



ANATOMY FOR *Yogis*

A Helpful Guide to Bones,
Muscles and Actions

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JEN WILKING PT, RYT 500
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COLLECTION OF VARIOUS
→ HINDUISM SCRIPTURES
→ HINDU COMICS
→ AYURVEDA
→ MAGZINES

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Made with

By
Avinash/Shashi

[creator of
hinduism
server]

TERMS TO KNOW

ANATOMICAL POSITION - TADASANA (MOUNTAIN) - THE STARTING POINT FOR ALL DESCRIPTIVE TERMINOLOGY: LOCATION, POSITION, OR MOTION

FRONTAL (CORONAL) PLANE - DIVIDES THE BODY INTO FRONT AND BACK

SAGITTAL PLANE - DIVIDES THE BODY INTO RIGHT AND LEFT

TRANSVERSE PLANE - DIVIDES THE BODY INTO TOP AND BOTTOM

FLEXION - DECREASING THE ANGLE AT A JOINT AND/OR MOVING IN AN ANTERIOR DIRECTION IN THE SAGITTAL PLANE


EXTENSION - INCREASING THE ANGLE AT A JOINT, MOVING IN A POSTERIOR DIRECTION IN THE SAGITTAL PLANE

ABDUCTION - MOVEMENT AWAY FROM MIDLINE IN THE FRONTAL PLANE

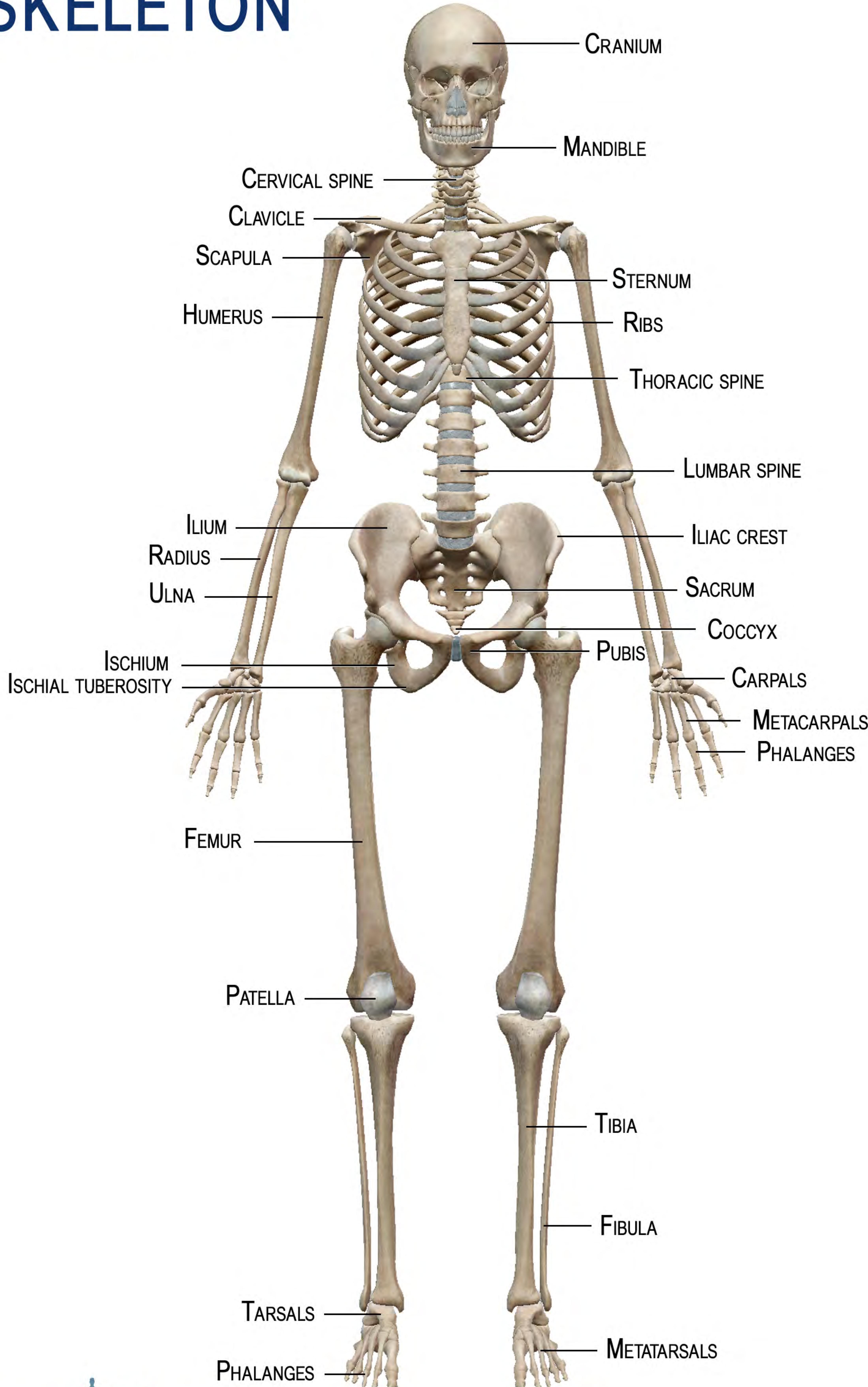
ADDITION - MOVEMENT TOWARD MIDLINE IN THE FRONTAL PLANE

INTERNAL/MEDIAL ROTATION - MOVEMENT TOWARD MIDLINE IN THE TRANSVERSE PLANE

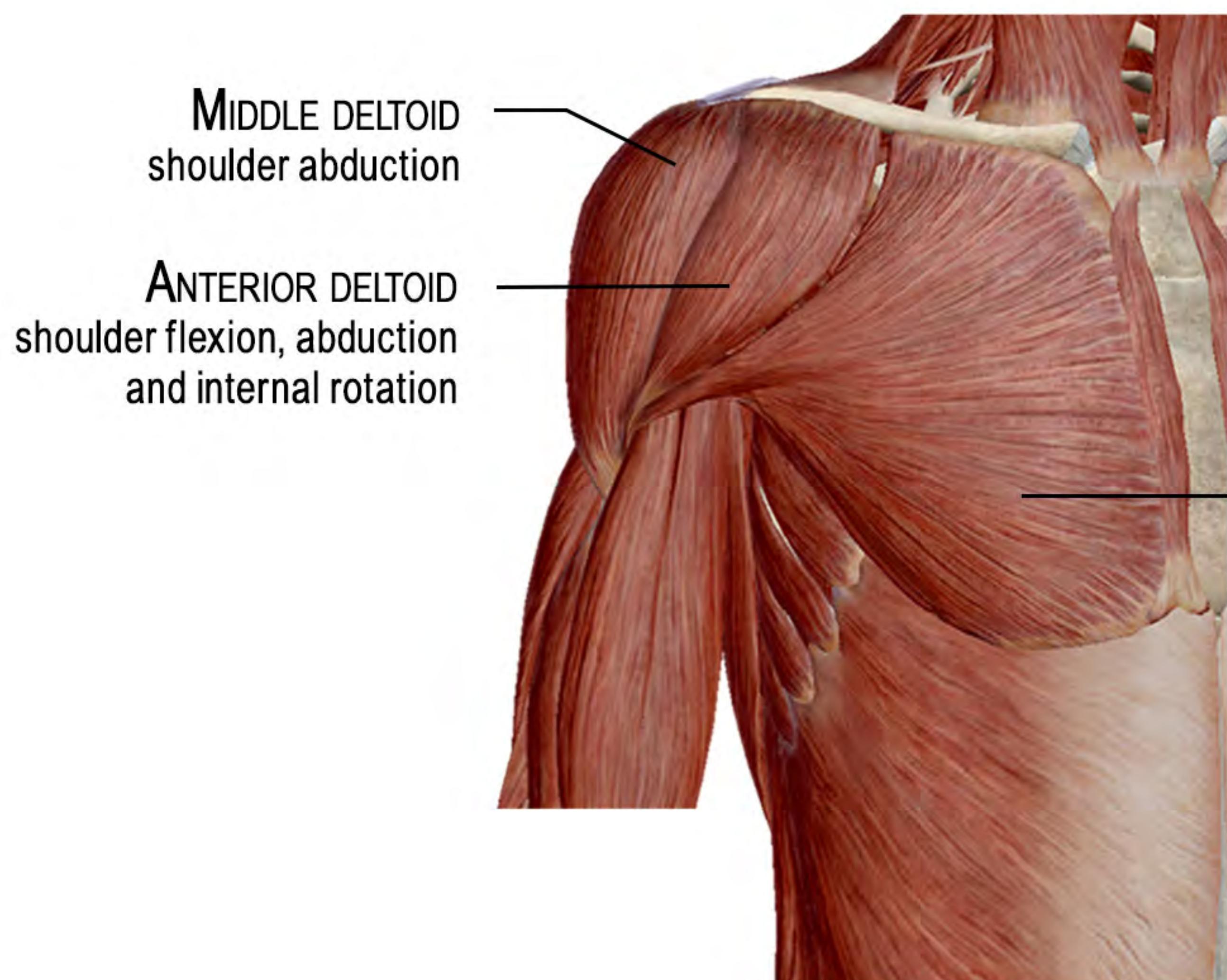
EXTERNAL/LATERAL ROTATION - MOVEMENT AWAY FROM MIDLINE IN THE TRANSVERSE PLANE



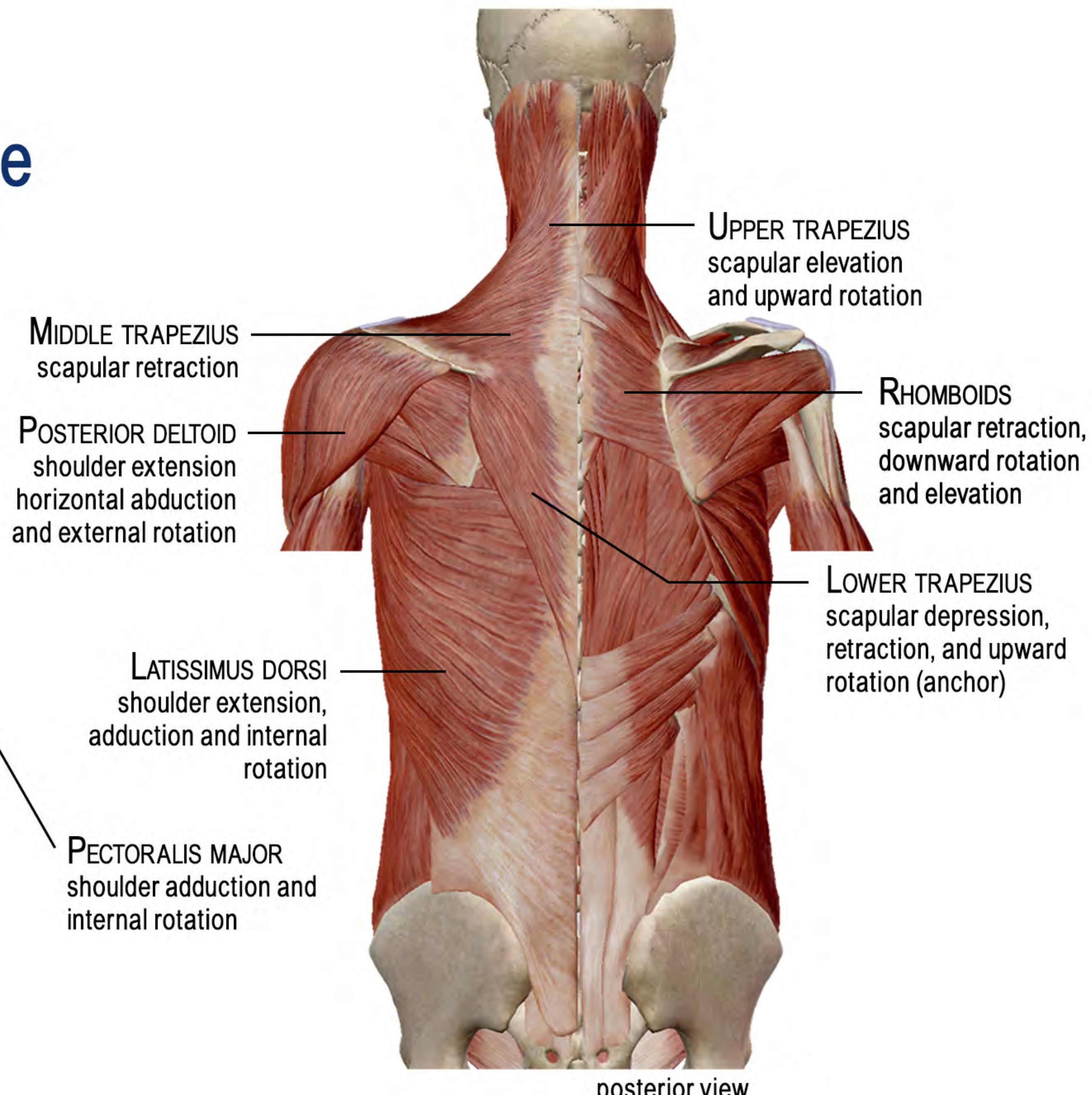
SKELETON



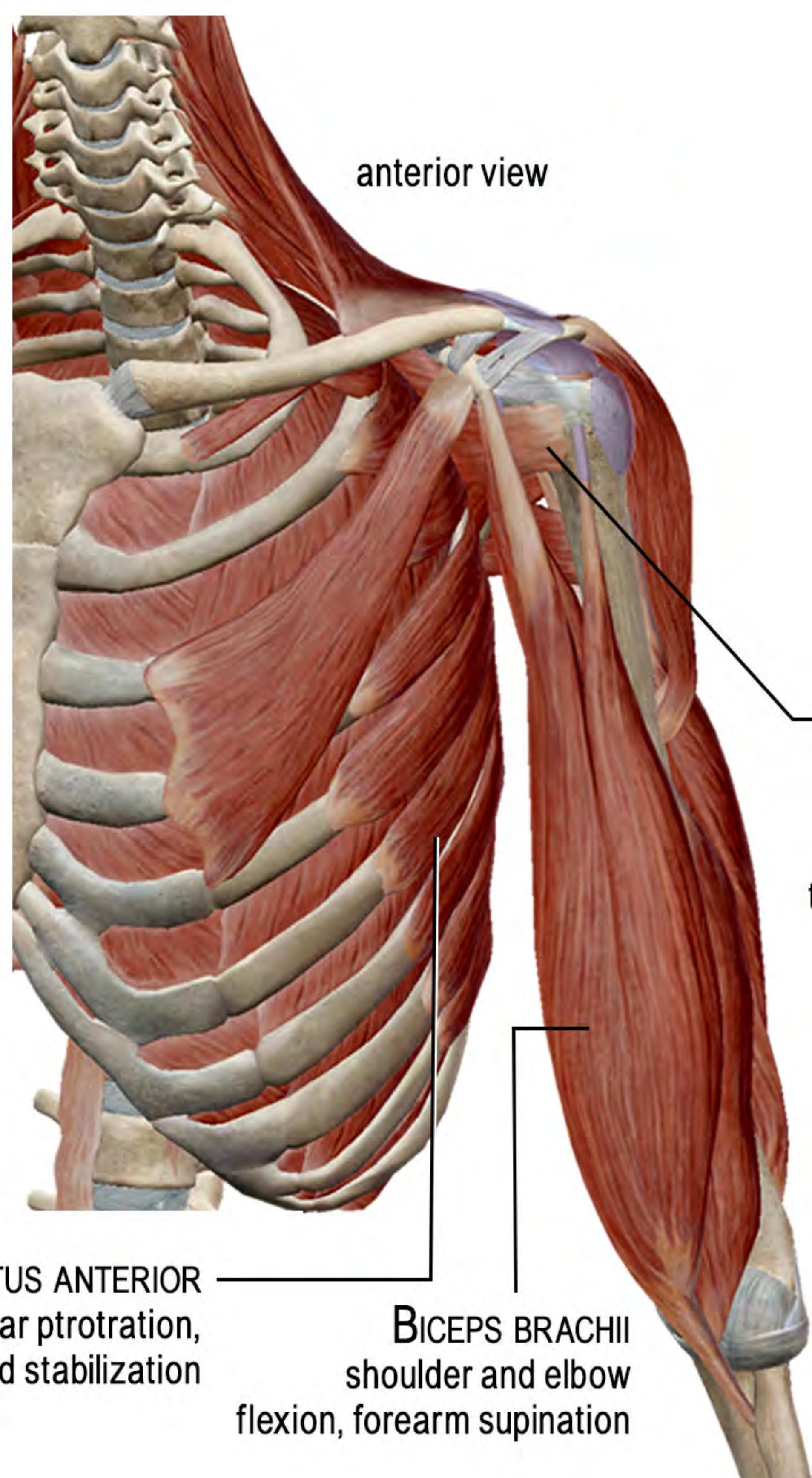
