



# MUSCLES AND MOVEMENTS

## BODY MOVEMENTS

To view the different body movements:

- from the main menu
- select “Actions” from the menu on the right
- Note: You will only be able to observe movements of the skeleton

<b>Part 1</b>		
<b>Outside Partner:</b> Have the partner in VR observe and verbally describe the skeletal movement of each section.		
Partner 1	Partner 2	<b>Movement to Observe</b>
		Flexion and extension of the knee joint
		Flexion and extension of the elbow joint
		Extension of the Atlanto-Occipital joint
		Extension of the shoulder (hyperextension)
		Rotation of the Atlanto-Occipital joint
		External rotation of the tibia
		Abduction of the shoulder joint
		Adduction of the shoulder joint
		Circumduction of the shoulder joint
		Internal rotation of the shoulder joint
		External rotation of the shoulder joint
Notes:		

# MUSCLES

To view the muscles:

- from the main menu select “muscles” from the top menu
- from the controller menu, you can choose to remove muscles to see which bones each muscle is attached to.

## Part 2

**Outside Partner:** Choose the “Head and Neck” category. Have your partner point to and identify the following muscles, describe their location and what they are connected to.

Partner 1	Partner 2	Muscles to Locate and Identify
		Occipitofrontalis
		Orbicularis oculi
		Zygomaticus (major and minor)
		Orbicularis oris
		Platysma
		Sternocleidomastoid
		Masseter (superficial and deep)
		Temporalis
		Buccinator

Go back to the “Muscles” menu. Choose “Abdominal Muscles”

		Rectus abdominis
		External oblique
		Internal oblique
		Transverse adbominis

Go back to the “Muscles” menu. Choose “Muscular System”

		Deltoid
		Pectoralis major
		Pectoralis minor
		Serratus anterior

**Notes:**

**Part 2 (cont.)****Go back to the “Muscles” menu. Choose “Back Muscles”**

		Trapezius
		Levator scapulae
		Rhomboids (major and minor)
		Latissimus dorsi
		Teres major
		Teres minor
		Supraspinatus
		Infraspinatus

**Go back to the “Muscles” menu. Choose “Upper Limb”**

		Biceps brachii
		Brachialis
		Brachioradialis
		Triceps (lateral and long head)
		Flexor carpi radialis
		Palmaris longus
		Flexor carpi ulnaris
		Extensor digitorum
		Extensor carpi ulnaris

**Go back to the “Muscles” menu. Choose “Lower Limb”**

		Sartorius
		Adductor longus
		Gracilis
		Rectus femoris
		Vastus lateralis
		Vastus medialis
		Gluteus maximus
		Gluteus medius
		Biceps femoris
		Semitendinosus
		Semimembranosus

**Part 2**(cont.)

Go back to the “Muscles” menu. Choose “Leg Muscles”

		Tibialis anterior
		Extensor digitorum longus
		Gastrocnemius
		Soleus