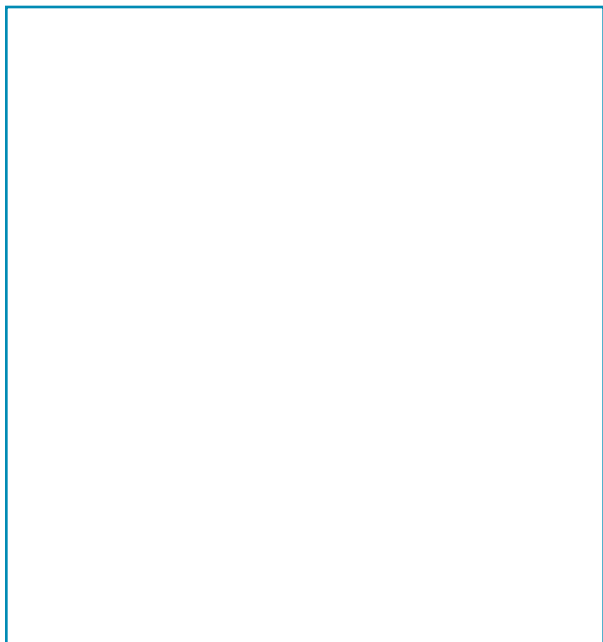


Muscle Graphic Organizer

Muscle Name: _____

1. Name and Locate the Muscle on the body

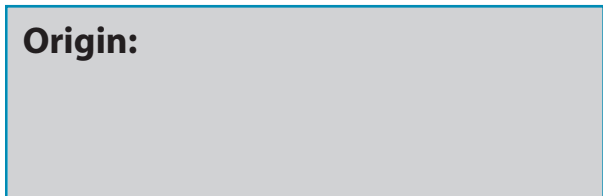
- ◆ Draw the muscle in the space provided.
- ◆ Palpate the muscle on yourself.
- ◆ Palpate the muscle on a client.
- ◆ Outline the muscle on a client using grease pencils.
- ◆ Verbally describe the general location of the muscle.
- ◆ Verbally describe the fiber direction of the muscle.
- ◆ Use arrows to show the fiber direction of the muscle on your drawing.



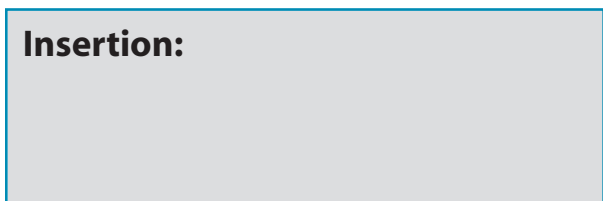
2. Identify the Muscle's Origin, Insertion, and Actions

- ◆ Palpate the muscle's origin and insertion on a client.
- ◆ Identify the attachment sites of this muscle on a skeleton.
- ◆ Write down the complete origin, insertion, and action.
- ◆ Recite, out loud, the complete origin and insertion.
- ◆ Memorize and recite from memory the origin, insertion, and actions of this muscle.

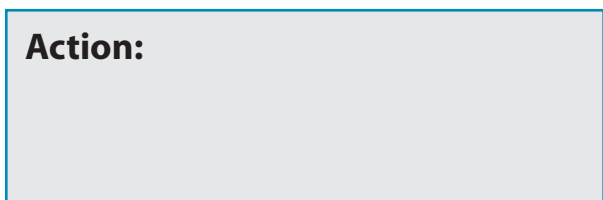
Origin:



Insertion:



Action:



Muscle Name: _____

3. Demonstrate Knowledge of Actions

- ◆ List the muscle's actions.

- ◆ Perform the actions of this muscle using your own body.

- ◆ Use passive range of motion to move a client in the actions of this muscle.

- ◆ Write out the language you will use to verbally direct a client to move in the actions of this muscle.

- ◆ Verbally direct a client to move in the actions of this muscle.

Action:

Verbal Directions:

4. Synergists, Antagonists, Palpation Notes

Fill in the synergistic and antagonistic muscles for each action of this muscle. List palpation notes on how to access this muscle.

Action	Synergists	Antagonists	Palpation Notes

