

ANATOMY TRAINS®



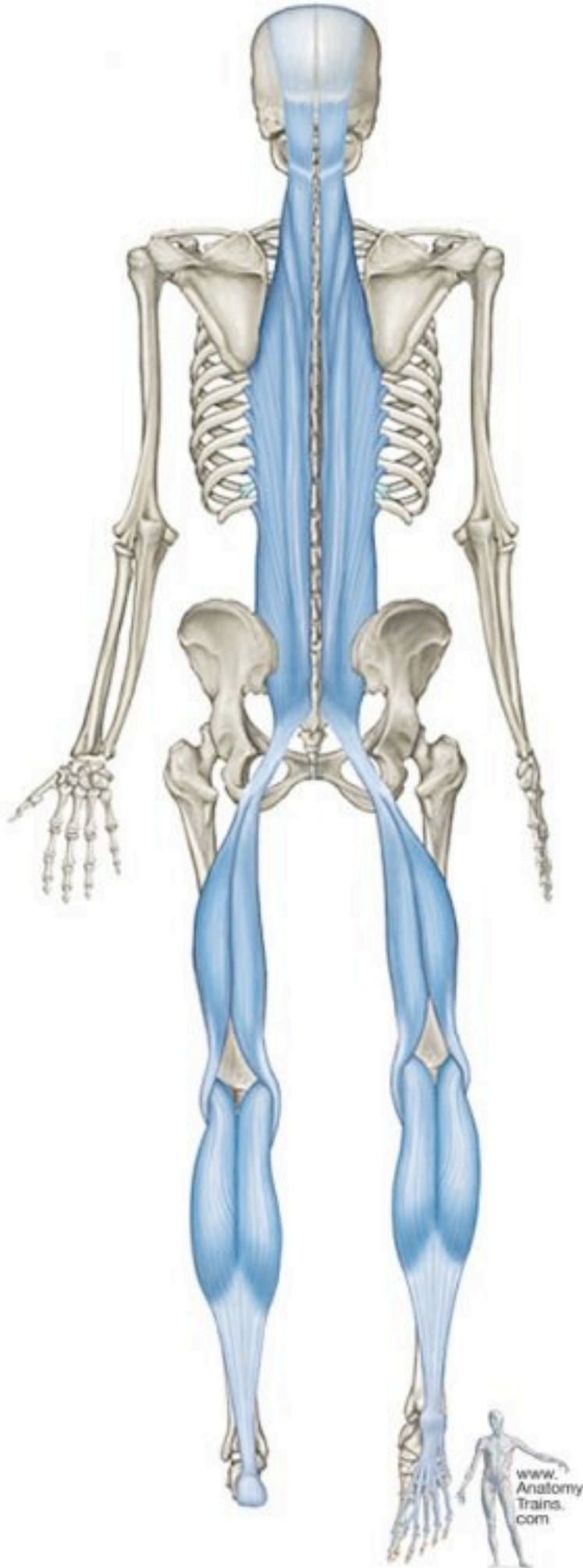
Across the midline

The Spiral, Functional, and Arm Lines

Session 4 of 5,

Dec 4, 2012

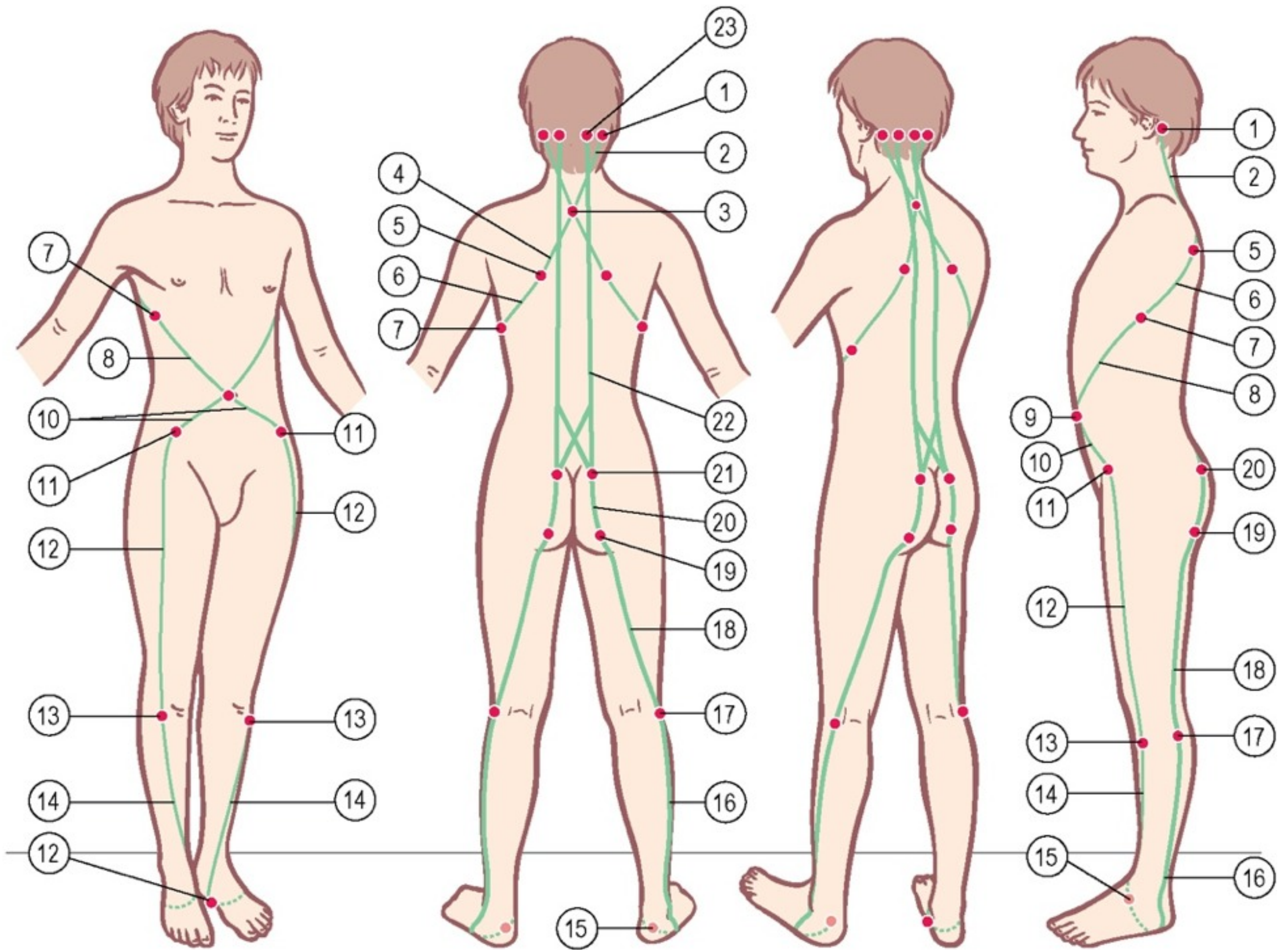
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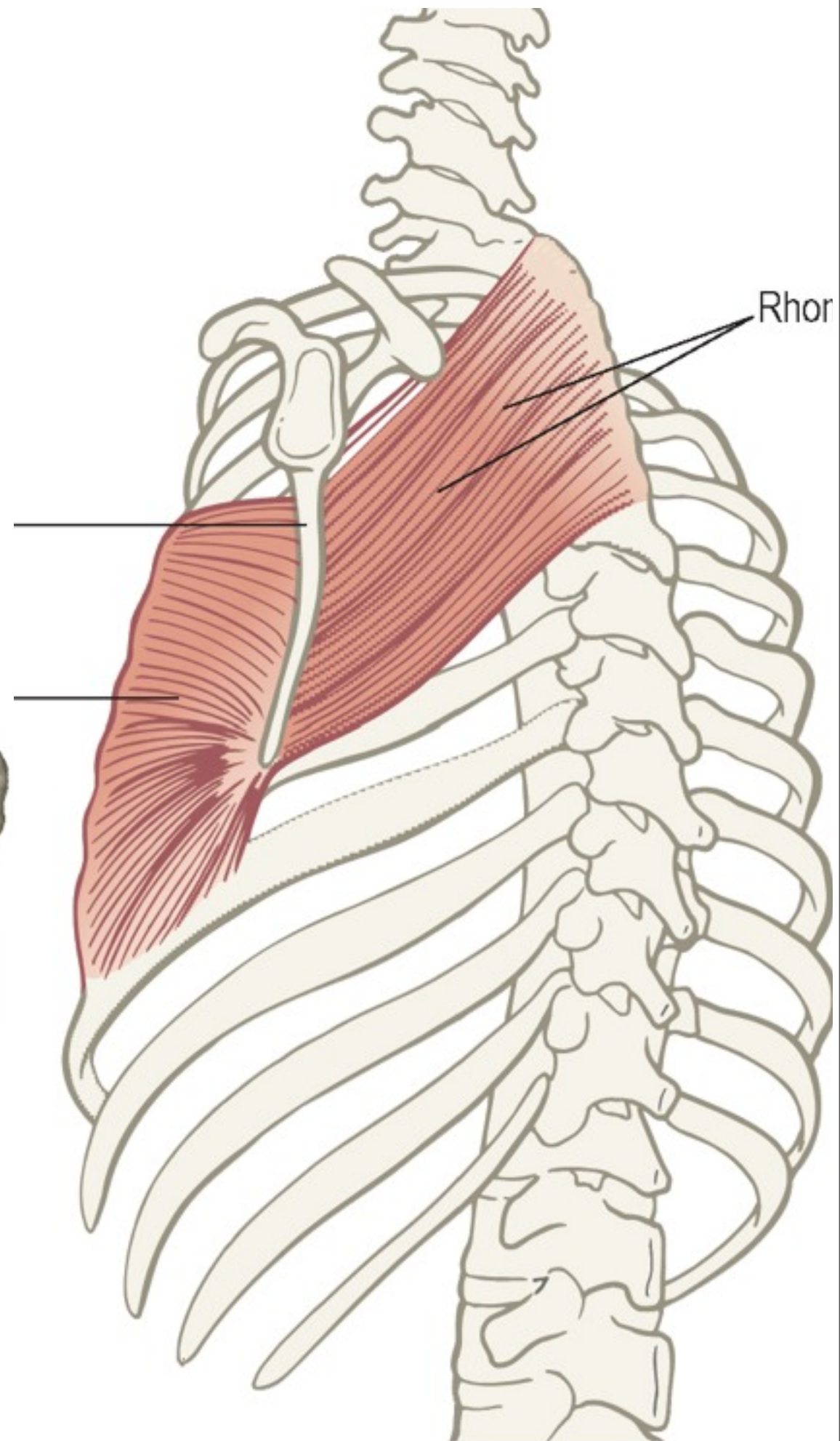
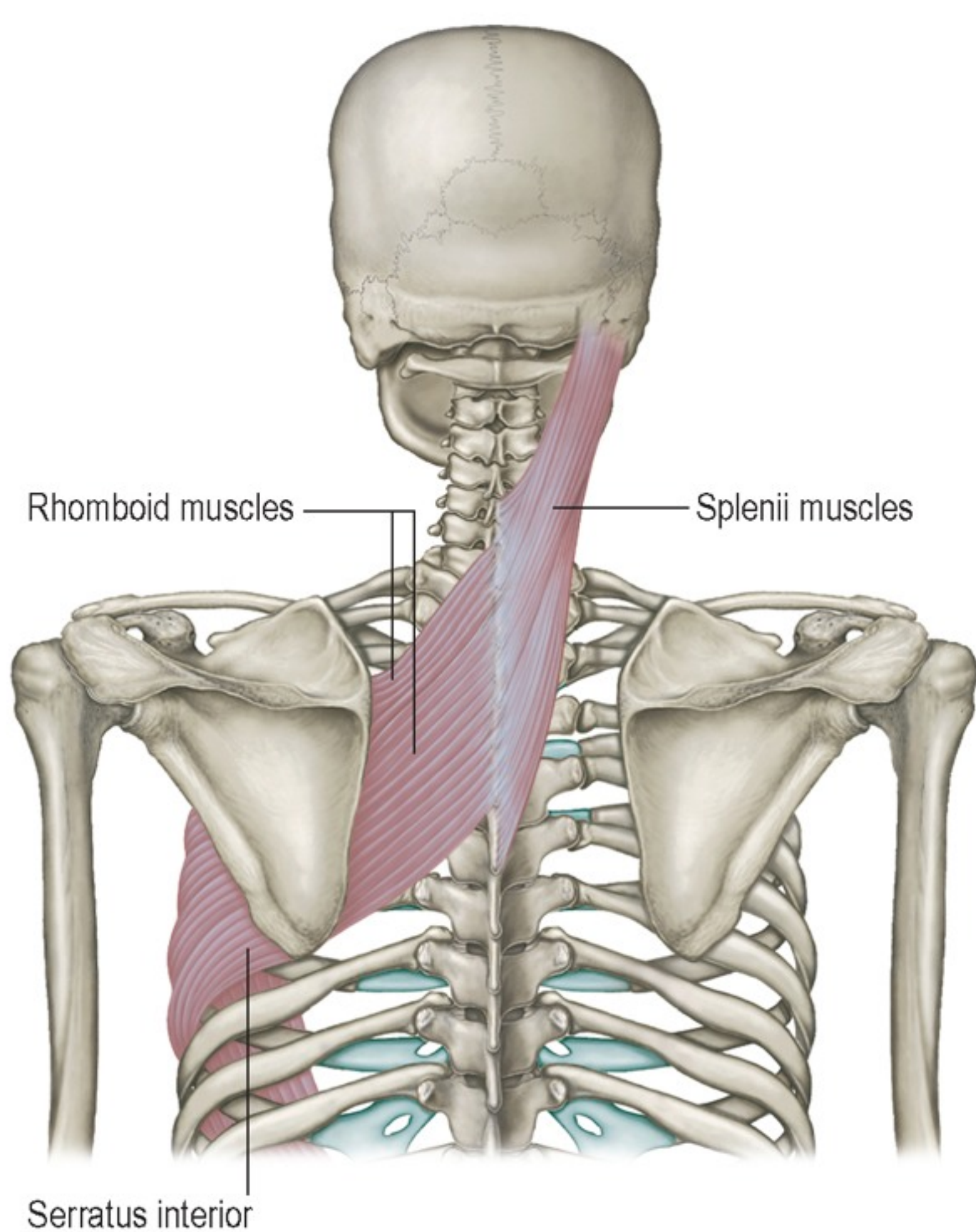