MUSCLES of the SHOULDER



anterior view



posterior view



SERRATUS ANTERIOR
scapular protraction,
upward rotation and stabilization

BICEPS BRACHII
shoulder and elbow
flexion, forearm supination

THE ROTATOR CUFF

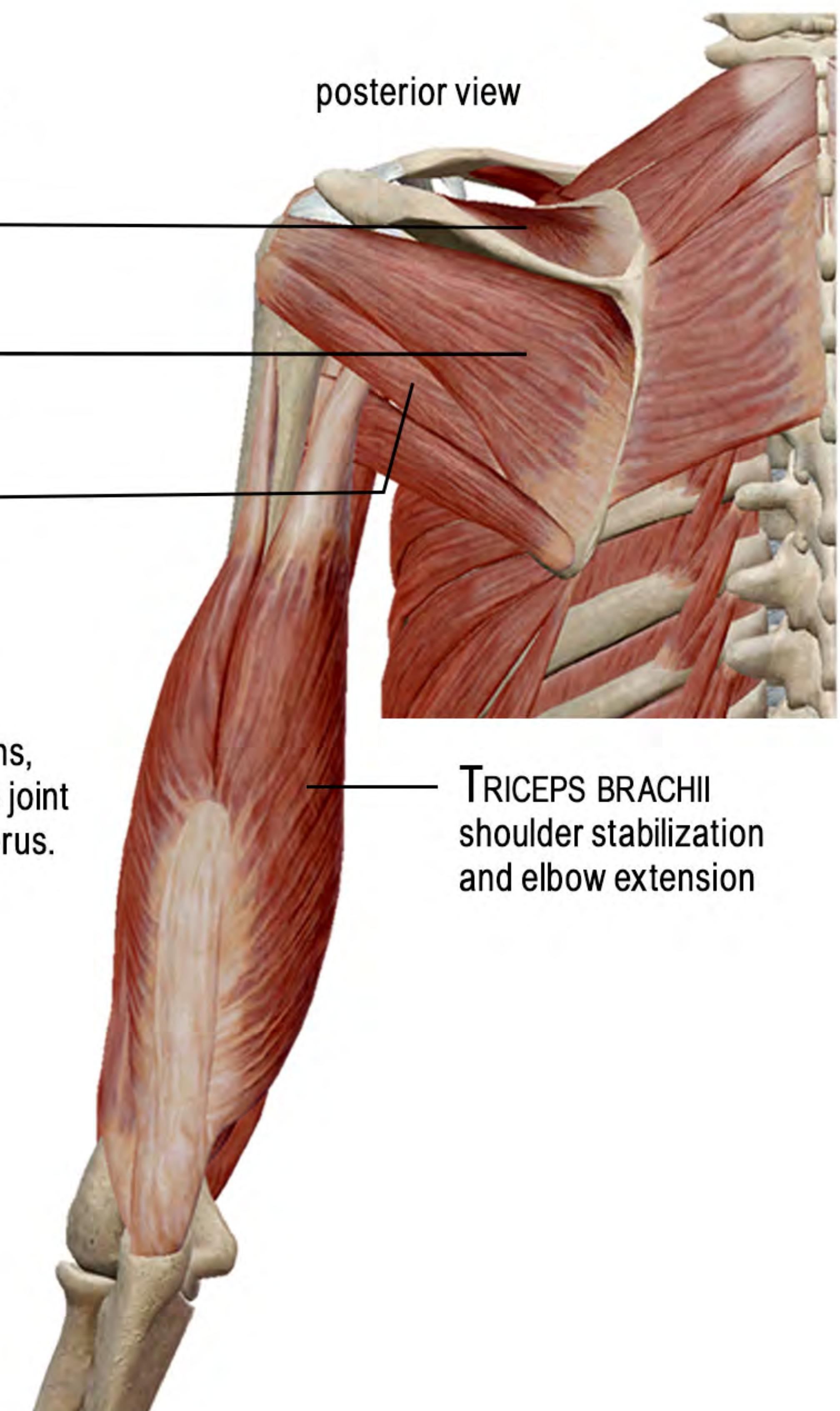
SUPRASPINATUS
shoulder abduction

INFRAСПINATUS
shoulder external rotation

TERES MINOR
shoulder external rotation

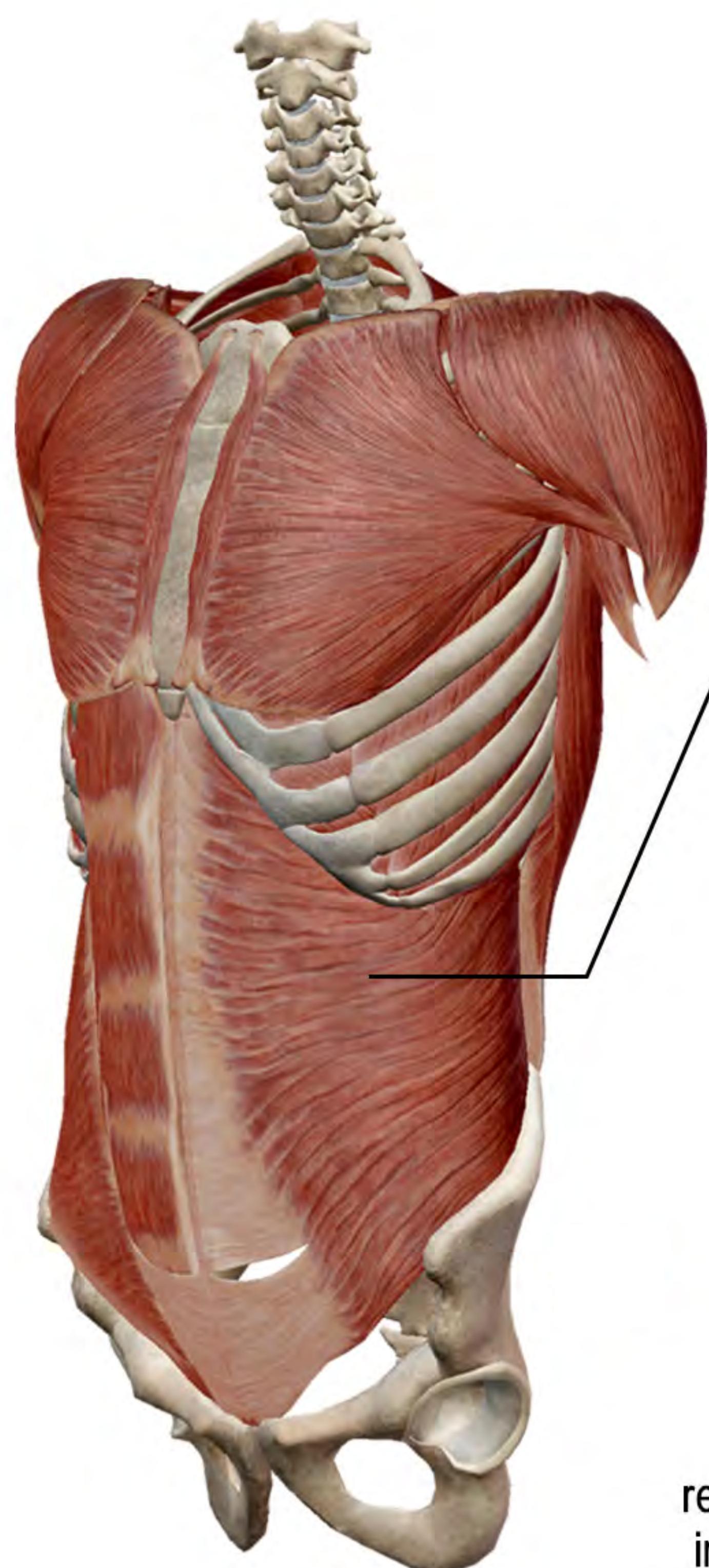
SUBSCAPULARIS
shoulder internal rotation

In addition to individual functions,
the rotator cuff also stabilizes the joint
and directs the head of the humerus.



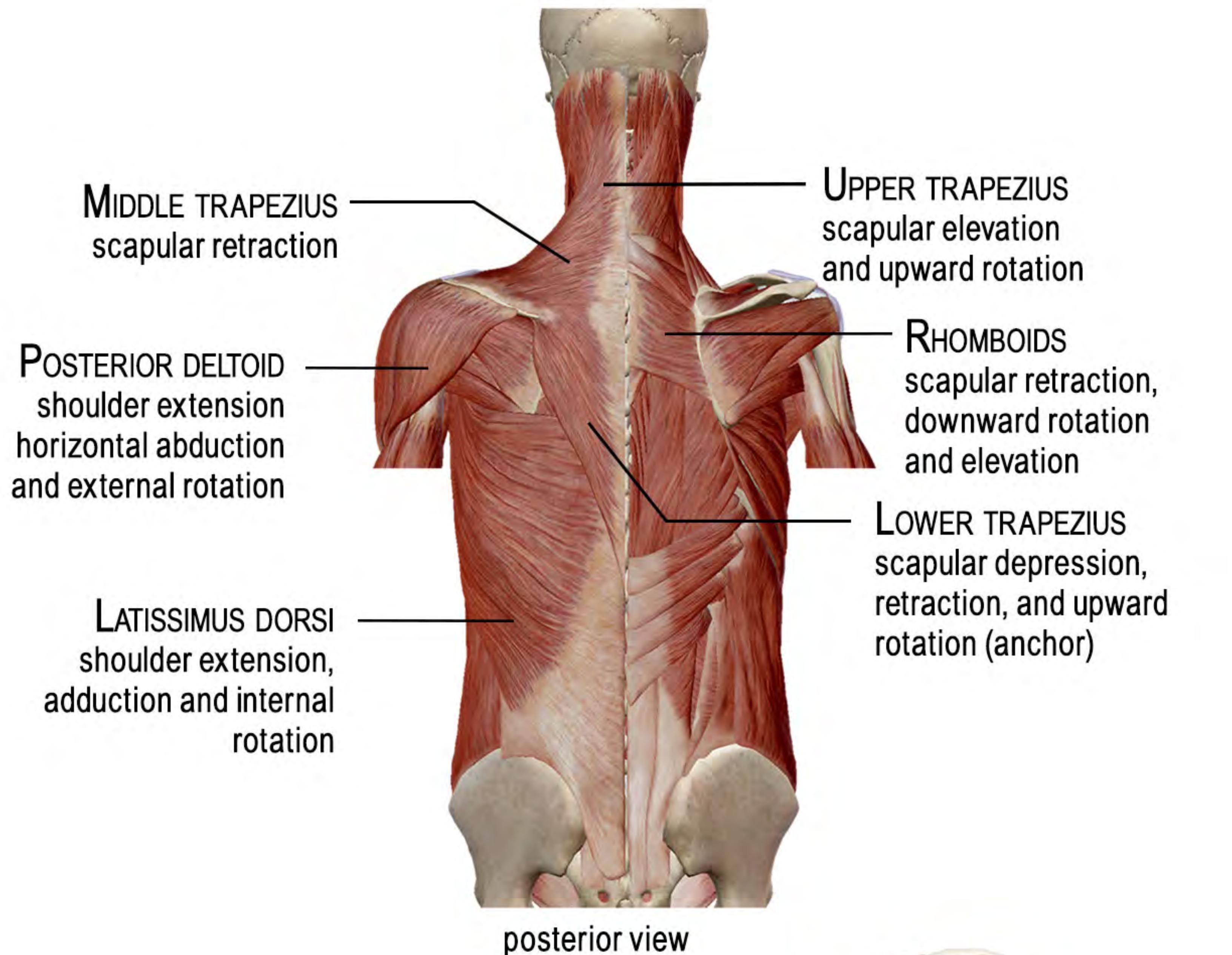
TRICEPS BRACHII
shoulder stabilization
and elbow extension

