 40
 femoral vein 55
 femur
 adductor tubercle 13, 42, 60, 75, 134
 fovea capitis femoris 13, 18
 gluteal tuberosity 13, 16, 27, 33, 42, 84
 greater trochanter 10, 13, 14, 16-20, 27, 29, 30, 32-35, 54, 57, 81, 83, 84, 86
 head 10, 13, 16, 54, 63, 172, 173
 intercondylar fossa 13, 60, 62, 68, 69
 intercondylar line 13
 intercondylar notch 60, 64, 65, 67, 73
 intertrochanteric crest 13, 14, 16
 intertrochanteric line 13, 14, 16, 85
 lateral condyle 13, 29, 37, 43, 44, 47, 60-62, 65-68, 70, 71, 75, 77, 90, 93-99, 128, 129
 lateral epicondyle 13, 14, 27, 60
 lateral supracondylar line 13, 60, 91, 135
 lesser trochanter 10, 13, 16, 18-20, 27, 31, 34, 41, 52
 linea aspera 13, 14, 16, 27, 37, 40-43, 84, 85, 89
 medial condyle 13, 29, 30, 40, 42, 44, 60-62, 64-67, 70, 71, 73, 75, 77, 89, 90, 94, 95, 97, 99, 134, 157, 159
 medial epicondyle 13, 60
 medial supracondylar line 13, 42, 60, 85
 neck 10, 18, 20, 63
 pectineal line 2-4, 13, 40
 popliteal surface 13, 16, 60, 83, 134, 159
 quadratic tubercle 16
 spiral line 13, 16, 85
 trochanteric crest 13, 18, 34
 trochanteric fossa 13, 16, 35, 36
 fibrocartilage 6, 9, 130, 133, 160
 fibrous adhesions 6
 fibula
 head 29, 43, 61, 62, 68, 71, 83, 89, 93, 95-98, 100, 127-129, 135, 157, 163, 164
 lateral malleolus 61, 63, 96-98, 102-105, 108, 124, 127, 130, 131, 136-138, 140, 148, 157, 162, 163
 malleolar fossa 98-100, 105
 medial crest 96-99
 fibular collateral ligament 27, 28, 43, 68, 70-72, 75, 76, 78, 80, 81, 89, 90, 93-95, 98, 124, 126
 fibular nerve 55, 158
 fibular notch 60, 96-98, 100
 fifth lumbar vertebra 1, 7-10, 55
 flexor digiti minimi brevis muscle 123, 125, 126, 139-142, 160-162
 flexor digitorum accessorius muscle 125, 126, 137, 140, 141
 flexor digitorum brevis muscle 123, 125, 126, 132, 137-141, 143, 145, 154, 160-162
 flexor digitorum longus muscle 28, 107, 112, 123-127, 132, 133, 135-137, 139-141, 143, 145, 146, 152, 154, 158-164
 flexor hallucis brevis muscle 123, 125, 126, 132, 133, 139, 141-143, 160-162
 flexor hallucis longus muscle 97, 103, 104, 107, 108, 111-113, 123-127, 132, 133, 135-137, 139, 140, 143, 144, 146, 152, 154, 158-164
 flexor retinaculum 132, 133, 136, 137, 139, 158, 159, 161

fovea capitis femoris 13, 18
 frenula capsulae 18

G

gastrocnemius
 lateral head 27, 30, 82, 91, 94, 95, 124, 127, 157, 158
 medial head 27, 29, 30, 82, 91, 94, 95, 124, 127, 157, 158
 gastrocnemius bursa 69
 gemelli muscles 26, 28, 32, 34, 35, 50, 54, 57, 81, 82
 gemellus inferior muscle 26, 28, 34, 35, 54, 57
 gemellus superior muscle 26, 28, 34, 35, 54, 57
 gluteal muscles 3, 16, 36
 gluteal tuberosity 13, 16, 27, 33, 42, 84
 gluteus maximus muscle 8, 26-30, 32-35, 37, 41-47, 49-54, 57, 81, 82, 84, 88, 89, 146, 163, 164, 167-169
 gluteus medius muscle 26-30, 32-34, 37, 39, 45-48, 50, 51, 53-57, 163, 164
 gluteus minimus muscle 26-28, 32, 33, 45-47, 51, 53, 54, 57, 82
 gorilla 150
 Gorman, David (biography) 192
 gracilis muscle 26, 28-30, 37, 39-42, 44, 46, 49, 51, 55-57, 75, 76, 80-84, 86, 89, 90, 93-95, 124, 126, 127, 157, 158, 163, 164, 166
 greater pelvis 4
 greater sciatic foramen 8, 10, 34
 greater sciatic notch 2, 3, 8, 32, 35
 greater trochanter 10, 13, 14, 16-20, 27, 29, 30, 32-35, 54, 57, 81, 83, 84, 86