The line
operates as
a whole -
but we tend
to deal with
the upper
and lower
Spiral Line
separately



So let's go into
the specific
anatomy of the
line's tracks
and stations -
starting with
the upper
Spiral Line

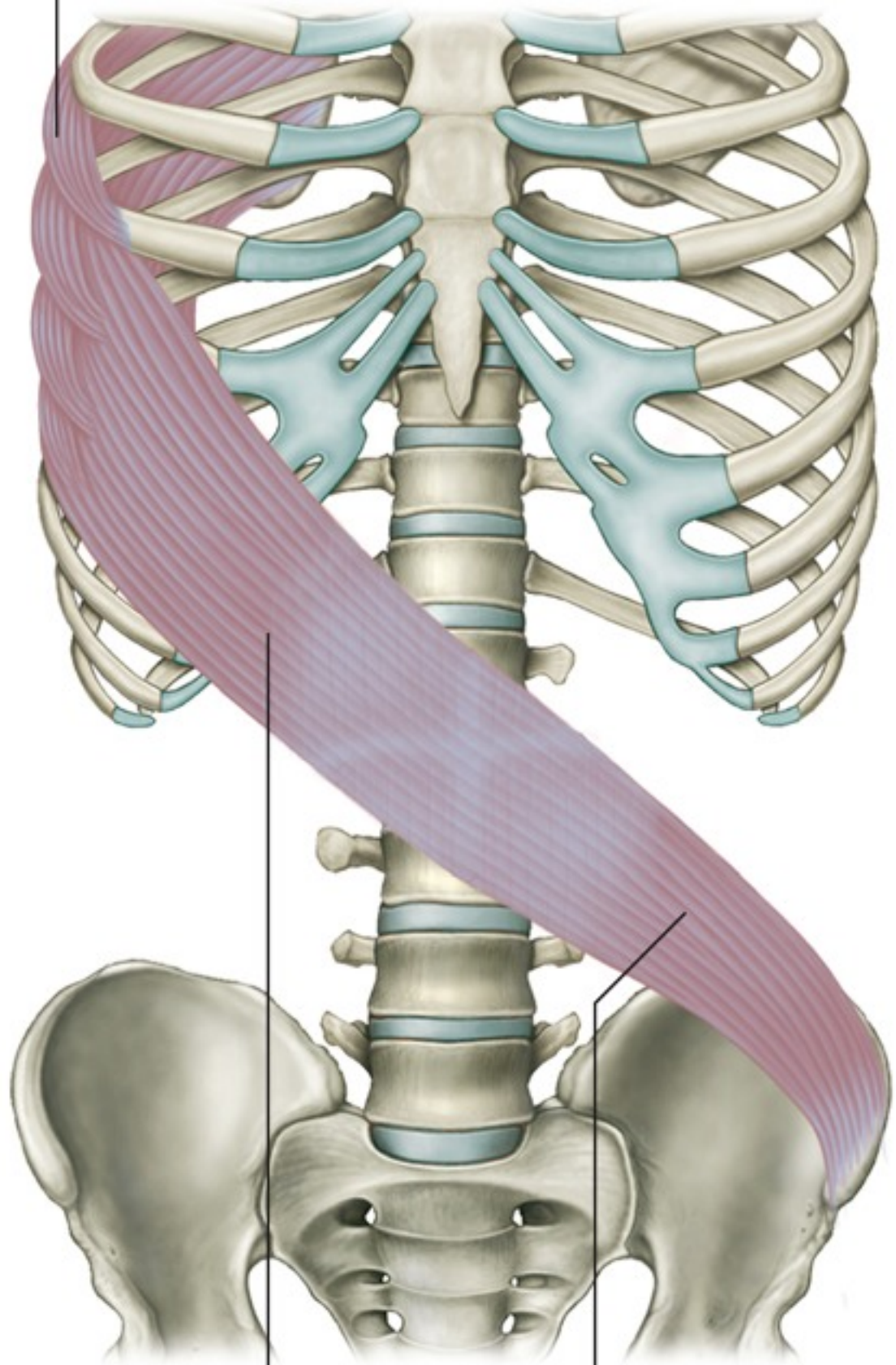




The Spiral Line
deals mostly in
rotation

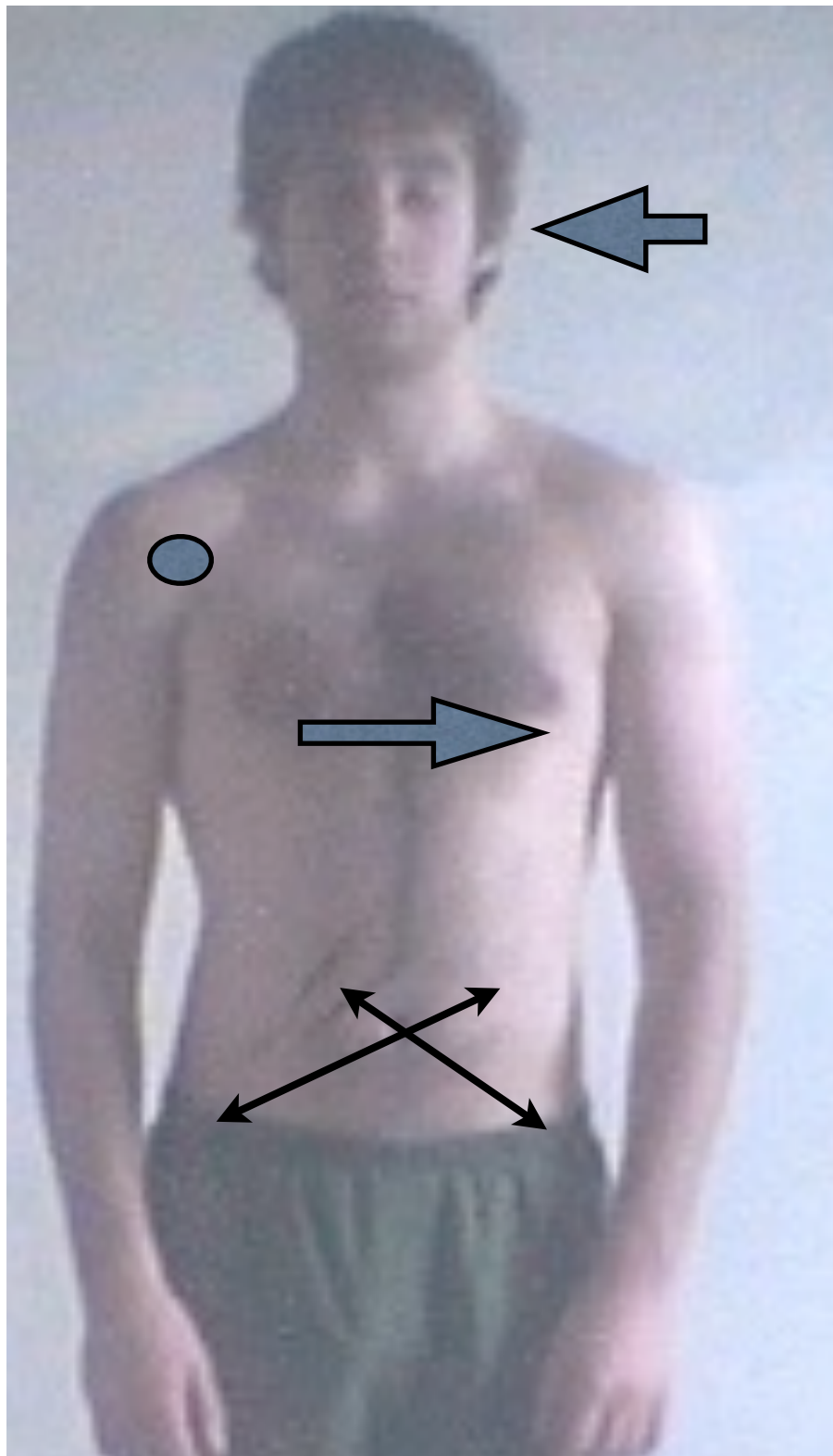
Serratus anterior

Portions of the external and internal oblique

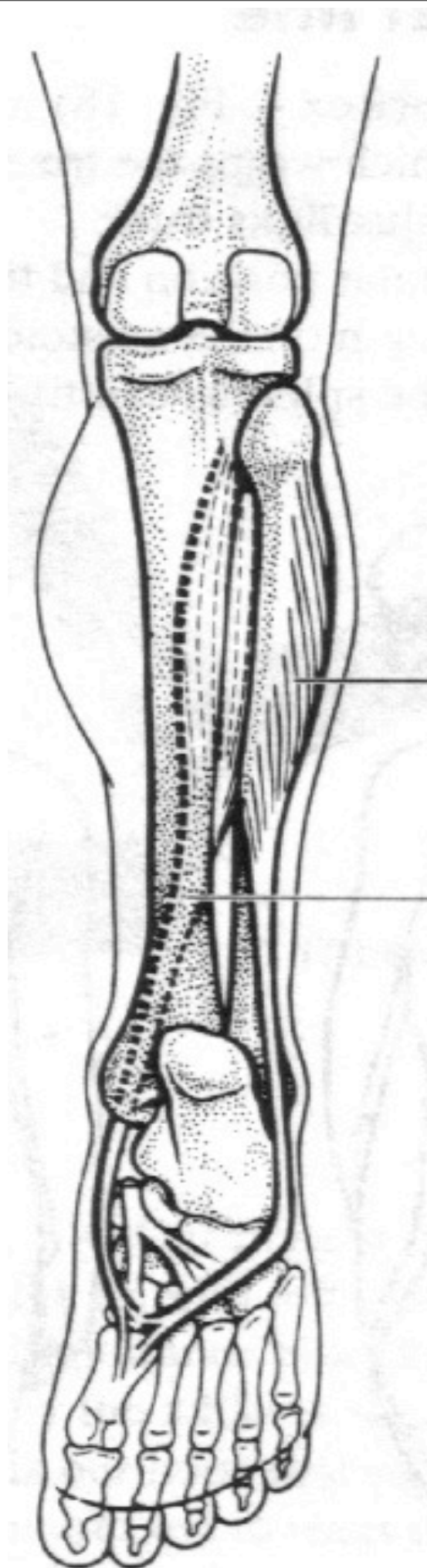


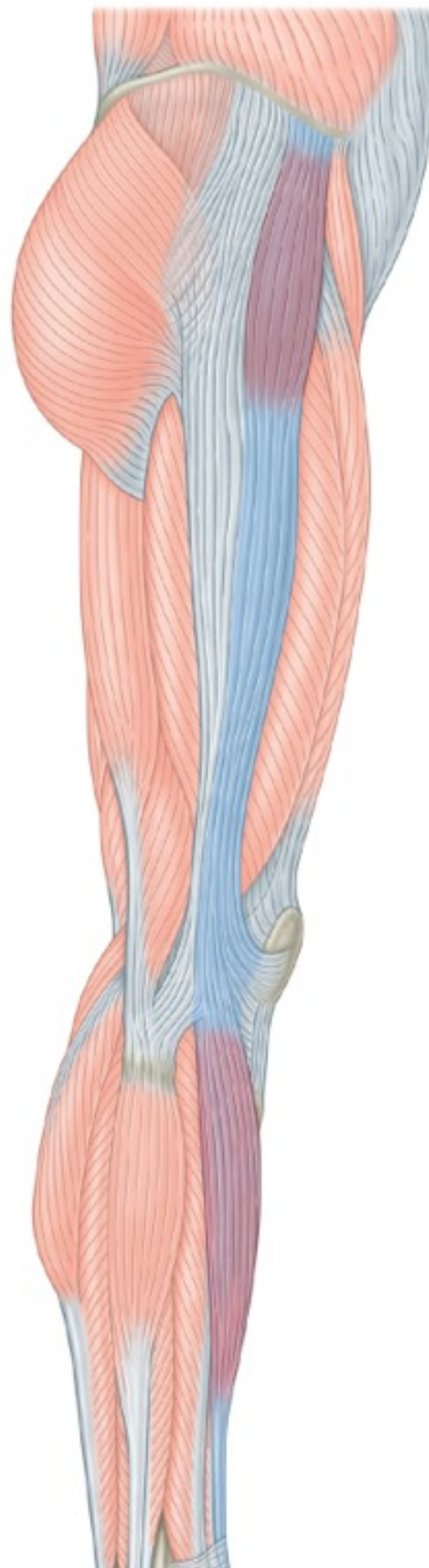
UPPER SPIRAL LINE

RED FLAGS



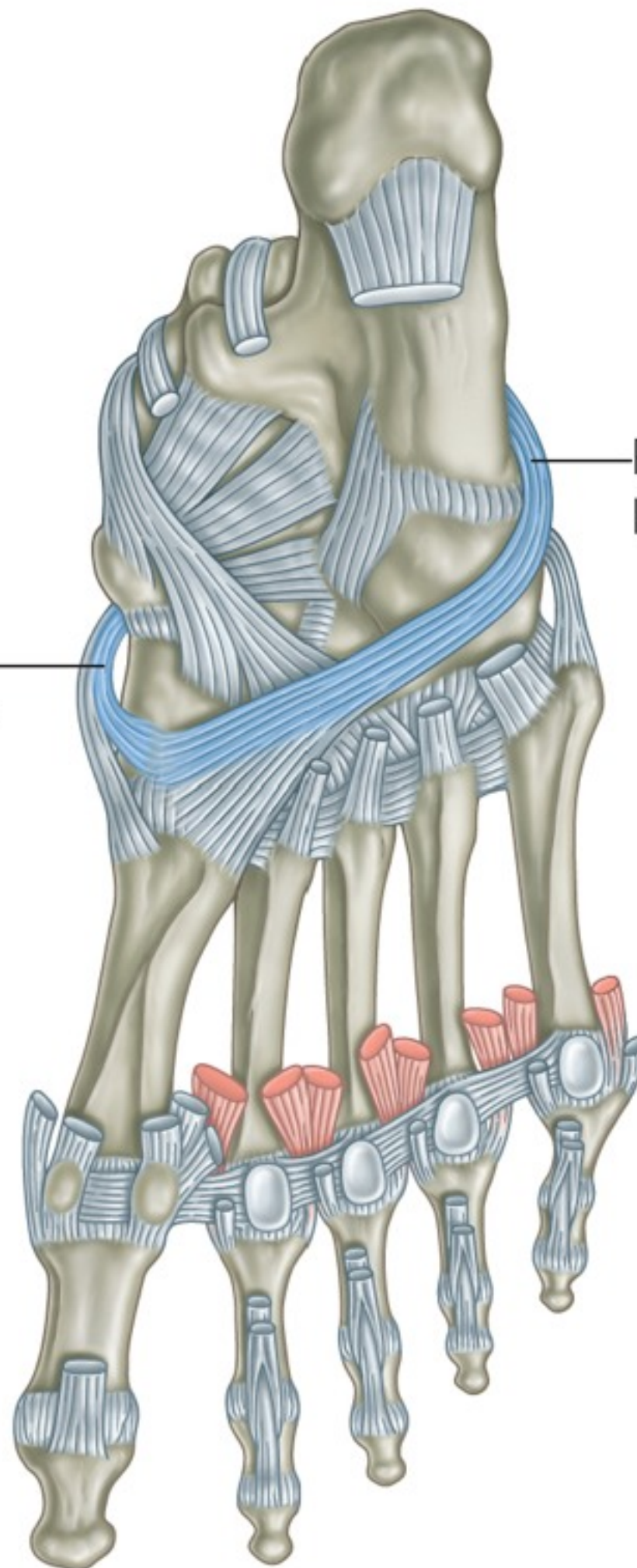
- Head shift or rotation
- One shoulder more forward
- Rib cage shifts and rotations
- Imbalance in rib to hip X