MUSCLES of the SHOULDER and CORE

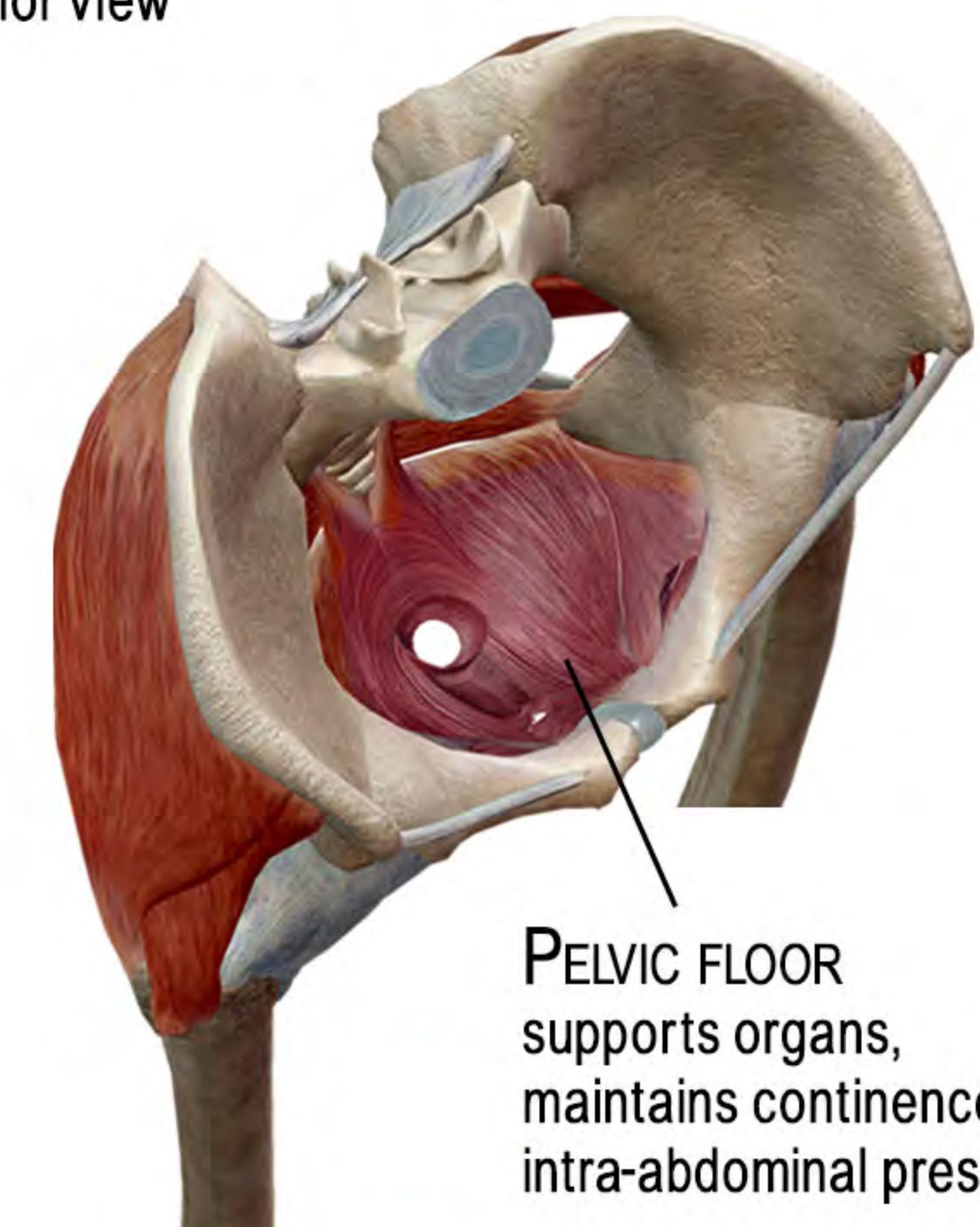
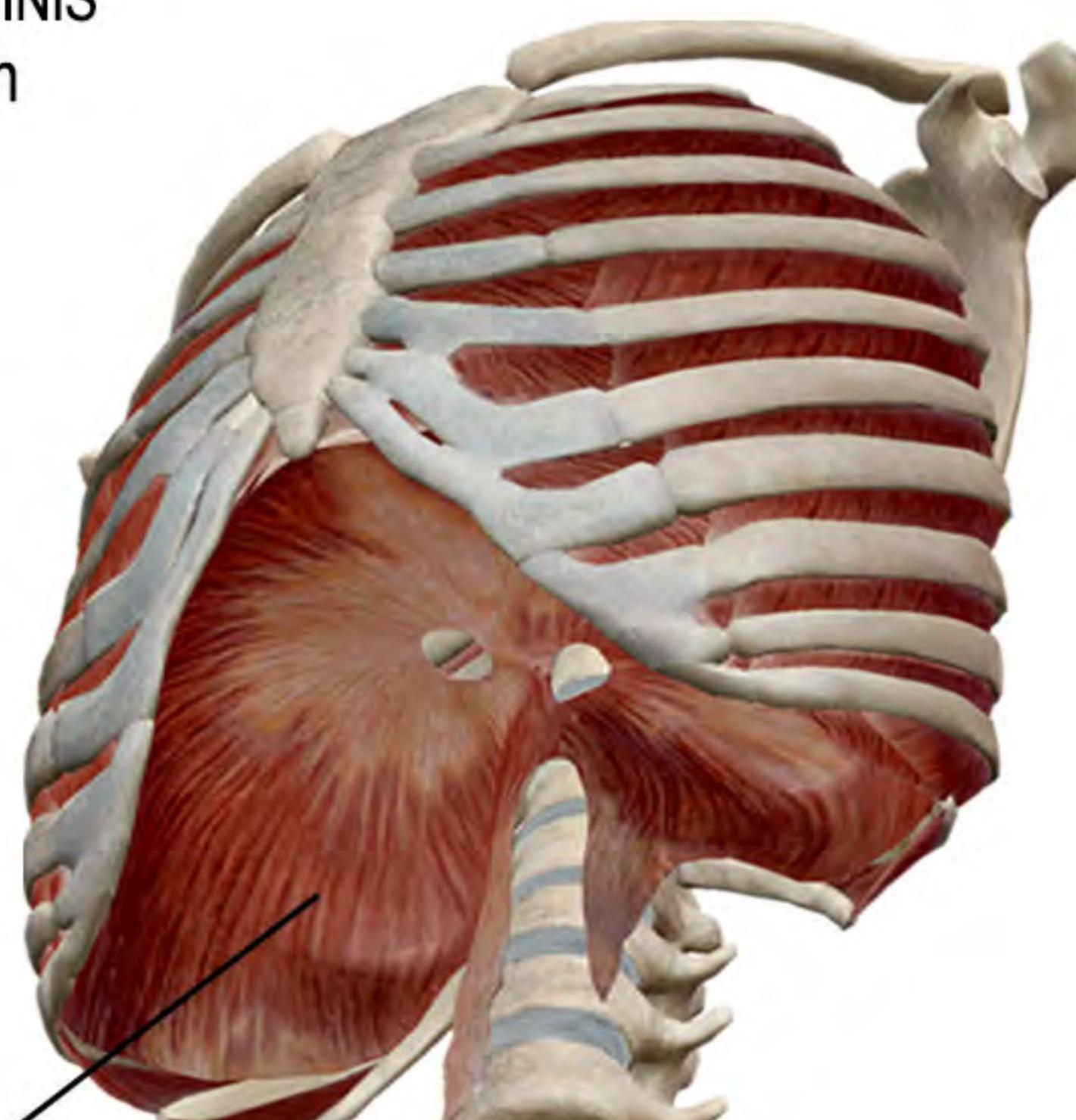


TRANSVERSUS ABDOMINIS
abdominal compression
and core stabilization

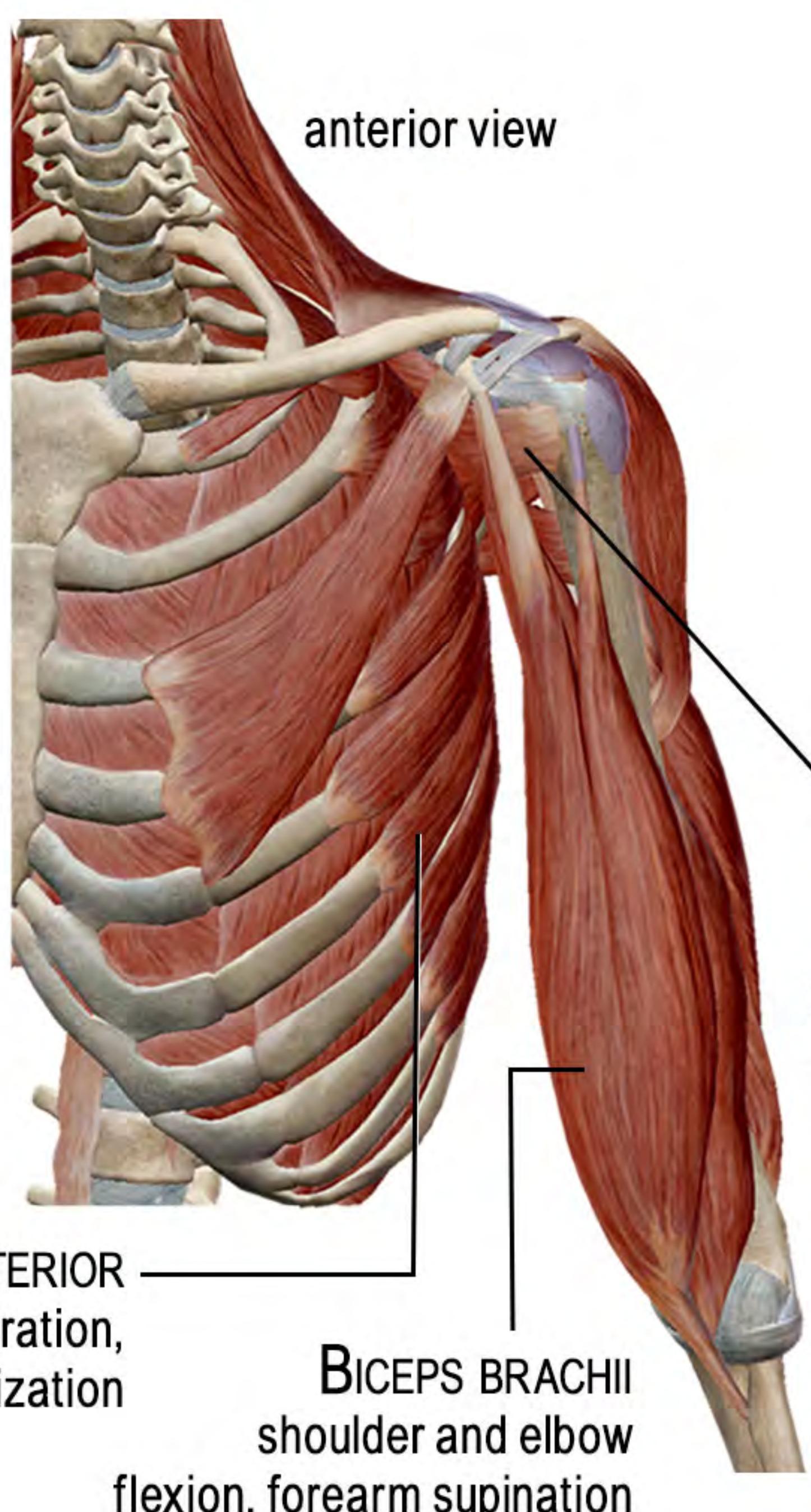
DIAPHRAGM
respiration and increased
intra-abdominal pressure