H

hamstring muscles 3, 11, 16, 22, 23, 26, 34, 42-46, 51, 52, 59, 80, 88, 89, 92, 166-169
 hip bone — see *innominate bone*
 hip joint 3, 7, 8, 10, 12, 14-18, 20-22, 25, 26, 31, 32, 34-36, 38, 40, 42, 43, 45-47, 49-52, 54, 89, 134, 167, 173
 movements and ranges 22-26
 hyaline cartilage 6, 9
 hyperextension 58, 74, 78, 80, 87, 89

I

ileum 54
 iliac bone 1, 4, 11
 iliac crest 1-3, 7, 8, 10, 27, 29-31, 33, 37, 47, 57
 iliac fossa 2, 3, 10, 31
 iliac tuberosity 2, 3, 7
 iliacus muscle 16, 26-28, 30-32, 35, 39, 46, 55, 81, 82, 166
 iliocostalis lumborum muscle 32
 iliofemoral ligament 7, 8, 19, 20, 23, 24, 26-28, 36, 46, 54, 56
 iliolumbar ligament 7, 8, 10, 11, 27, 28, 31
 iliopectineal bursa 28, 56
 iliopectineal eminence 2, 3, 5, 19, 31, 40
 iliopsoas muscle 12, 20, 28, 29, 31, 32, 36, 41, 52, 54-57, 82, 167, 168
 iliopubic eminence 2, 5, 19, 31
 iliotibial tract 29, 33, 34, 37, 47, 51, 53, 68, 69, 71, 76, 81, 83, 84, 86, 87, 95, 124, 126, 127
 iliotrochanteric band 19
 ilium 1-9, 20, 27, 32-34, 54, 57
 ala 1, 2
 body 1, 2
 iliac ossa 2, 3, 10, 31
 inferior extensor retinaculum 128-130, 136, 137, 140, 157
 inferior gluteal line 2, 3, 26
 inferior ischial ramus 40
 inferior peroneal retinaculum 130, 131, 136, 137, 157, 162
 inferior pubic ramus 1-3, 5, 36, 37, 40, 42, 90
 inferior pubic tubercle 9
 inferior tibiofibular joint 99, 100, 159
 inferior transverse ligament 99, 103, 104
 inflammatory adhesion 73
 infrapatellar fat pad 68, 69, 127
 infrapatellar fold 69, 70, 94

