

Lab exercises 9.1

1. Using the full-scale arm model, locate and identify all four muscles of the rotator cuff, as well as the deltoid muscle and the teres major muscle.
2. The following are muscles of **arm rotation and adduction**. For each, give its origin(s) and insertion(s) and whether or not it is part of the rotator cuff.

Muscle	Origin(s)	Insertion(s)	Part of rotator cuff?
Subscapularis			
Supraspinatus			
Infraspinatus			
Teres minor			
Teres major			
Deltoid			

Lab exercises 9.4

1. Using the full-scale leg model, locate and identify the muscles of the thigh listed in the table below.
2. Write down the muscles of the thigh in the table below and, for each, give the location of that muscle and what effect contracting that muscle has.

Muscle	Location & description	Action
Rectus femoris		
Vastus intermedius		
Vastus medialis		
Vastus lateralis		
Sartorius		
Gracilis		
Semimembranosus		
Semitendinosus		
Biceps femoris		

Lab exercises 9.5

1. Using the full-scale leg model, locate and identify the muscles of the lower leg listed in the table below.
2. Write down the muscles of the thigh in the table below and, for each, give the location of that muscle and what effect contracting that muscle has.

Muscle	Location & description	Action
Gastrocnemius		
Soleus		
Tibialis anterior		
Fibularis longus		