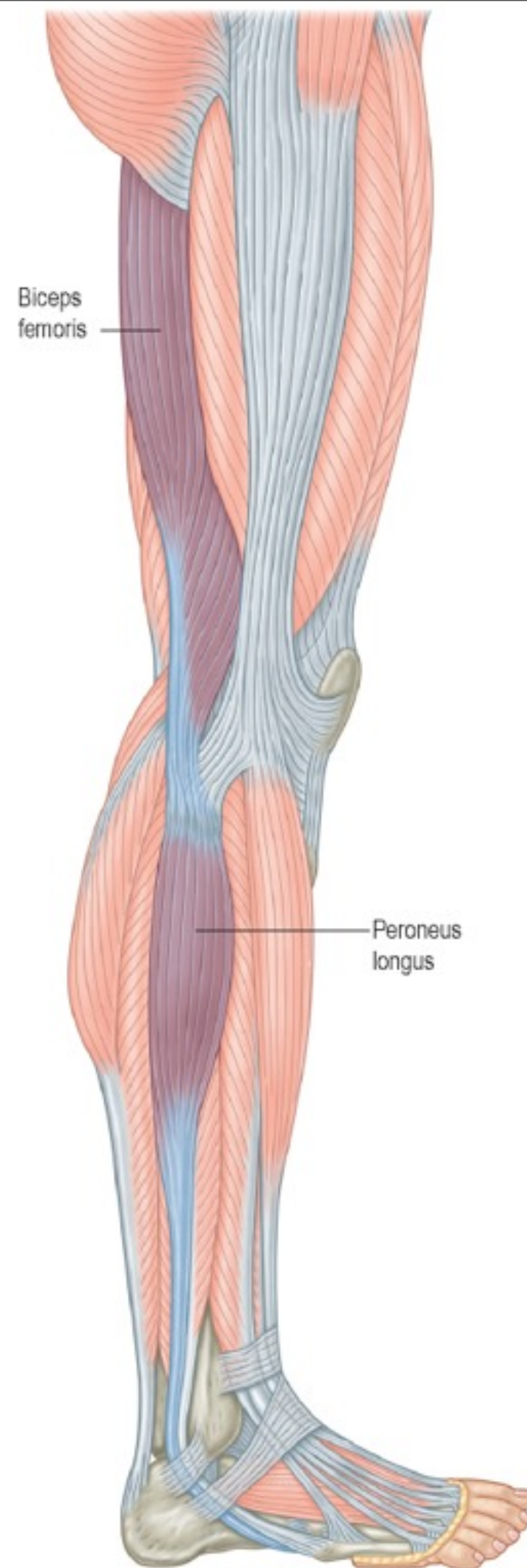




Tibialis
anterior

Peroneus
longus





Posterior Spiral Line

4th hamstring

Sacrotuberous
ligament

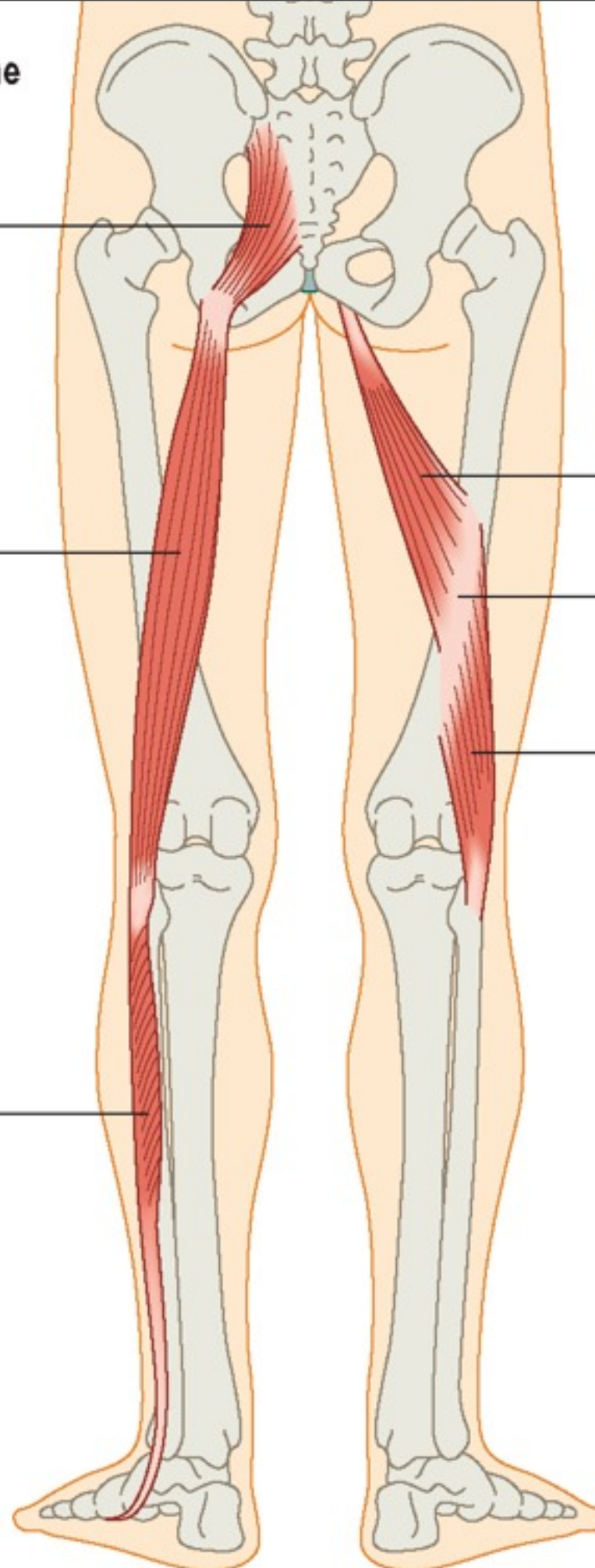
Biceps femoris
(long head)

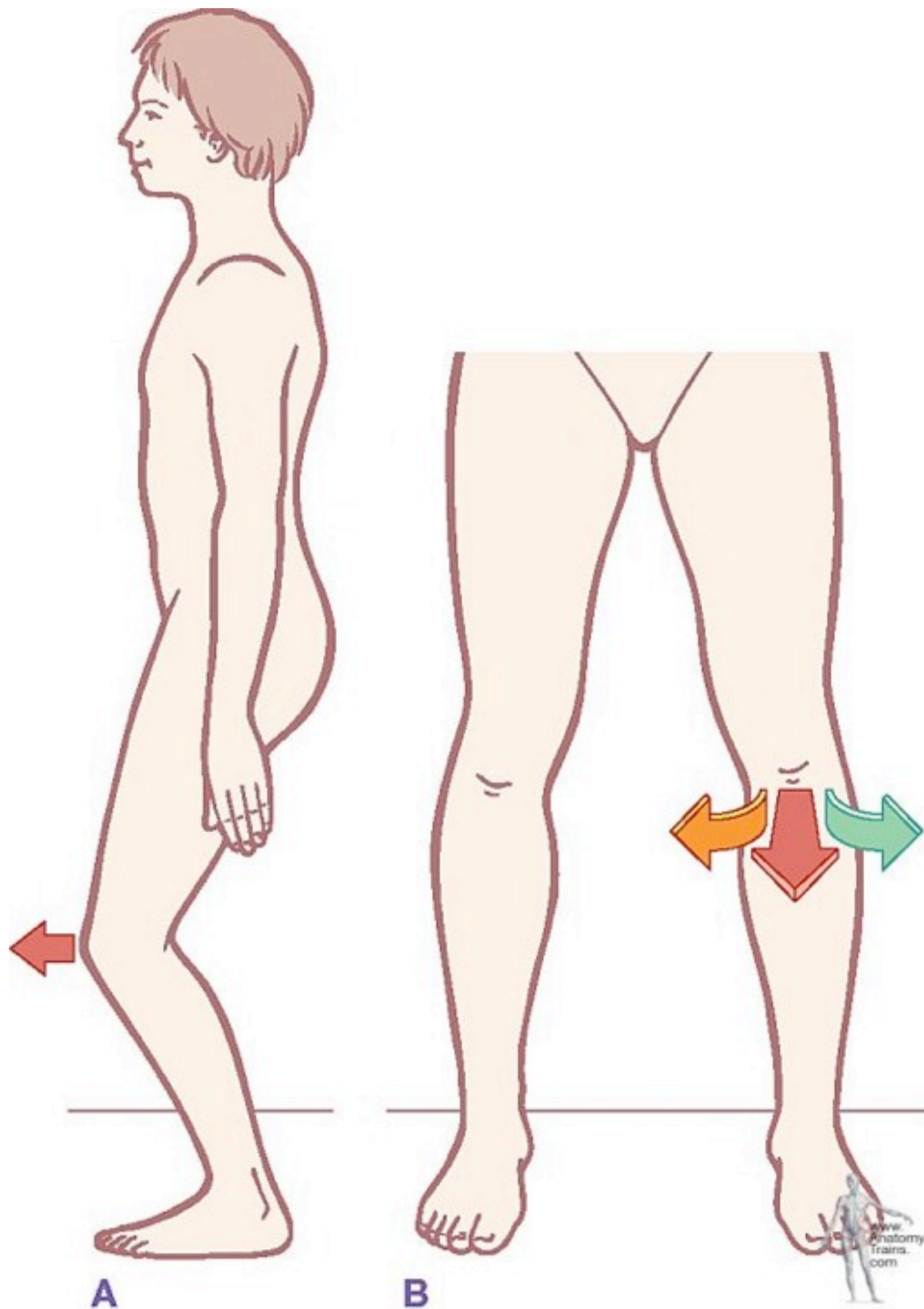
Peroneus longus

Middle part of
adductor magnus

Linea aspera

Biceps femoris
(short head)