inguinal ligament 8-10, 26, 27, 31, 36, 37, 39, 54-56
 innominate bone 1-3, 12, 14, 17
 acetabular fossa 2, 14, 17-19
 acetabular notch 2, 14, 17, 18
 acetabulum 2, 3, 5, 6, 10, 12, 14, 15, 17, 18, 20, 21, 38, 84
 anterior inferior iliac spine 2, 3, 10, 19, 26, 38, 84, 88
 anterior superior iliac spine 2, 3, 6-8, 10, 26, 27, 29, 37, 39, 55, 56, 83, 86, 90
 iliac crest 1-3, 7, 8, 10, 27, 29-31, 33, 37, 47, 57
 iliac ossa 2, 3, 10, 31
 iliac tuberosity 2
 ilium 1-9, 20, 27, 32-34, 54, 57
 inferior pubic ramus 1-3, 5, 36, 37, 40, 42, 90
 ischial ramus 1, 3, 5, 8, 10, 36, 37, 40, 42, 44, 90
 ischial tuberosity 1-3, 5, 8-10, 20, 34-36, 42-44, 50, 57, 63, 81, 86, 89, 169
 ischium 1-3, 8, 20, 30, 34-36
 lunate surface 2, 14, 17, 19
 obturator foramen 2, 3, 10, 35, 36
 posterior inferior iliac spine 2, 3, 7, 26, 27
 posterior superior iliac spine 2, 3, 5, 7, 8, 26, 27
 pubis 1-3, 5-8, 11, 19, 27, 30, 31, 35-37, 40-42, 54-57, 81, 86, 89, 169
 superior pubic ramus 9, 36
 intercondylar eminence 60-62, 65, 97
 intercondylar fossa 13, 60, 62, 68, 69
 intercondylar line 13
 intercondylar notch 60, 64, 65, 67, 73
 intercondylar septum 71, 94
 intercondylar tubercle 62, 65, 67, 70, 96, 97
 intermediate sacral crest 4
 internal iliac fossa 3
 interossei muscles 122, 123, 125, 126, 129, 133, 138, 141-145, 161, 162
 interosseous border 60, 96-99, 126
 interosseous cuneometatarsal ligament 120
 interosseous intercuneiform ligament 120
 interosseous intermetatarsal ligament 121
 interosseous ligament 7, 99, 100, 111, 114, 116, 118, 119, 121
 interosseous membrane 62, 98, 99, 104, 106, 128-130, 132, 133, 158, 159
 interosseous metacarpal ligament 120
 interosseous sacroiliac ligament 7, 10, 11, 18, 27
 interosseous talocalcaneal ligament 105, 111, 112, 114, 116, 152
 interphalangeal joint 110, 122, 123, 129, 139, 142, 143, 145
 interpubic disc 7, 9, 54
 intertarsal joints 107, 108, 110, 143
 intertrochanteric crest 13, 14, 16
 intertrochanteric line 13, 14, 16, 85
 intestines 32
 intrinsic equilibrium 9
 inversion 31, 39, 51, 53, 111, 114-118, 120, 124, 143, 147, 149, 156
 ischial ramus 1, 3, 5, 8, 10, 36, 37, 40, 42, 44, 90
 ischial spine 2, 3, 5, 8-10, 20, 35, 44, 54, 55, 57
 ischial tuberosity 1-3, 5, 8-10, 20, 34-36, 42-44, 50, 57, 63, 81, 86, 89, 169
 ischiofemoral ligament 20-23, 28
 ischium 1-3, 8, 20, 30, 34-36
 body 1, 2
 inferior ramus 40
 ramus 1, 3, 5, 8, 10, 36, 37, 40, 42, 44, 90
 spine 2, 3, 5, 8-10, 20, 35, 44, 54, 55, 57
 tuberosity 1-3, 5, 8-10, 20, 34-36, 42-44, 50, 57, 63, 81, 86, 89, 169

L

lateral collateral ligament of talus 104
 lateral condyle 13, 29, 37, 43, 47, 60-62, 65-68, 70, 71, 75, 77, 93, 95-99, 128, 129
 lateral crest 7
 lateral epicondyle 13, 14, 27, 60

lateral femoral condyle 37, 44, 75, 90, 94
 lateral malleolus 61, 63, 96-98, 102-105, 108, 124, 127, 130, 131, 136-138, 140, 148, 157, 162, 163
 lateral mass 7
 lateral meniscus 29, 60, 70-73, 75, 77, 90, 93-95
 lateral patellar retinaculum 68, 70, 76, 84, 94
 lateral sacral crest 4, 7, 54
 lateral supracondylar line 13, 60, 91, 135
 lateral talocalcaneal ligament 105, 111, 112
 lateral tibial condyle 37, 65, 67, 70, 77, 84, 85, 98, 99
 lateral tubercle 67, 70, 97, 103, 105
 latissimus dorsi muscle 26, 29, 30
 LearningMethods 193
 LearningMethods Publications 194
 lesser pelvis 4, 12
 lesser sciatic foramen 8, 35
 lesser sciatic notch 2, 3, 8, 35
 lesser trochanter 10, 13, 16, 18-20, 27, 31, 34, 41, 52
 levator ani muscle 27, 28, 54
 ligament of the head of the femur — *see ligamentum teres*
 ligamentum mucosum — *see infrapatellar fold*
 ligamentum patellae 28-30, 38, 55, 56, 62, 68-76, 81-84, 86, 94, 95, 124, 126, 157, 158, 163, 164
 ligamentum teres 17-19, 24, 27
 linea aspera 13, 14, 16, 27, 37, 40-43, 84, 85, 89
 linea terminalis — *see arcuate line*
 line of gravity 10, 12, 16, 46, 53, 80, 87, 89, 96, 107, 110, 165
 locomotion 12, 36, 38, 43, 50, 58, 88, 91, 96, 143, 150, 156, 165, 169-171, 173
 long dorsal sacroiliac ligament 7
 longitudinal arch 112, 113, 119, 133, 134, 151-153
 lateral 113, 153
 medial 152
 long plantar ligament 104, 105, 108, 112, 113, 130, 140, 153, 160, 161
 lumbodorsal fascia 54
 lumbosacral joint 1
 lumbosacral ligament 8
 lumbrical muscles 145, 160-162
 lunate surface 2, 14, 17, 19