posterior view



PELVIC FLOOR
supports organs,
maintains continence and
intra-abdominal pressure



SERRATUS ANTERIOR
scapular protraction,
upward rotation and stabilization

BICEPS BRACHII
shoulder and elbow
flexion, forearm supination

THE ROTATOR CUFF

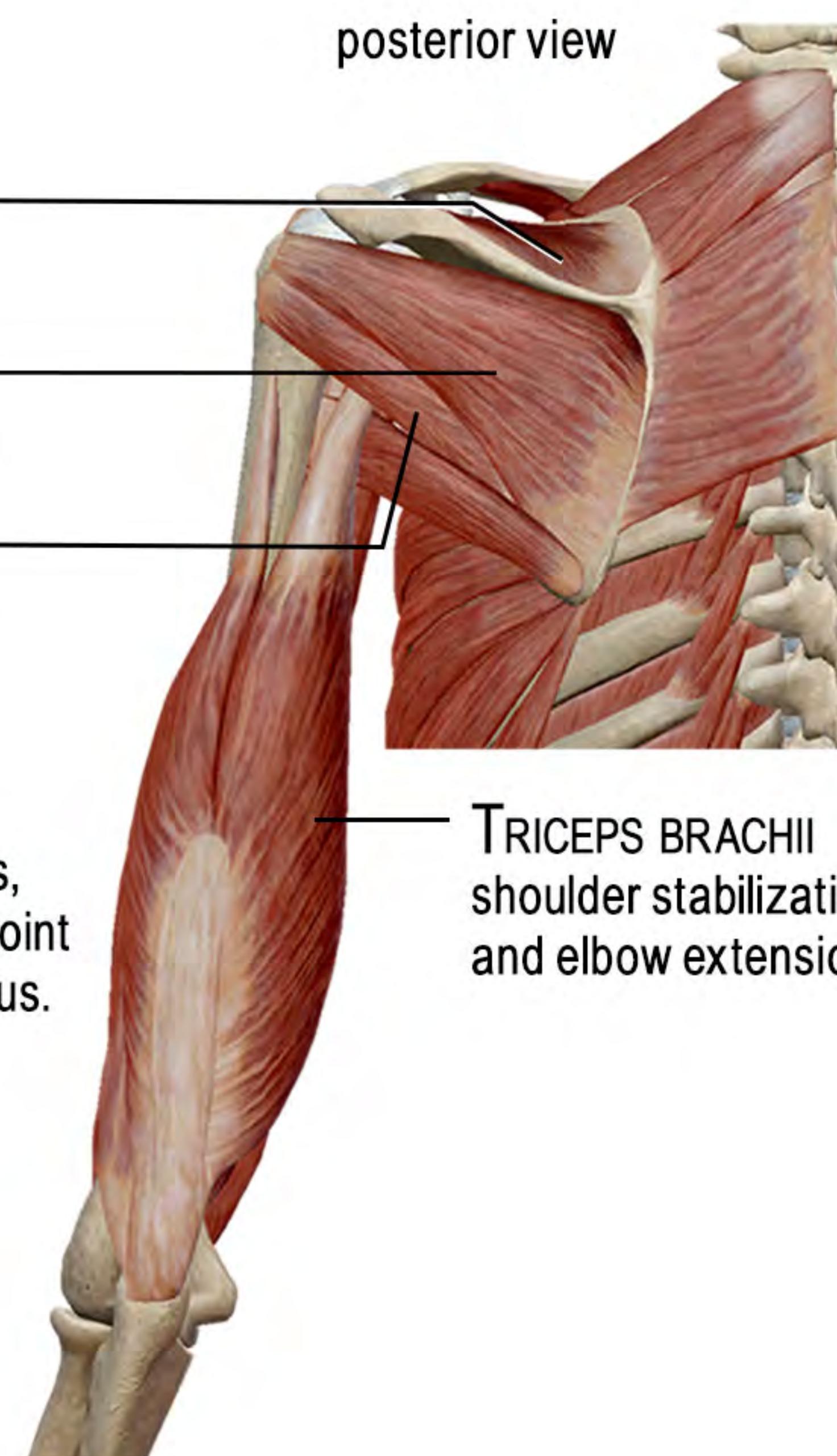
SUPRASPINATUS
shoulder abduction

INFRAСПINATUS
shoulder external rotation

TERES MINOR
shoulder external rotation


SUBSCAPULARIS
shoulder internal rotation

In addition to individual functions, the rotator cuff also stabilizes the joint and directs the head of the humerus.

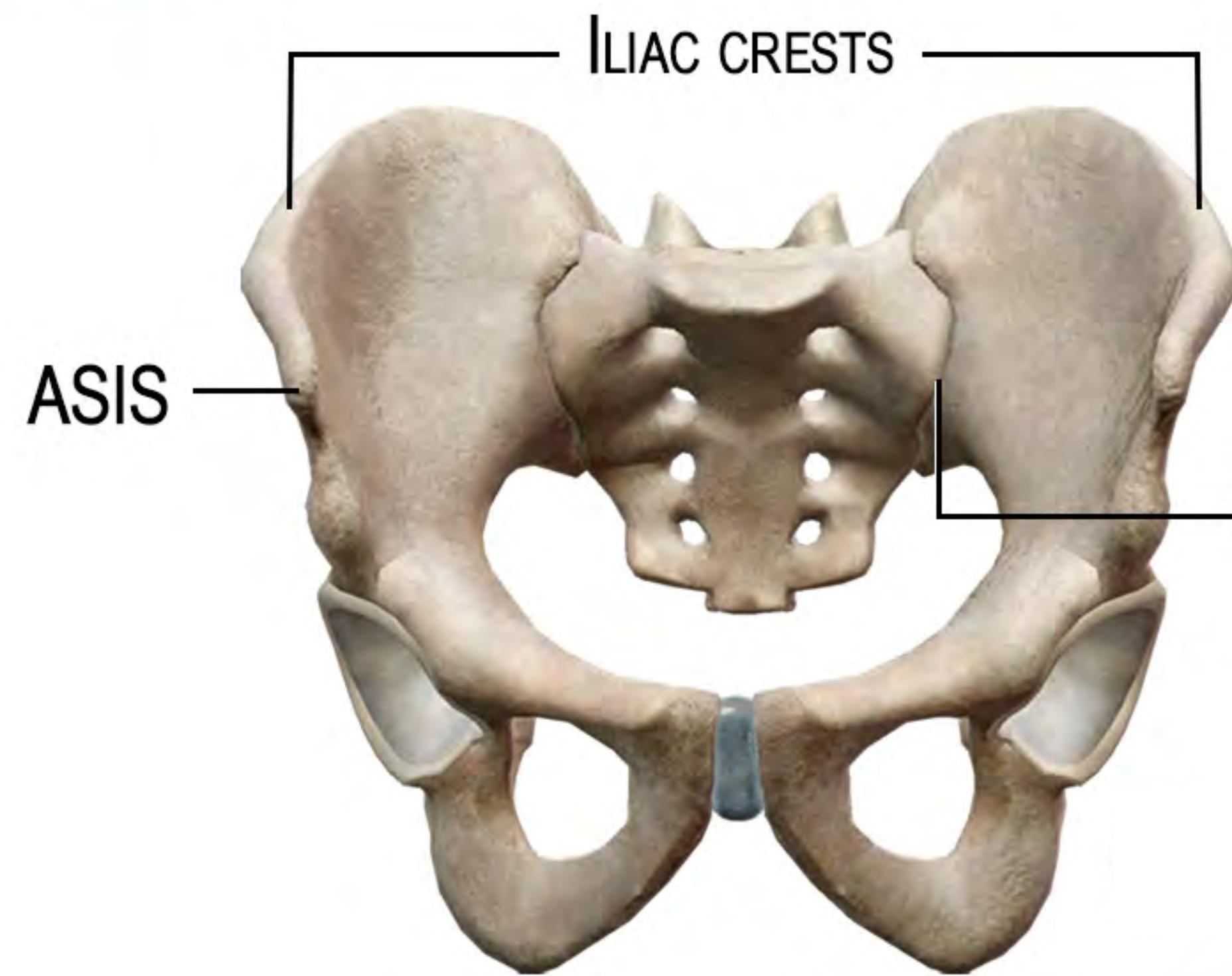
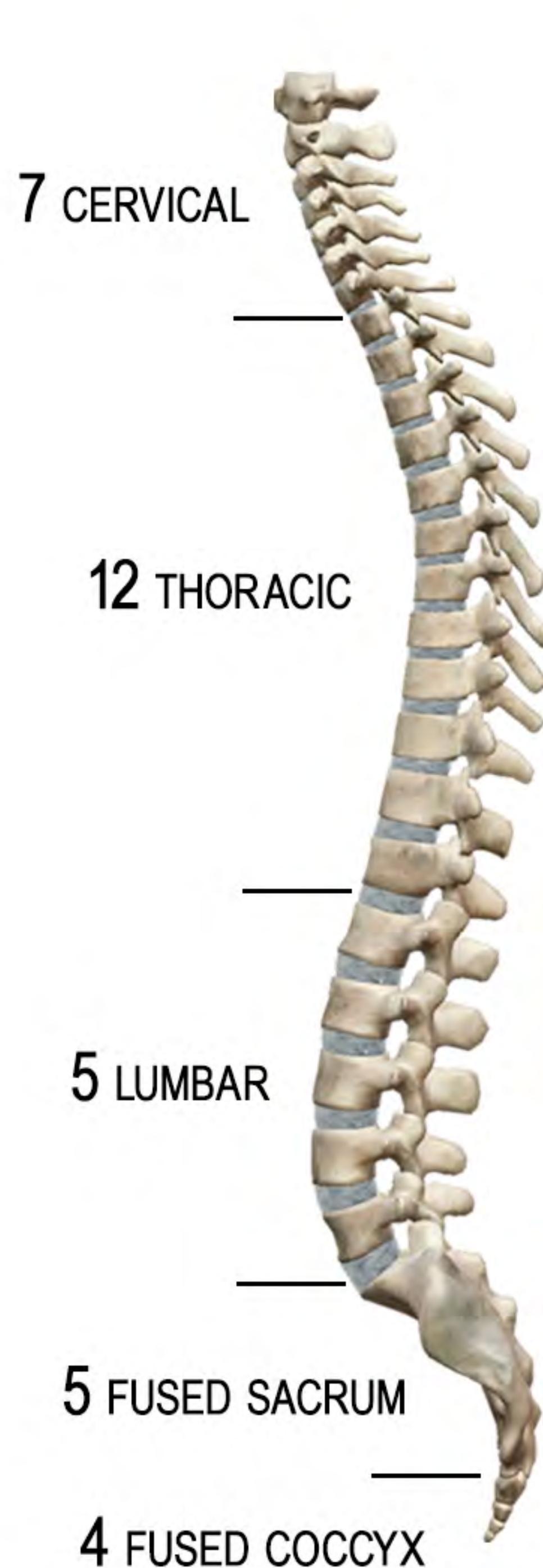