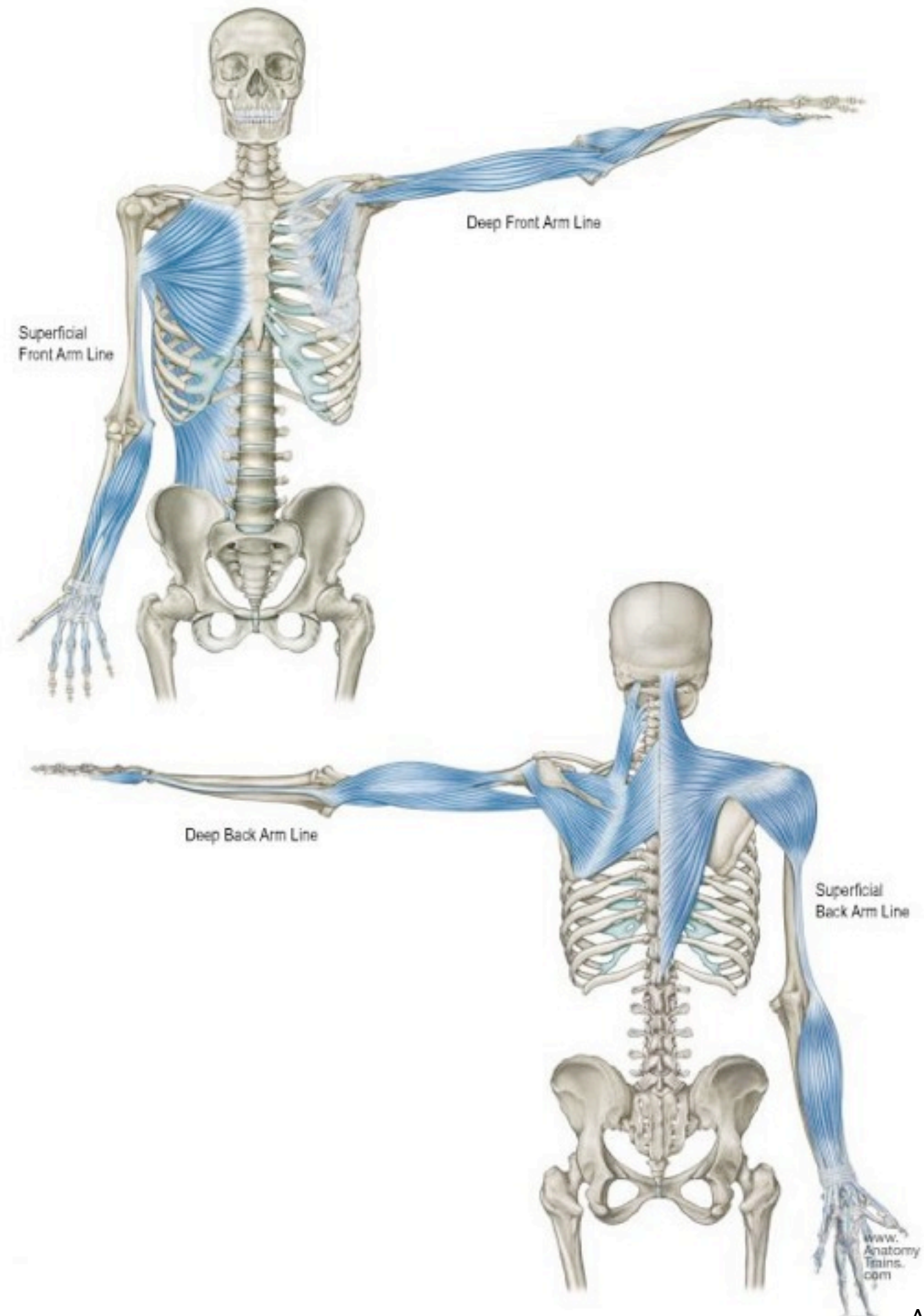




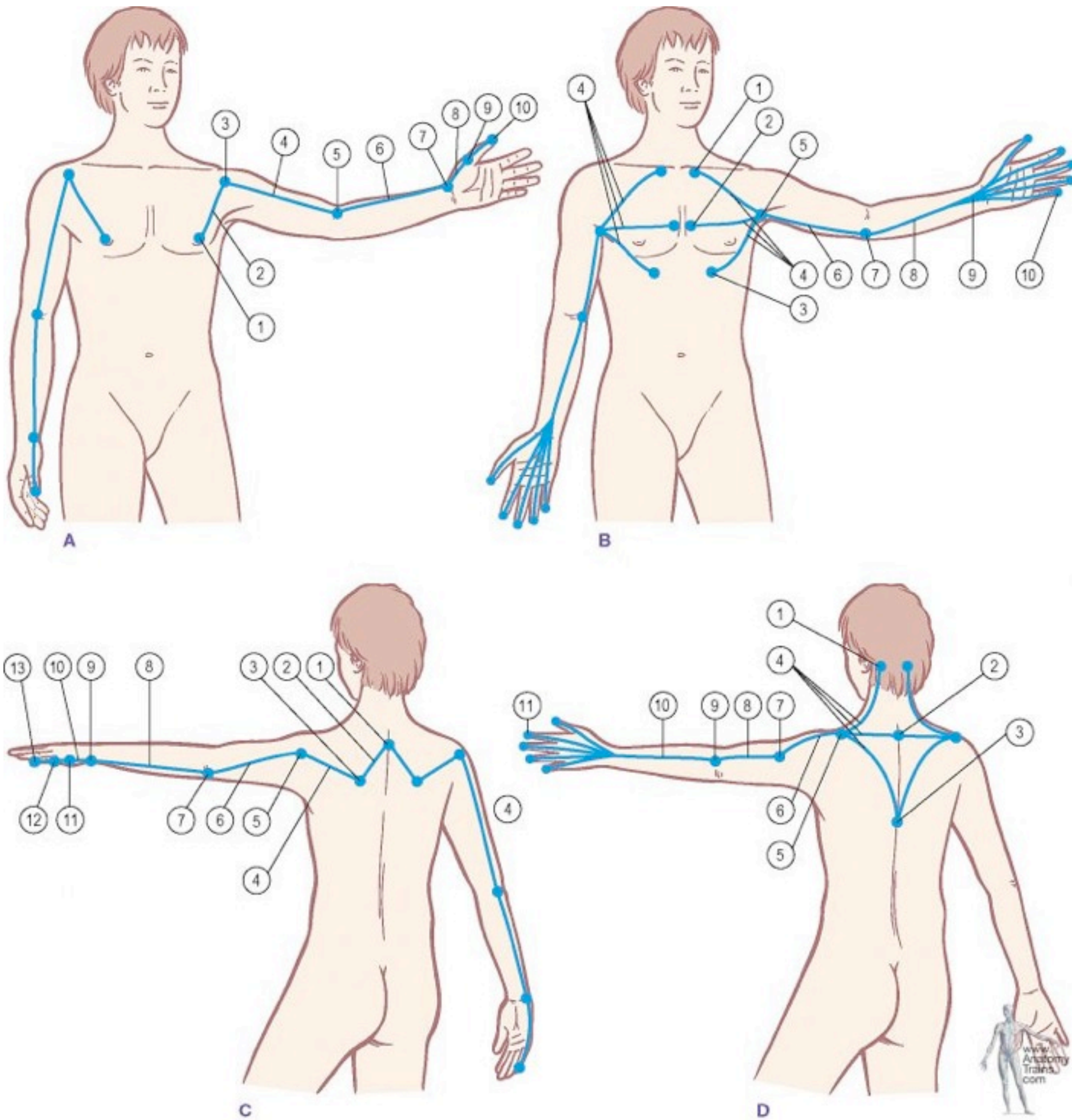
Assess this
functionally
with knee
tracking

The four Arm Lines:

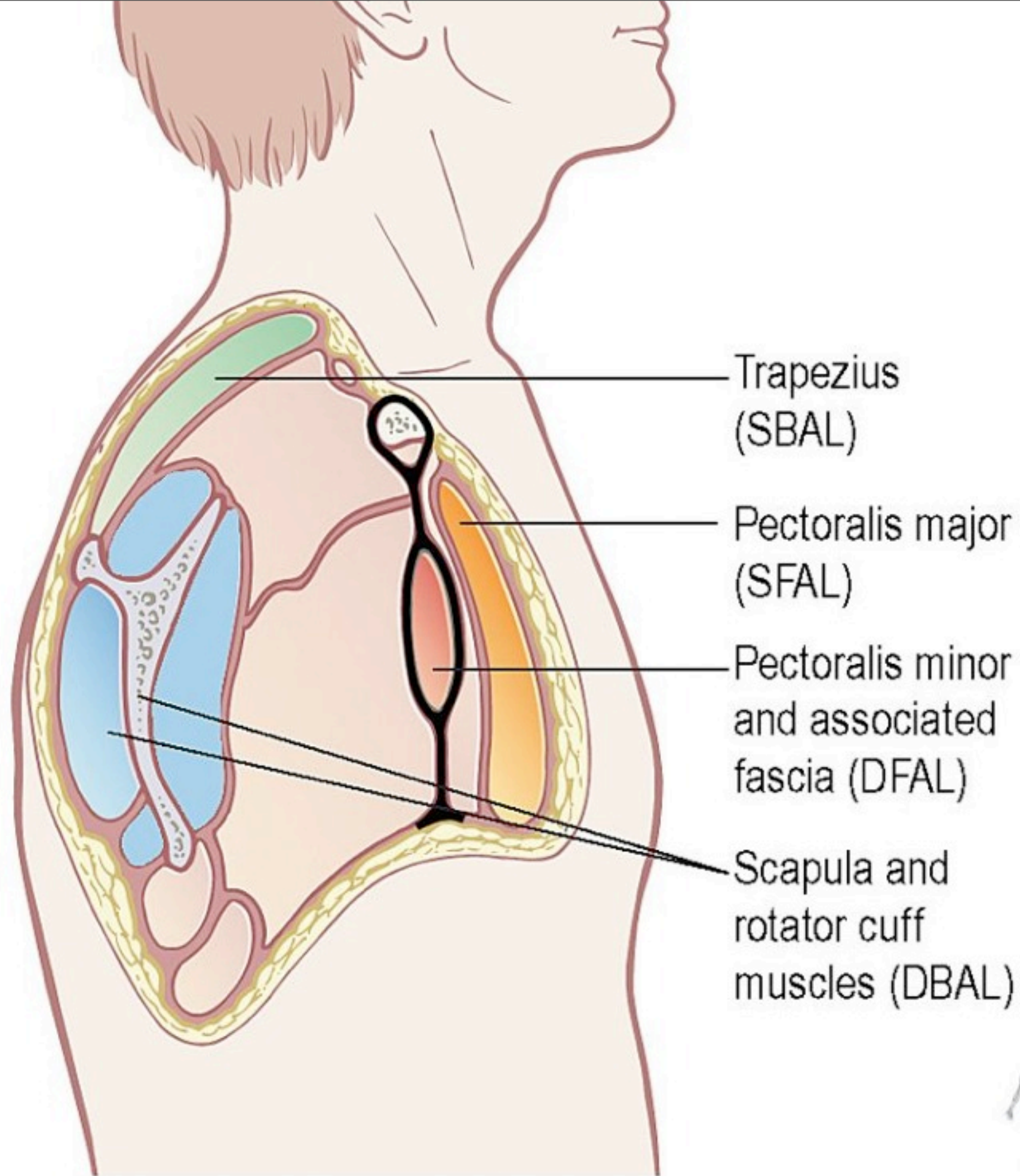
Superficial Back
Superficial Front
Deep Front
Deep Back