M

malleolar fossa 98-100, 105
 Margaret Farrar 192
 mechanical advantage 146, 150, 169
 medial condyle 13, 29, 30, 40, 42, 44, 60-62, 64-67, 70, 71, 73, 75, 77, 89, 95, 97, 99, 134, 159
 medial crest 96-99
 medial epicondyle 13, 60
 medial femoral condyle 66, 67, 75, 90, 94, 157
 medial intermuscular septum 37, 55, 68, 85, 141
 medial malleolus 60, 61, 96-100, 102-105, 108, 124, 127, 130, 132, 133, 136, 137, 157-159, 162-164
 medial meniscus 29, 60, 69-73, 75, 77, 95
 medial supracondylar line 13, 42, 60, 85
 medial talocalcaneal ligament 104, 111-113
 medial tibial condyle 40, 44, 65, 69, 70, 77, 85, 89, 90, 96, 158
 medial umbilical ligament 54
 median sacral crest 4, 8
 medullary cavity 17
 menisco-femoral ligament 70-72, 77
 meniscus 29, 58, 60, 61, 66, 68-73, 75, 77, 80, 90, 93-95
 lateral 29, 60, 70-73, 75, 77, 90, 93-95
 medial 29, 60, 69-73, 75, 77, 95
 metatarsal 101, 104, 105, 109, 113, 114, 119-123, 127, 128, 130-134, 136, 138-145, 148-156, 162, 163, 171
 metatarsal bones 101, 104, 105, 108, 109, 113-115, 119-123, 125, 127, 128, 130-134, 136, 138-145, 148-156, 160, 162, 163, 171
 metatarsophalangeal joint 123, 129, 138, 141-143, 145
 metatarsus 100, 118
 mortise and tenon joint 106
 multifidus muscles 32

N

navicular bone 101-105, 108-121, 125, 130, 131, 133, 140, 142, 149, 150, 152, 154, 155, 160, 163, 164
Neanderthal man 150
nutations 11

O

oblique diameter 5
oblique popliteal ligament 45, 68, 75, 80, 89, 91, 94, 135, 158
obturator canal 36, 56
obturator externus muscle 20, 26-28, 34, 36, 40, 41, 49, 50, 57, 81, 82
obturator foramen 2, 3, 10, 35, 36
obturator groove 2
obturator internus muscle 8, 26, 28, 30, 32, 34, 35, 39, 49, 50, 53, 54, 57, 81, 82
obturator membrane 7, 9, 18, 19, 35, 36, 54
obturator nerve 37
opponens digiti minimi — *see flexor digiti minimi brevis muscle*
opponens hallucis muscle 142