TRICEPS BRACHII
shoulder stabilization
and elbow extension

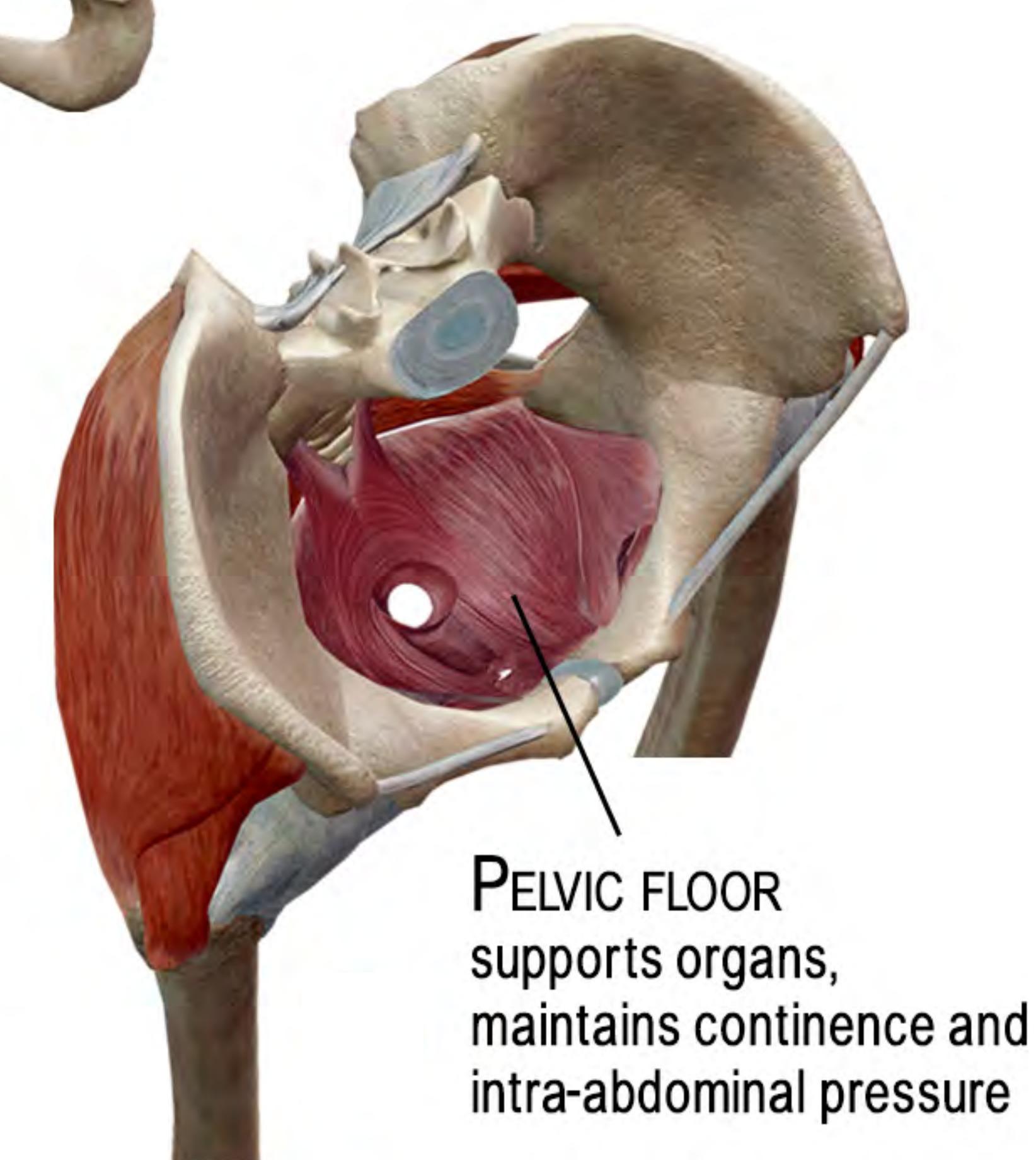
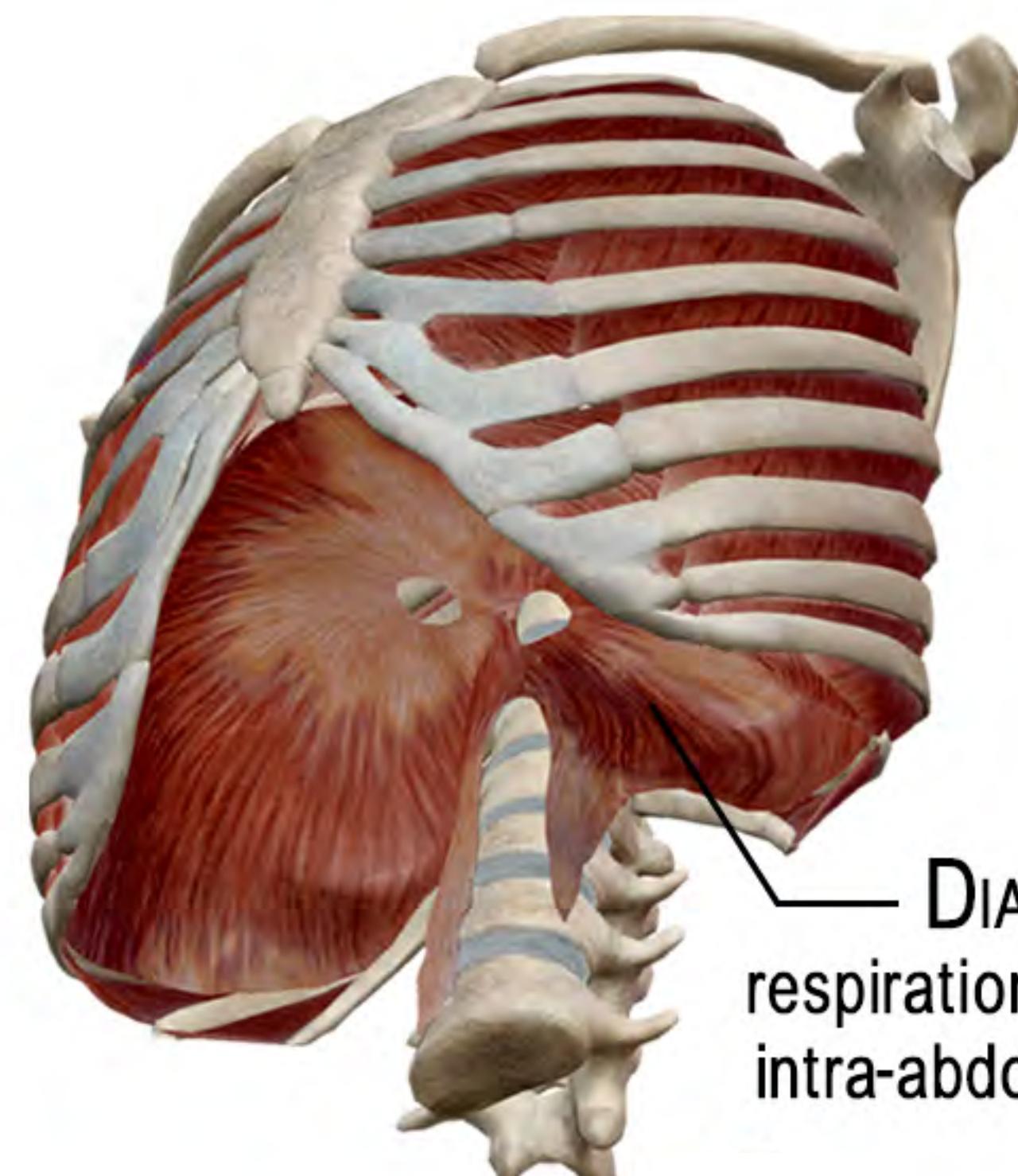
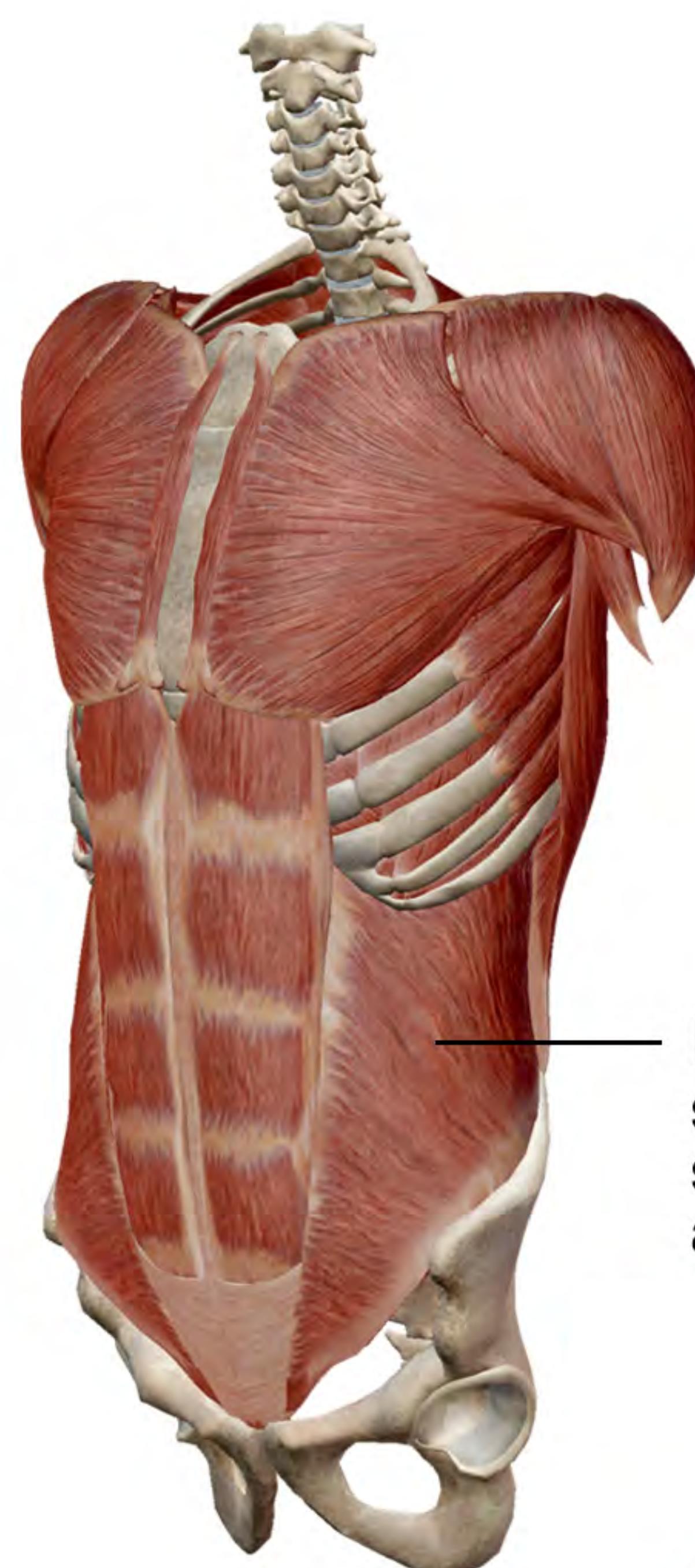