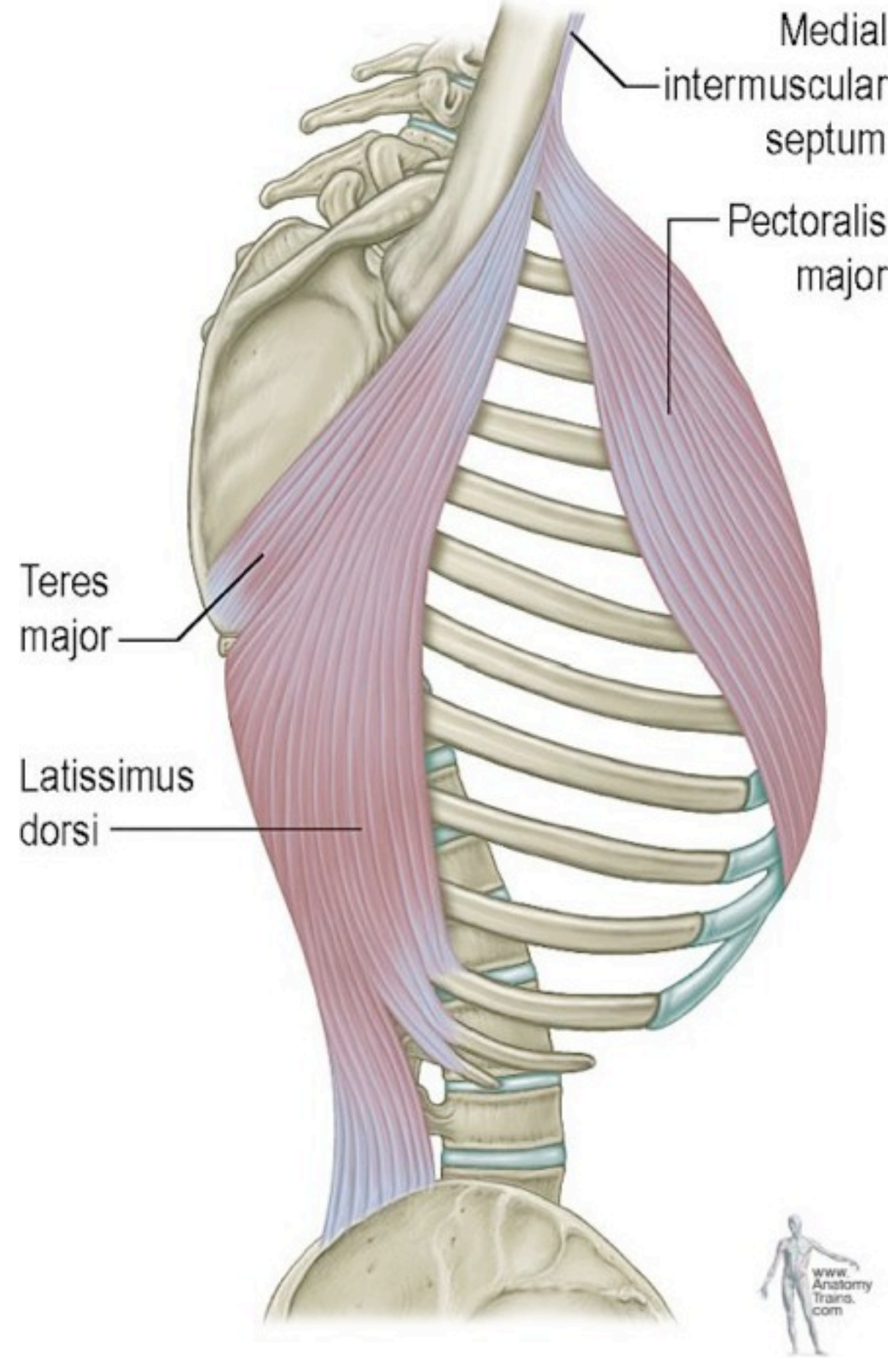


AT_2ed._Fig._7.1



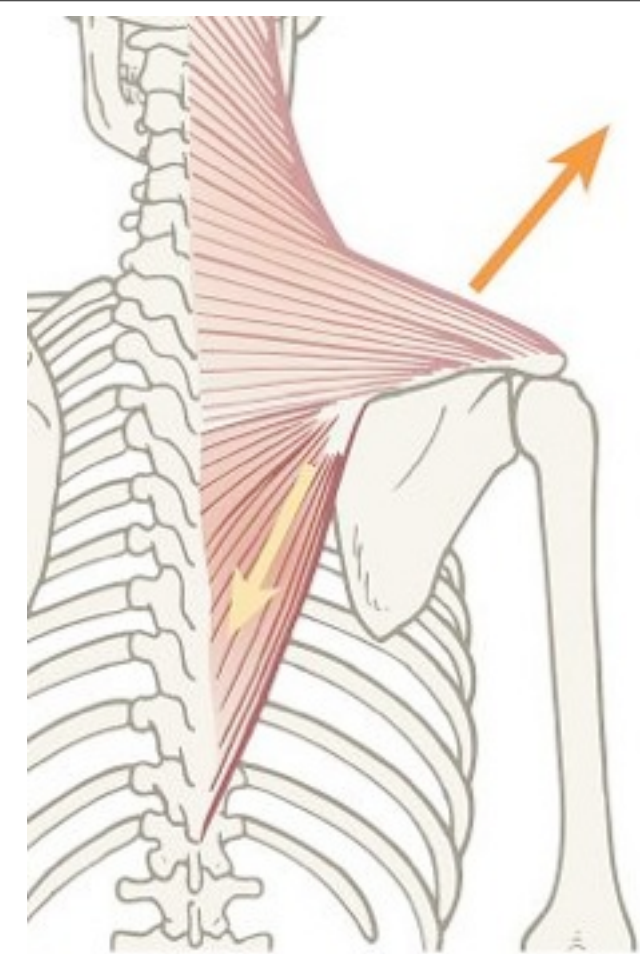
AT_2ed._Fig._7.2



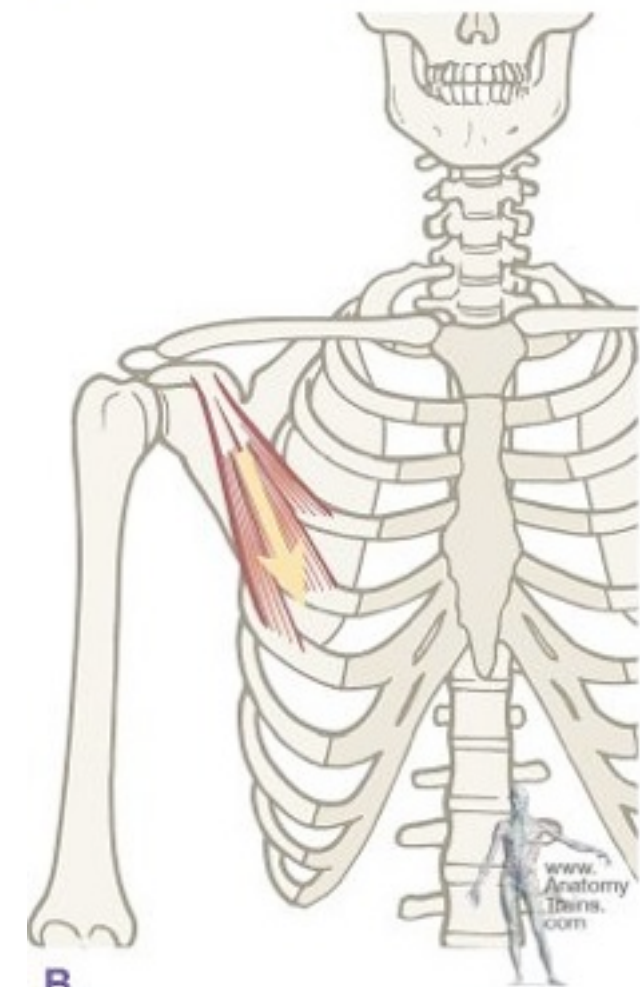


AT_2ed._Fig._7.14

The scapula is held
in a sling between