P

paraglenoid sulcus 2
parallel concurrent shift 169
parapatellar recess 69
passive insufficiency 167, 168
patella 29, 30, 37-39, 44, 55, 56, 60-62, 64, 68-70, 72-77, 83-87, 94, 95, 124, 126, 127, 157, 163, 164
patellar ligament 28-30, 38, 55, 56, 62, 68-76, 81-84, 86, 94, 95, 124, 126, 157, 158, 163, 164
patellar retinaculum 68, 70, 76, 84, 85, 94, 157
pectineal ligament 8
pectineal line 2-4, 13, 40
pectineus muscle 19, 26-29, 31, 39-42, 46, 49, 51, 54-56, 81, 82
pectin pubis 2, 31, 40, 56
pelvic brim — *see pelvic brim*
pelvic girdle 1, 2, 4, 10, 12, 17
pelvic inlet 4-6
pelvic outlet 5, 6, 11
pelvic ring 9, 10
Penistan, Ann 192
peroneal nerve 62, 95, 130
peroneal septum — *see anterior crural septum*
peroneal trochlea 101, 107, 108, 130, 137, 153
peroneus brevis muscle 113, 116, 120, 124-127, 130, 131, 135-138, 140-143, 146, 148, 149, 151, 153, 157-160, 162-164
peroneus longus muscle 28, 29, 101, 107-109, 113, 114, 116, 124-127, 130, 131, 134-137, 140-143, 146, 148, 149, 151-154, 157-161, 163, 164
peroneus tertius muscle 107, 124-130, 136-138, 140, 143, 144, 148, 150, 153, 157, 162-164
phalanx 100, 101, 113, 122, 123, 128, 129, 132, 133, 138-143, 145, 160, 162
physiological valgus 63
piriformis muscle 8, 26, 28, 30, 32, 34, 35, 39, 47, 50, 53-57, 81, 82
plantar aponeurosis 127, 135, 137-140, 143, 152, 160, 162
plantar calcaneocuboid ligament 116, 119
plantar calcaneonavicular ligament 102-104, 110, 112
plantar cuboideonavicular ligament 114
plantar cuneocuboid ligament 119
plantar cuneonavicular ligament 104, 113, 118, 119
plantar flexion 91, 92, 100, 102, 103, 105-107, 115, 117, 120, 121, 124, 130-132, 134, 143, 144, 146-149, 166-168, 171
plantar intercuneiform ligament 119
plantar intermetatarsal ligament 119, 121
plantar intermetatarsal ligaments 121
plantar interossei muscles 125, 126, 142, 160-162
plantar metatarsophalangeal ligament 122, 123
plantar tarsometatarsal ligament 113, 119
plantar vault 150, 151
plantaris muscle 27, 28, 30, 81-84, 91, 94, 95, 107, 124, 125, 132, 134, 135, 158, 159
plantocalcaneocuboid ligament 112

popliteal artery 55, 57, 94, 95, 158
popliteal fossa 57, 90, 94
popliteal groove 93
popliteal line 61
popliteal surface 13, 16, 60, 83, 134, 159
popliteal vein 55, 94, 95, 158
popliteus muscle 27, 28, 44, 57, 60, 61, 68, 70-73, 75, 81, 82, 84, 89-95, 97, 99, 124, 126, 158, 159, 166
posterior arch 1, 10
posterior cruciate ligament 70-73, 77, 79, 80, 94, 95
posterior crural intermuscular septum 130, 132, 158
posterior gluteal crease 33
posterior gluteal line 2, 3, 26, 33
posterior inferior iliac spine 2, 3, 7, 26, 27
posterior ligament 21, 68, 98-100, 106
posterior obturator tubercle 2
posterior process 103, 105, 115
posterior superior iliac spine 2, 3, 5, 7, 8, 26, 27
posterior talocalcaneal ligament 104, 111, 112, 114
posterior talofibular ligament 100, 104, 105
posterior tibiofibular ligament 99, 100, 104, 105
pregnancy 11
pre-patellar bursa 69, 70
promontory 4-6, 10, 11, 50, 55, 56
pronation 118-120, 134, 150, 156, 171
psoas major muscle 16, 26-28, 30-32, 35, 39, 40, 46, 55, 165
psoas minor muscle 12, 27, 28, 31, 82
pubic arch 9
pubic crest 3, 4, 27
pubic tubercle 2, 3, 7-9, 40, 54
pubis 1-3, 5-8, 11, 19, 27, 30, 31, 35-37, 40-42, 54-57, 81
body 1, 2
inferior ramus 1-3, 5, 36, 37, 40, 42, 90
pectin 2
pubofemoral ligament 19, 20, 24, 36
pyramidalis muscle 26, 54

Q

quadrate tubercle — *see quadratic tubercle*
quadratic tubercle 16
quadratus femoris muscle 16, 26, 28, 32, 34, 36, 41, 42, 49, 50, 53, 56, 57, 81, 82
quadratus lumborum muscle 8, 27, 28, 82
quadratus plantae — *see flexor digitorum accessorius muscle*
quadriceps femoris muscle 16, 23, 28, 29, 37, 38, 45, 55, 56, 61, 62, 68-70, 72-76, 80-82, 84, 85, 87-89, 92, 94, 124, 126, 146, 147, 157
quadruped 1, 15, 20, 58, 170

