Ontario College of Health & Technology
Accelerated Massage Therapy Program Anatomy Modules: Content

MANA 103 Musculoskeletal Anatomy 103

GENERAL BONY ANATOMY • Describe the anatomical position. • Relate the anatomical names and the corresponding common names for various regions of the body. • Define each directional term used to describe the human body. • Describe how the skeleton is organized into axial and appendicular divisions. • Histology of bone • Classify bones based on their shape or location. • Describe the principal markings on bones and the functions of each.
SPECIFIC BONY ANATOMY • Bones, locations, surface features: cranium • Bones, locations, surface features: face • Bones, locations, surface features: vertebral column • Bones, locations, surface features: thorax • Bones, locations, surface features: pectoral girdle, upper limb • Bones, locations, surface features: pelvic girdle, lower limb • Practical Component: palpation of all bones, bony landmarks
GENERAL ARTHROLOGY • Describe the structural and functional classifications of joints. • Describe the structure and functions of the three types of fibrous joints. • Describe the structure and functions of the two types of cartilaginous joints. • Describe the structure of synovial joints. • Describe the structure and function of bursae and tendon sheaths. • Describe the types of movements that can occur at synovial joints. • Describe the six subtypes of synovial joints. • Describe the six factors that influence the type of movement and range of motion possible at a synovial joint. • Identify the major joints of the body by location, classification, and movements.
SPECIFIC JOINT and LIGAMENTOUS ANATOMY • Describe the anatomical components of the joints and explain the movements that can occur at these joints: skull • Describe the anatomical components of the joints and explain the movements that can occur at these joints: TMJ • Describe the anatomical components of the joints and explain the movements that can occur at these joints: cervical, thoracic, lumbar • Describe the anatomical components of the joints and explain the movements that can occur at these joints: scapula, upper limb • Describe the anatomical components of the joints and explain the movements that can occur at these joints: pelvis, lower limb

MANA 203 Musculoskeletal Anatomy 203

GENERAL MUSCULAR ANATOMY

- Describe the relationship between bones and skeletal muscles in producing body movements.
- Define lever and fulcrum and compare the three types of levers based on location of the fulcrum, effort and load.
- Identify the types of fascicle arrangements in a skeletal muscle and relate the arrangements to strength of contraction and range of motion.
- Explain how the prime mover, antagonist, synergist, and fixator in a muscle group work together to produce movement.
- Explain the seven features in naming skeletal muscles.

MUSCLES OF THE AXIAL SKELETON

- Origin, insertion, action, and innervation of the muscles of facial expression.
- Origin, insertion, action, and innervation of the muscles of the TMJ
- Origin, insertion, action, and innervation of the muscles of the anterior neck
- Origin, insertion, action, and innervation of the muscles of the posterior neck
- Origin, insertion, action, and innervation of the muscles of the posterior trunk and vertebral column
- Origin, insertion, action, and innervation of the muscles of the anterior trunk and abdomen.

NERVE AND BLOOD SUPPLY OF THE AXIAL SKELETON

- Major routes that blood takes through the head, neck, trunk, vertebral column and abdomen.
- Distribution of nerves in the head, neck trunk vertebral column and abdomen.

MANA 303 Musculoskeletal Anatomy 303

MUSCLES OF THE APPENDICULAR SKELETON • Origin, insertion, action, and innervation of the muscles of the hip and thigh • Origin, insertion, action, and innervation of the muscles of the lower leg and ankle • Origin, insertion, action, and innervation of the muscles of the foot • Origin, insertion, action, and innervation of the muscles of the shoulder and arm • Origin, insertion, action, and innervation of the muscles of the forearm and hand
NERVE AND BLOOD SUPPLY OF THE APPENDICULAR SKELETON • Major routes that blood takes through the pelvis & lower limb, and scapula & upper limb • Distribution of nerves in the head, neck trunk vertebral column and abdomen (brachial plexus, lumbar plexus, sacral plexus)