the lower trapezius
and pectoralis
minor



A



B

Biceps
brachii

A

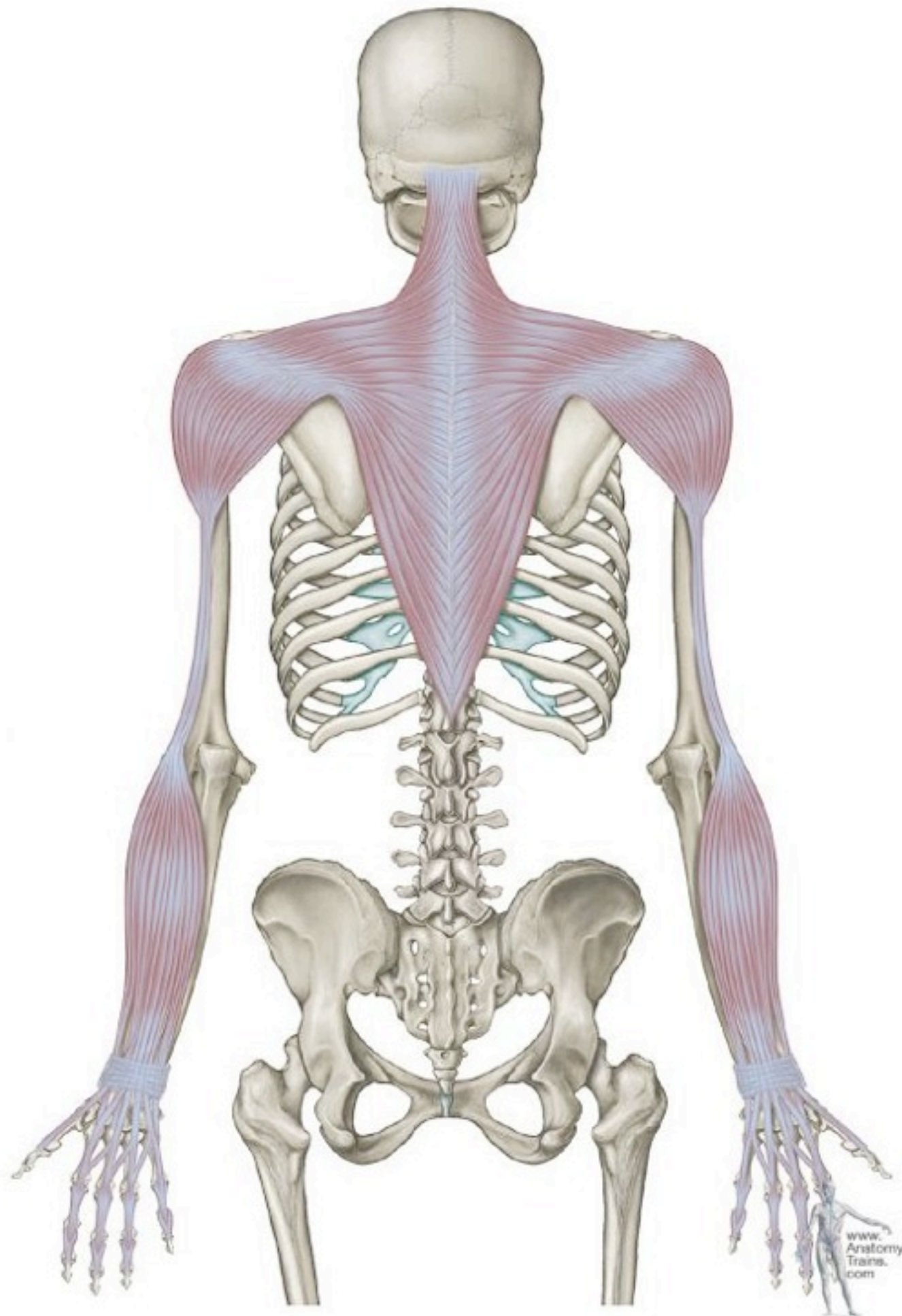
Coracobrachialis

Brachialis

Supinator

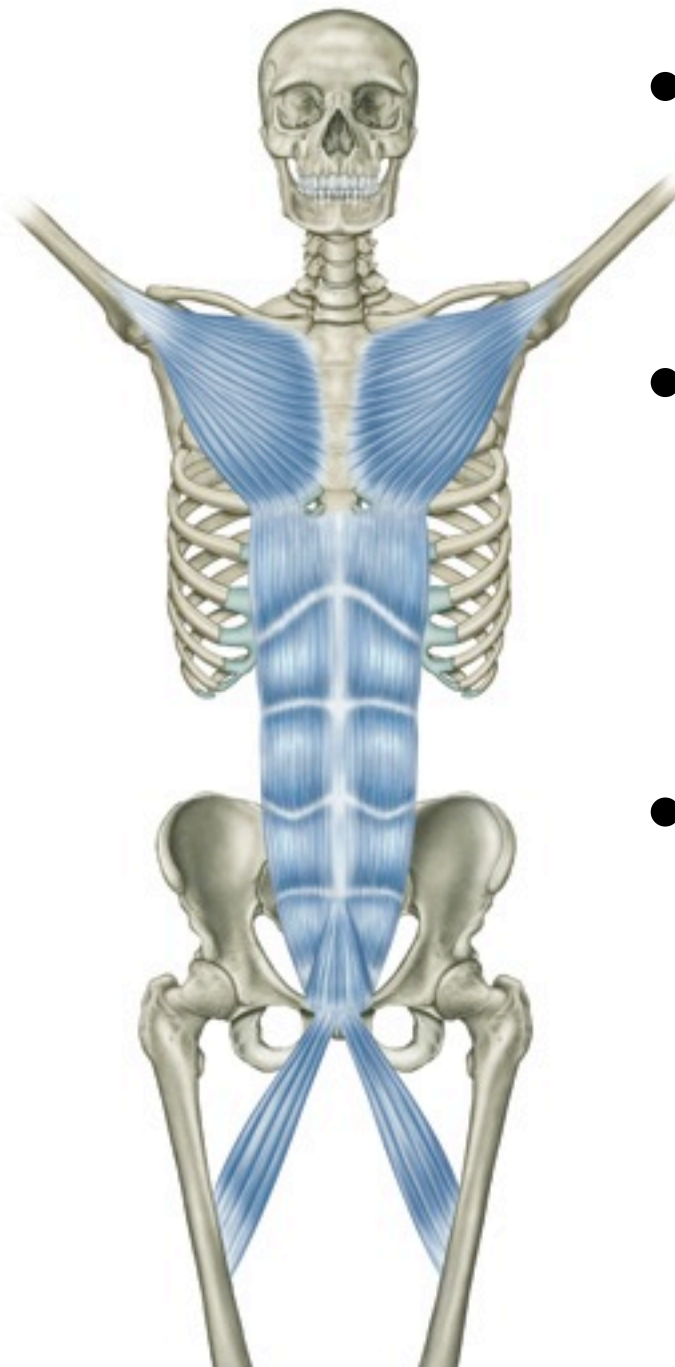
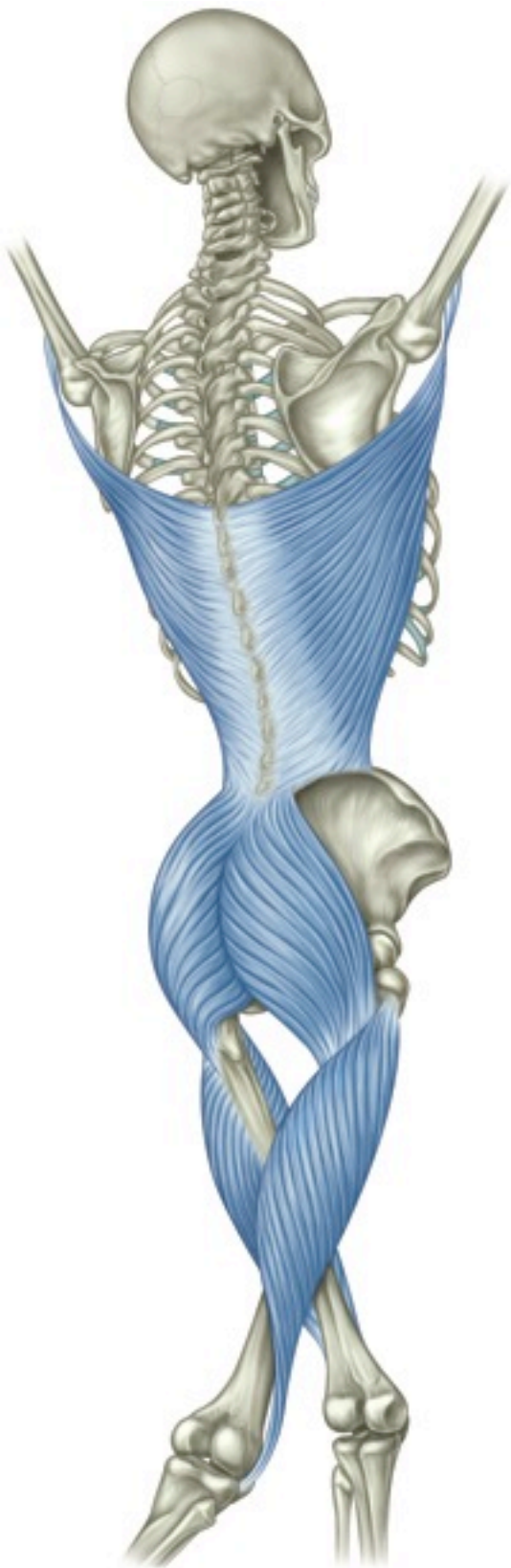
B