R

rectum 54
rectus abdominis muscle 9, 26, 27, 29, 32, 54
rectus femoris muscle 19, 20, 26-31, 37-39, 43, 44, 46, 52, 54-56, 81-88, 127, 163, 164, 166-169
re-entering angle 3
retroflexion 64
retrotorsion 64
retroversion 64
Richer's band 29, 30, 37, 83, 86
running, starting position 52

S

sacral
apex 4
base 4, 6
canal 4, 7, 9
cornu 4
foramina 4, 34
hiatus 4, 54
horn 4
promontory 4-6, 10, 11, 50, 55, 56
vertebrae 1, 4, 7, 10, 16, 32, 54

sacrococcygeal ligament 7, 8
 sacroiliac joint 1-4, 6-12, 18, 32, 34, 100
 sacroiliac ligament 6, 7, 11, 28
 sacrolumbar facet 6
 sacrospinous ligament 7-11, 18, 20, 27, 28, 30, 55-57, 81
 sacrotuberous ligament 5, 7-10, 18, 20, 26, 27, 30, 33, 34, 37, 43, 44, 54, 57, 81
 sacrum 1, 2, 4-9, 11, 12, 31-34, 37, 50, 54-56
 apex 4
 base 4, 6
 canal 4, 7, 9
 foramina 4, 34
 hiatus 4, 54
 horn 4
 lateral crest 7
 lateral mass 7
 lateral sacral crest 4, 7, 54
 promontory 4-6, 10, 11, 50, 55, 56
 superior articular process 4, 7
 vertebrae 1, 4, 7, 10, 16, 32, 54
 sartorius muscle 26-31, 37, 39-42, 44, 46, 54-57, 75, 76, 80-84, 86, 89, 90, 93-95, 124, 126, 127, 157, 158, 163, 164, 166
 sciatic nerve 37, 54
 semi-lunar area 60
 semilunar cartilage (meniscus) 70
 semimembranosus muscle 26, 28-30, 42-45, 47, 51, 55, 57, 68, 70, 72, 75, 80-84, 86, 89, 90, 92-95, 124, 126, 127, 158, 159, 163, 164, 166
 seminal vesicle 54
 semitendinosus muscle 26, 28, 30, 39, 40, 42-45, 47, 51, 55-57, 75, 76, 80-84, 86, 89, 90, 92-95, 124, 126, 127, 157, 158, 163, 164, 166
 sesamoid bone 62, 87, 101, 108, 109, 122, 132, 139, 141, 142
 shin 62, 127
 short dorsal sacroiliac ligament 7
 short plantar ligament 104, 112-114, 119, 153
 sinus of tarsus 101, 107
 sitting bones — *see ischial tuberosity*
 soleal line 60, 62, 90, 97, 132, 135
 soleus muscle 28-30, 64, 91, 94, 95, 105, 107, 124, 126, 127, 132, 134-136, 139, 144, 146, 147, 157-159, 163, 164, 166-169
 spermatic cord 41, 54
 sphincter urethrae 27
 spinous tubercle 4
 spiral line 13, 16, 85
 spongy bone 17
 spring ligament 110-112, 114, 116, 160
 subpubic arch 4, 6
 subtalar joint 110, 111, 114, 115, 147, 155
 sulcus tali 103, 111
 superficial transverse perineal muscles 27
 superior articular process 4, 7
 superior extensor retinaculum 127, 129, 130, 136, 137, 139
 superior peroneal retinaculum 130, 131, 136, 137, 157-159
 superior pubic ligament 7-9
 superior pubic ramus 2, 9, 36, 54
 superior tibiofibular joint 98
 supination 118-120, 143, 147, 156, 171
 support phase 170-173
 supracondylar line
 lateral 13, 60, 91, 135
 medial 13, 42, 60, 85
 supracondylar ridges — *see supracondylar lines*
 suprapatellar bursa 55, 68-70, 73, 77, 85
 sustentaculum tali 101, 102, 104, 107, 108, 110-112, 119, 124, 132, 133, 150, 152, 155
 swing phase 170-173
 symphyseal surface 2
 symphysis 3, 5-11, 18, 27, 30, 36, 41, 81
 symphysis pubis 3, 5-9, 11, 18, 27, 30, 81
 syndesmosis 9, 100, 106, 114