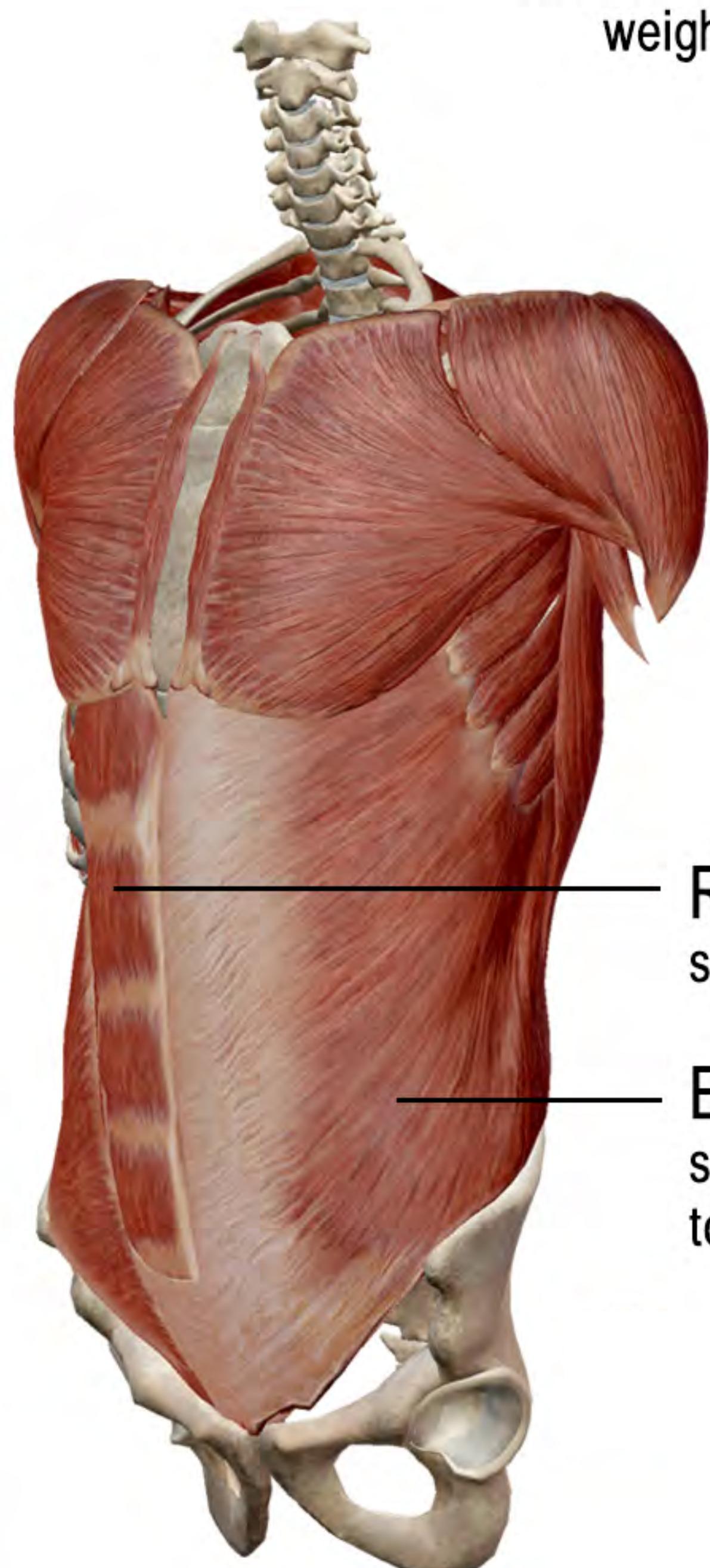
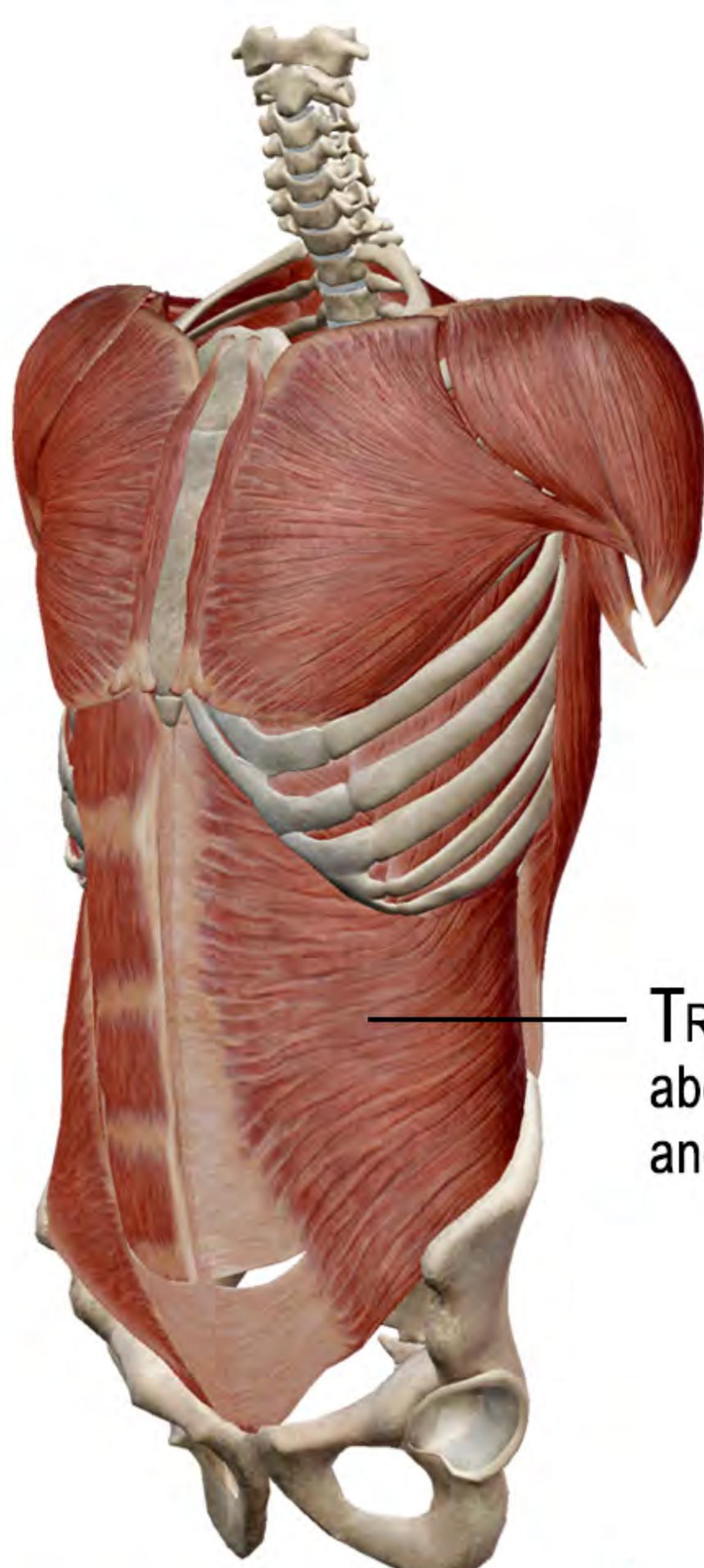
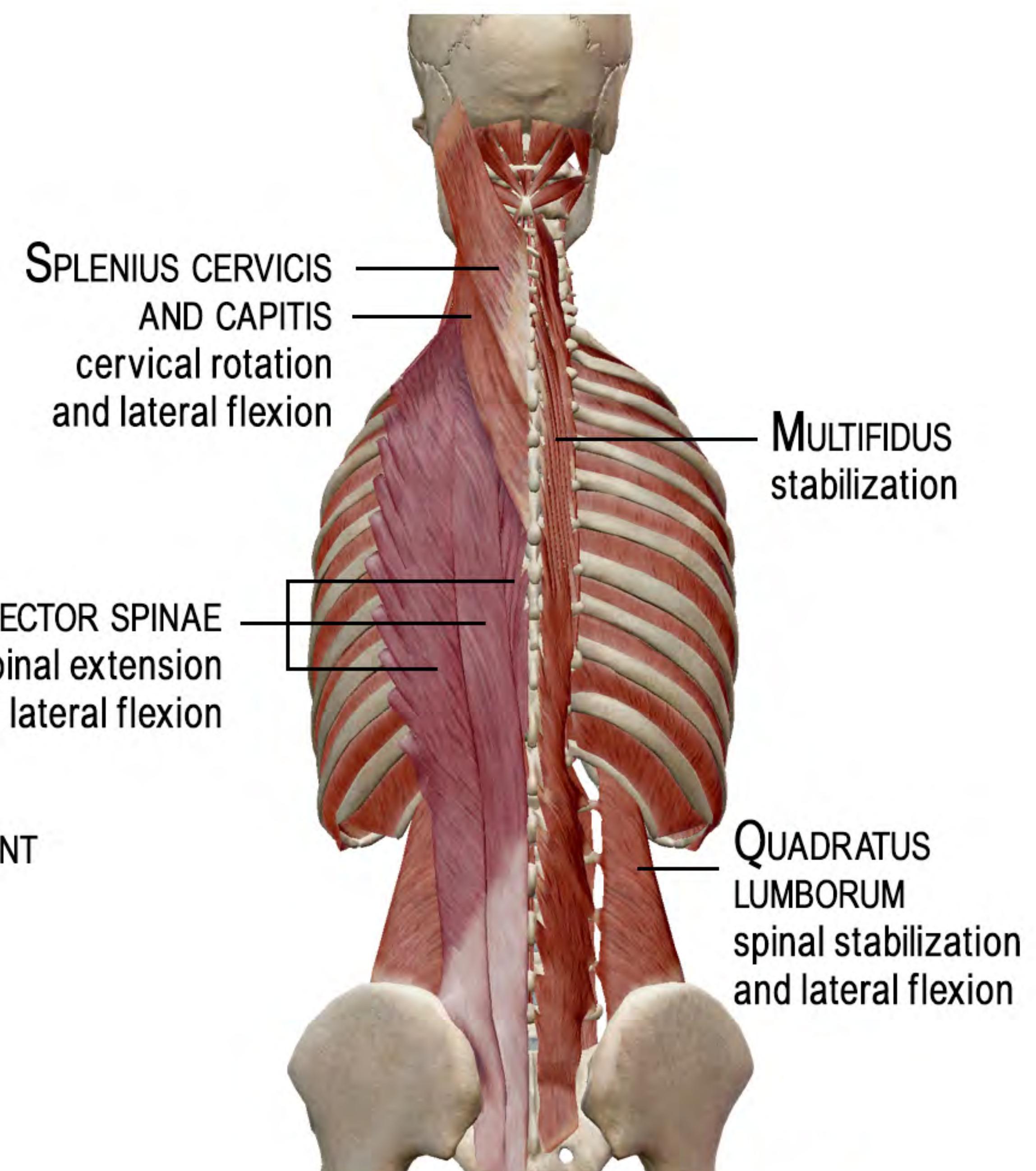
MUSCLES of the HAND, WRIST, FOREARM, and ELBOW