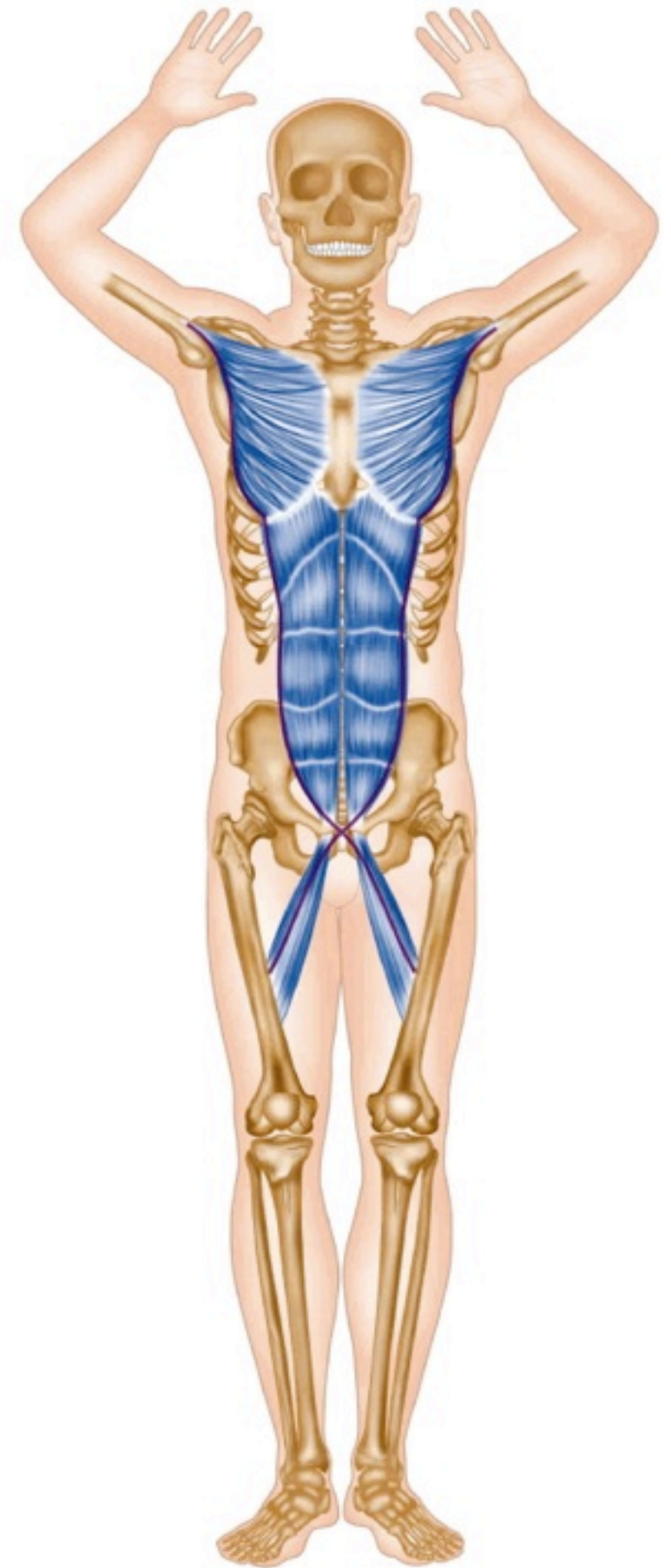


AT_2ed._Fig._7.25

The Functional Lines

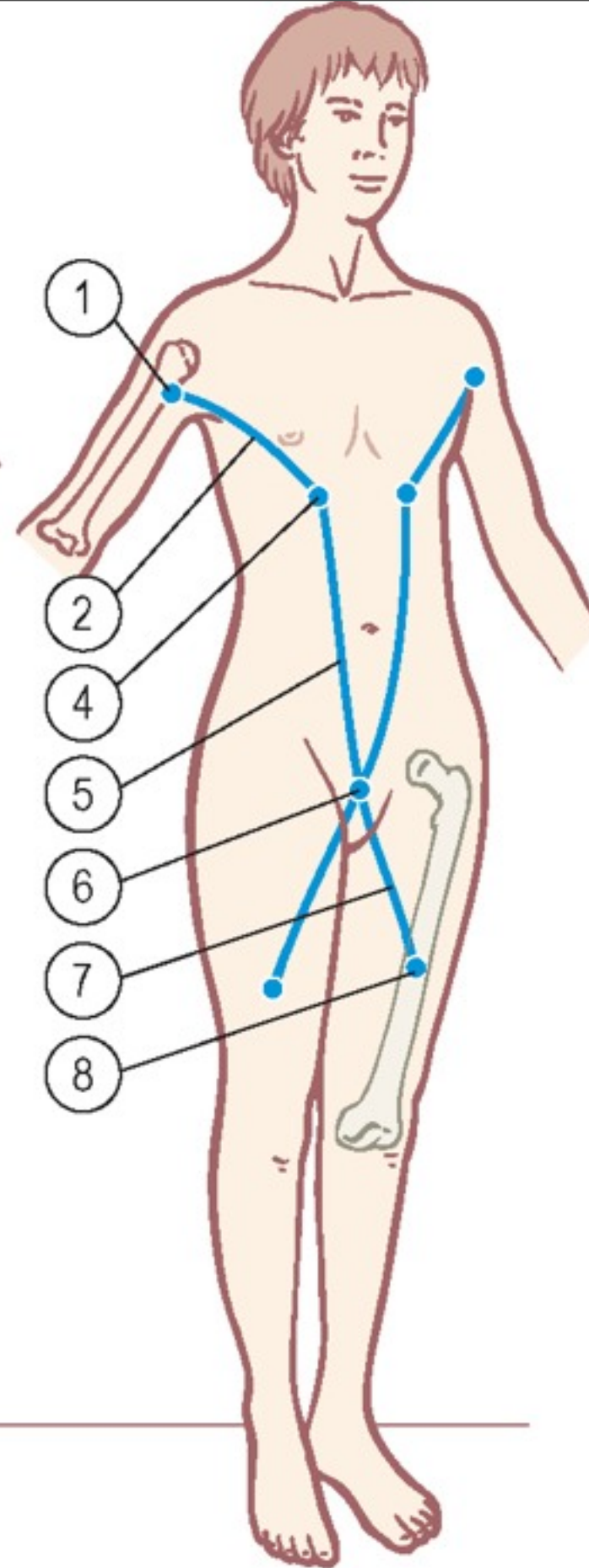
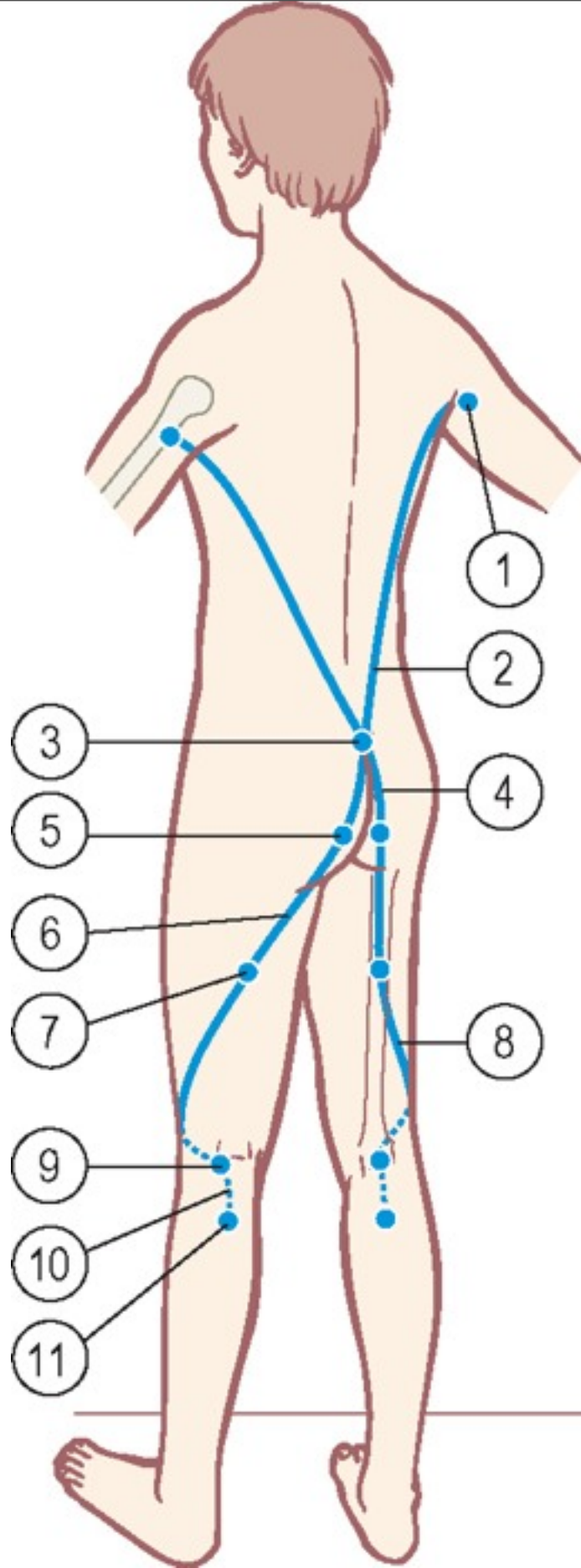


- Connect the shoulder and opposite leg.
- Accelerates and decelerates the trunk in rotation.
- Produces torque and power.



Back Functional Line

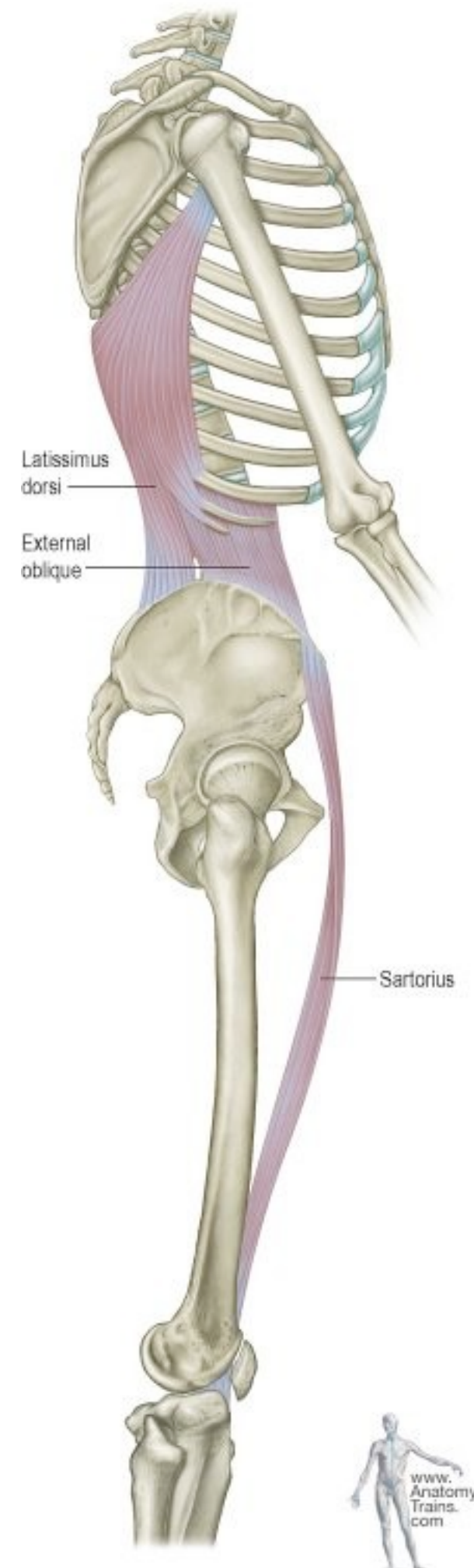
1. Shaft of humerus
2. Latissimus dorsi
3. Lumbodorsal fascia
4. Sacral Fascia
5. Sacrum
6. Gluteus maximus
7. Shaft of femur
