Review for Quiz 2

The material is a bit different from quiz 1. Adjust your studying accordingly.

**Bipedalism**
- Pronation/supination
- Components of gait
- Factors that influence gait

**Developmental movement**

The four basic actions—yield, push, reach, pull—and the four developmental movement patterns that we studied—spinal, homologous, homolateral and contralateral

**Upper Limb Anatomy and Movement**
- Synergists/Antagonists
- Closed and open chain movements
- Skeletal anatomy of the pectoral girdle and upper limb
  - Spines, fossa, tubercles, processes, etc. that we have gone over and palpated
  - ****note: the only specific carpals you are responsible for are the trapezium, scaphoid, and capitate

**Shoulder** and upper arm muscle names, locations, and their role in movements
- abduction, adduction, protraction, retraction, flexion, extension, rotation (lateral and medial)
- ***note: knowledge of the origins and insertions will help you with this

General knowledge of the muscles of the forearm (flexors and extensors) and the relative number of muscles but you are not responsible for each one

All of the joints of the pectoral girdle and upper limb

Carpal Tunnel – what is it composed of and why is it susceptible to injury?

Shoulder impingement – what is it?

Rotator cuff – which muscles are involved? what do they do?