synostosis 6

T

talar sulcus 103
 talocalcaneal joint 110
 talocalcaneal ligament 104, 105, 111-114, 116, 138, 152
 talocalcaneonavicular joint 110, 112, 113, 116, 160
 talonavicular ligament 105, 112, 115, 160
 talus 61, 63, 97-120, 124, 125, 132, 137, 138, 140, 141, 147, 149, 150, 152, 153, 155, 156, 160, 163, 164, 171
 head 101, 104, 105, 108, 111, 114, 115, 117, 125, 140, 152, 160
 trochlea 97, 101, 103-105, 111, 112
 tarsal ligament 113, 114
 tarsal sinus 107
 tarsal sulcus 107
 tarsometatarsal ligament 105, 113, 119
 tarsus 100, 101, 118, 154
 tensor fasciae latae muscle 26, 28-30, 37-39, 46-48, 51-57, 76, 81-84, 86, 87, 93, 163, 164, 166
 thigh bone — *see femur*
 thoracic cage 9
 thoracolumbar fascia 7, 29
 tibia 16, 29, 30, 34, 37-39, 43, 44, 59-75, 77-79, 83, 86, 87, 89, 90, 93-106, 124, 127-129, 132, 133, 135-137, 143, 147, 149, 152, 153, 157-159, 163, 164, 171
 anterior tuberosity 29
 intercondylar eminence 60-62, 65, 97
 intercondylar tubercle 70
 lateral condyle 37, 65, 67, 70, 77, 84, 85, 98, 99
 lateral malleolus 61, 63, 96-98, 102-105, 108, 124, 127, 130, 131, 136-138, 140, 148, 157, 162, 163
 medial condyle 40, 44, 65, 69, 70, 77, 85, 89, 90, 96, 158
 medial malleolus 60, 61, 96-100, 102-105, 108, 124, 127, 130, 132, 133, 136, 137, 157-159, 162-164
 shin 62, 127
 soleal line 60, 62, 90, 97, 132, 135
 tibial artery 99, 158
 tibial collateral ligament 27, 44, 68-72, 75, 76, 78-81, 89, 94, 95, 124, 126
 tibial intercondylar eminence 65
 tibialis anterior muscle 28-30, 104, 107, 109, 113, 116, 120, 124-129, 136, 137, 139, 140, 143, 144, 149, 150, 153, 156-160, 162-164
 tibialis posterior muscle 28, 60, 61, 96, 97, 104, 107, 109, 112-116, 118, 124-127, 132-137, 139, 141, 143, 146, 149, 152, 154, 158-160, 163, 164
 tibial nerve 55, 94, 95, 158, 159
 tibial slip 105
 tibial tuberosity 68, 74, 75, 77, 96-98, 157
 tibiofibular joint 98-100, 106, 159
 tibiofibular ligament 98-100, 106, 159
 tibiotalar fibres, deltoid ligament 104, 113
 tie-beam 1, 10
 trabeculae 17
 transverse abdominis muscle 27, 28, 32, 81, 82
 transverse acetabular ligament 14, 17, 26
 transverse arch 109, 118, 150, 151, 154, 155
 anterior 109, 118, 150, 151, 154, 155
 transverse diameter 5, 106
 transverse sacral tubercle 8
 transverse tarsal joint 113, 115, 116, 120, 155
 transverse tubercle 4
 trochanteric bursa 28
 trochanteric crest 13, 18, 34
 trochanteric fossa 13, 16, 35, 36
 trochlear groove 103
 true conjugate 5
 tuberosity
 calcaneal 101, 104, 107, 108, 113, 138-141, 151, 153, 155, 157-161
 ilium 2

U

uniarticular muscles 92, 166, 168
ureter 54
urinary bladder 54

V

valgus, physiological 63
vasti muscles 16, 69, 84
vastus intermedius muscle 27-30, 37, 41, 55, 56, 73, 81, 82,
84-87, 127, 163, 164
vastus lateralis muscle 16, 27-30, 33, 37, 38, 41, 43, 55-57, 68,
74, 81-87, 94, 95, 127, 163, 164
vastus medialis muscle 27-30, 37-39, 41, 44, 55, 56, 74, 81-87,
94, 95, 127, 163, 164
ventral curve 3
ventral sacroiliac ligament 7, 8, 27, 31

W

walking cycle 171

Z

zona orbicularis 18, 20, 21