8. Vastus lateralis
9. Patella
10. Sub-patellar tendon
11. Tuberosity of tibia



Front Functional Line

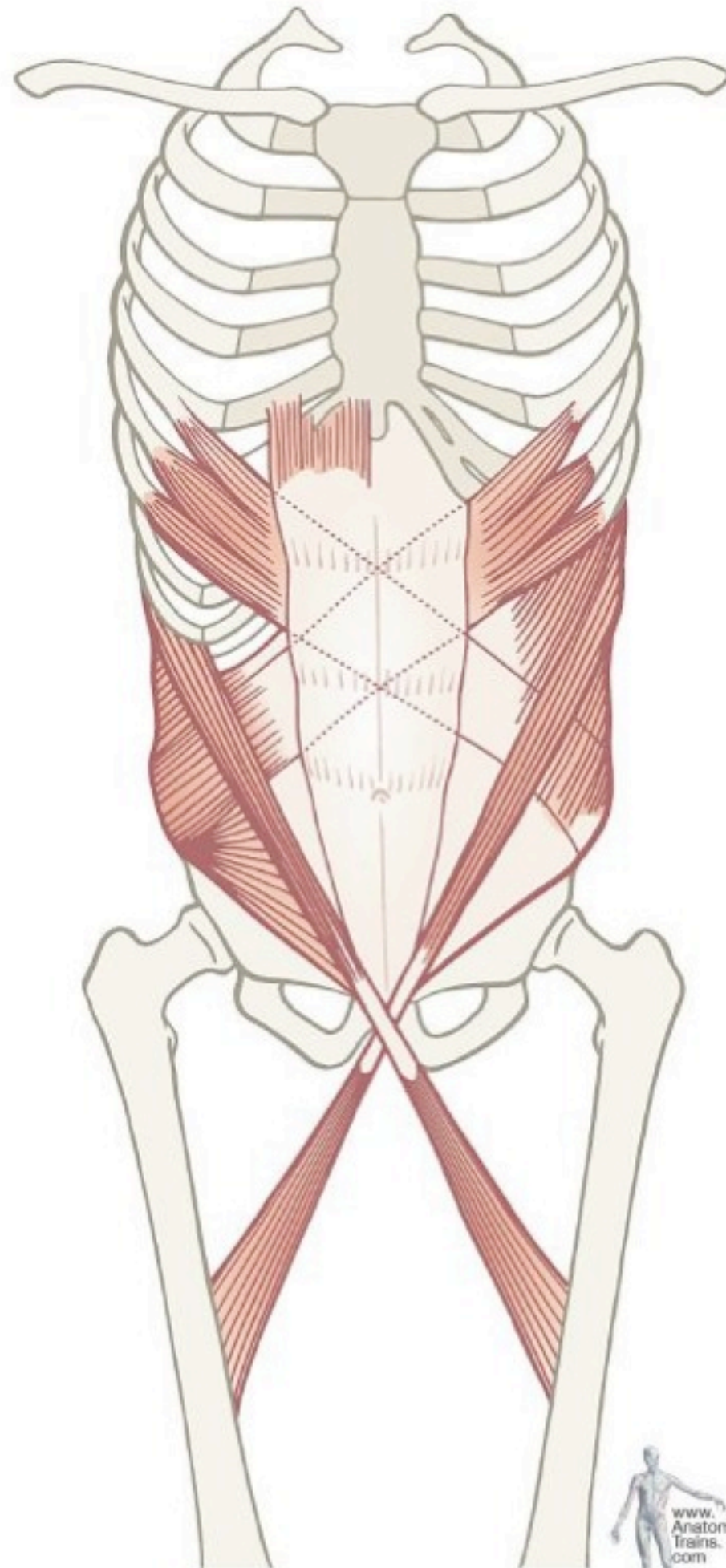
1. Shaft of humerus
2. Lower edge of pectoralis major
3. 5th rib and 6th rib cartilage
4. Lateral sheath of Rectus abdominis - semilunar line
5. Pubic symphysis
6. Adductor longus
7. Linea aspera of femur
8. Vastus lateralis

The Ipsilateral Functional Line





A



B



Thanks!

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