TCCD MASSAGE THERAPY PROGRAM
KINESIOLOGY RESEARCH TEST
STUDENT NAME:_____

LIST OF MUSCLE TO BE CONSIDERED.

MUSCLES OF THE LEG AND KNEE AND HIP:

QUADRICEPS GROUP:

1. Rectus femoris
2. Vastus lateralis
3. Vastus medialis
4. Vastus intermedius or intermedialis

HAMSTRING:

1. Biceps femoris
2. Semitendinosis
3. Semimembranosus

GLUTES:

1. Maximus
2. Medius
3. Minimus

Piriformis

Sartorius

ADDUCTOR GROUP

1. Gracilis
2. Pectineus
3. Adductor magnus
4. Adductor longus
5. Adductor brevis

Tensor fascia lata
IT Band or the Fascia Lata (lateral fascia)

THE DEEP HIP ROTATORS, AKA THE DEEP SIX

1. Piriformis
2. Quadratus femoris
3. Inferior gemellus
4. Superior gemellus
5. Obturator internus
6. Obturator externus

The Iliacus
The Psoas
Major
Minor

MUSCLES BY ACTION:

THE THIGH AND HIP JOINT

A. FLEXION

a. psoas major
b. iliacus
c. Sartorius
d. Tensor fascia lata
e. Rectus femoris
f. Pectineus
g. Adductor longus
h. Gracilis
i. Adductor brevis

   j. **Gluteus medius – anterior fibers**
   k. **Gluteus minimus – anterior fibers**

B. ABDUCTORS

   a. **Gluteus medius – entire muscles**
   b. **Gluteus minimus – entire muscles**
   c. **Tensor fascia lata**
   d. **Sartorius**
   e. **Gluteus maximus – upper 1/3**
   f. **Piriformis**
   g. **Superior gemellus**
   h. **Obturator internus**
   i. **Inferior gemellus**

C. LATERAL ROTATION

   a. **Glutes: maximus, medius and minimus – the posterior fibers**
   b. **Piriformis**
   c. **Superior gemellus**
   d. **Inferior gemellus**
   e. **Obturator internus**
   f. **Obturator externus**
   g. **Quadratus femoris**
   h. **Sartorius**
   i. **Psoas major**
   j. **Iliacus**
   k. **Biceps femoris – long head**
   l. **Popliteus – at the knee joint**

D. EXTENSION

   a. **Gluteus maximus**
   b. **Hamstrings**
      i. **Biceps femoris – long head**
      ii. **Semitendinosis**
      iii. **Semimembranosus**
   c. **Adductor magnus**
   d. **Gluteus medius – posterior fibers**
   e. **Gluteus minimus – posterior fibers**

E. ADDUCTION

   a. **Pectineus**
   b. **Adductor longus**
   c. **Gracilis**
   d. **Adductor brevis**
   e. **Adductor magnus**
   f. **Gluteus maximus – lower 2/3rds**
   g. **Biceps femoris – long head**
   h. **Quadratus femoris**

F. **MEDIAL ROTATION**
    a. **Gluteus medius – anterior fibers**
    b. **Gluteus minimus – anterior fibers**
    c. **TFL**
    d. **Semitendinosis**
    e. **Semimembranosus**
    f. **Piriformis**

LEG

A. **KNEE JOINT**
    a. **FLEXION**
        i. **Hamstrings – all**
        ii. **Sartorius**
        iii. **Gracilis**
        iv. **Gastrox**
        v. **Plantaris**
        vi. **Popleteus**
    b. **EXTENSION**
        i. **Quadriceps – all**
        ii. **TFL**
        iii. **Gluteus Maximus**
    c. **LATERAL ROTATION**
        i. **Biceps femoris – entire**
    d. **MEDIAL ROTATION**
        i. **Semimembranosus**
        ii. **Semitendinosis**
        iii. **Popliteus**
        iv. **Sartorius**
        v. **Gracilis**

EXAM:

A. **Task One: Sort your muscles into working groups by action. YES!! Some muscles will appear/show up in more than one group. (Some muscles are quite talented and door several things either as prime mover, synergist or stabilizer.)**
B. **Task Two: LIST: for each muscle**
    a. **Muscle type: pennate, fusiform etc.**
    b. **Fiber direction: oblique, perpendicular, etc.**
    c. **What joint does each muscle cross**
    d. **Points of attachment**
        i. **Origin (proximal) attachment**
        ii. **Insertion (distal) attachment**
    e. **How do these factors produce movement done by each muscle?**

C. **From the text book chapter, from the PowerPoint and/or PDF file and the notes I am sending from another text on Gait, answer the following:**
    a. **What are the basic compensator principles used by the body for postural distortions?**
    b. **What are the common postural distortion patterns used by the human body?**
        i. **List the factors (symptom and signs) of the distortion patter of each of the 7 common postural distortions.**
    c. **What are the issues high heel shoes cause in the human foot, knee, ankle, hips, sacroiliac joint and lumbar spine? How are these stressors bad for the low back muscles and the joints of the lower extremities? What are the long term consequences of wearing such torture chambers?**
    d. **Using info from notes/pdf/textbook, what are the activities of muscles during the gait cycle? How does poor gait affect the body? (See the PDF file I sent along with the others which talks about pathology and gait.)**