MUSCLES of the SPINE, PELVIS, and CORE



Sacrum (S) of the spine connects with the ilium (I) of the pelvis.
Limited mobility, transmits weight of the torso

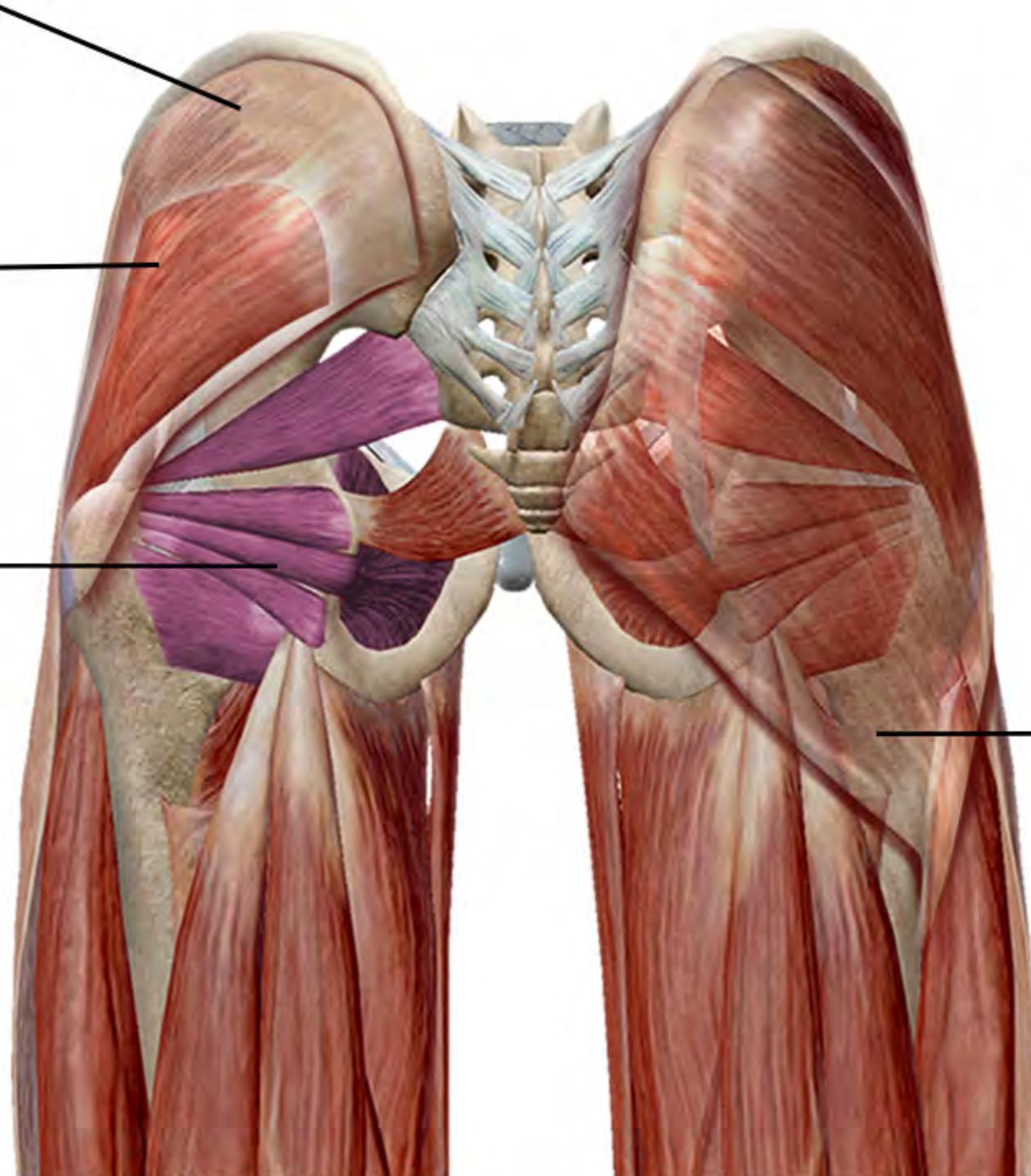


MUSCLES of the HIP

GLUTEUS MEDIUS
hip abduction and rotation

GLUTEUS MINIMUS
hip abduction and internal rotation

THE DEEP Six
hip external rotation



Posterior view

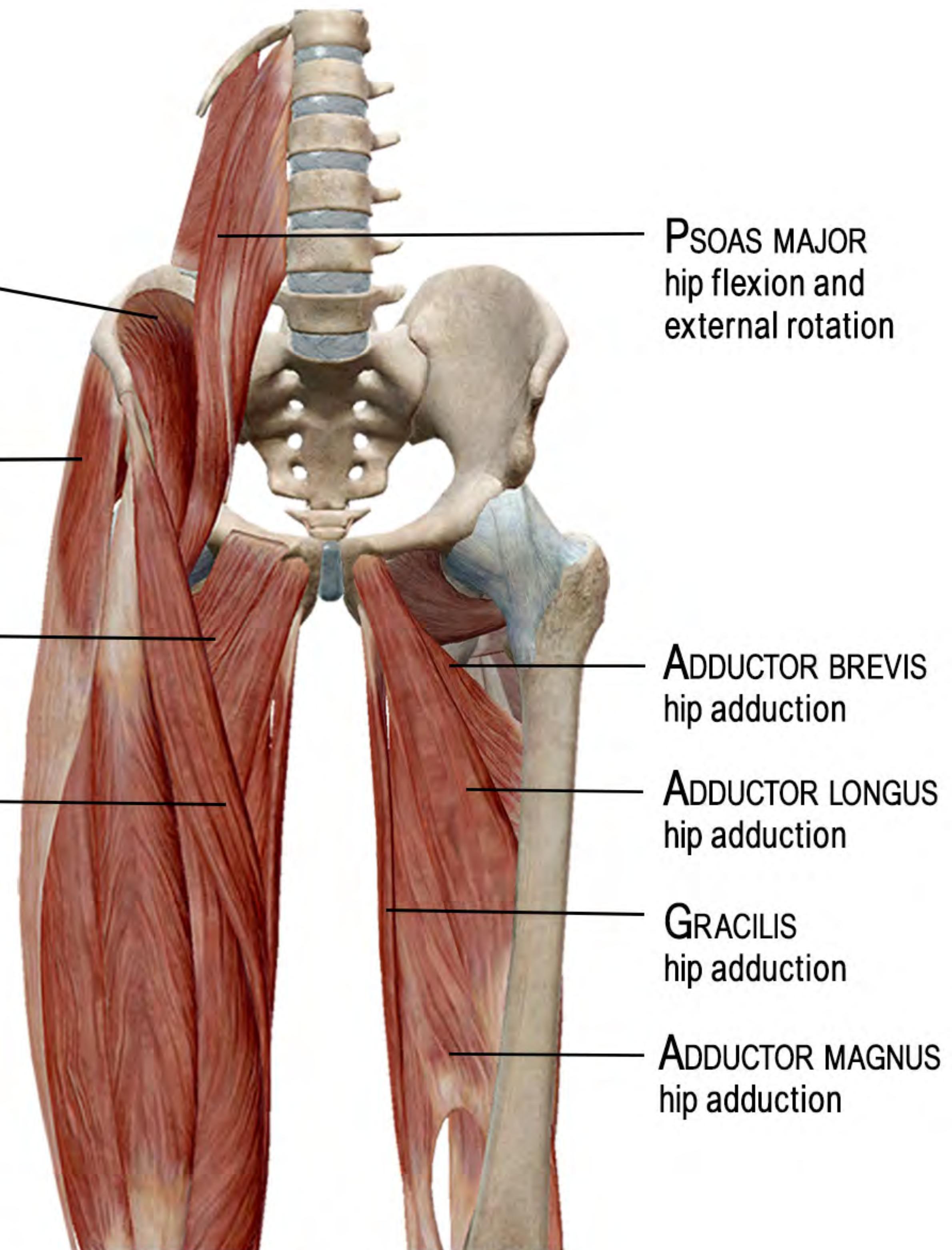
ILIACUS
hip flexion and external rotation

TENSOR FASCIA LATA
hip flexion, abduction and internal rotation

PECTINIUS
hip flexion and adduction

SARTORIUS
hip flexion, abduction and external rotation

GLUTEUS MAXIMUS
hip extension and external rotation



Anterior view

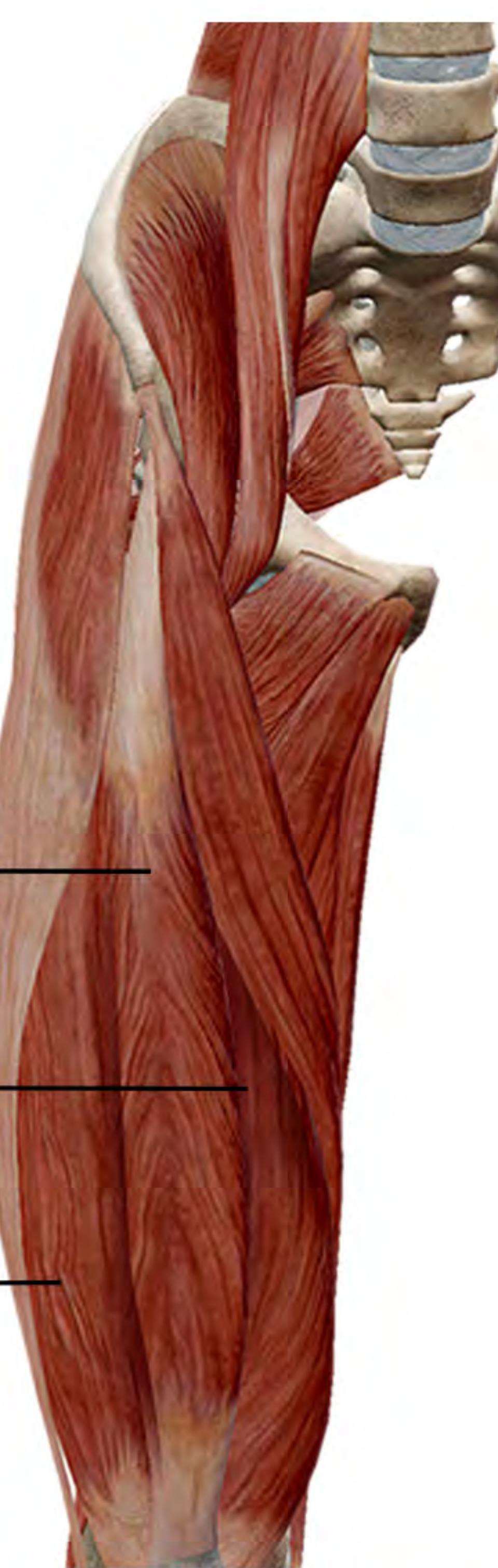
QUADRICEPS FEMORIS

RECTUS FEMORIS
hip flexion and knee extension

VASTUS MEDIALIS
knee extension

VASTUS LATERALIS
knee extension

VASTUS INTERMEDIUS (HIDDEN)
knee extension



Anterior view

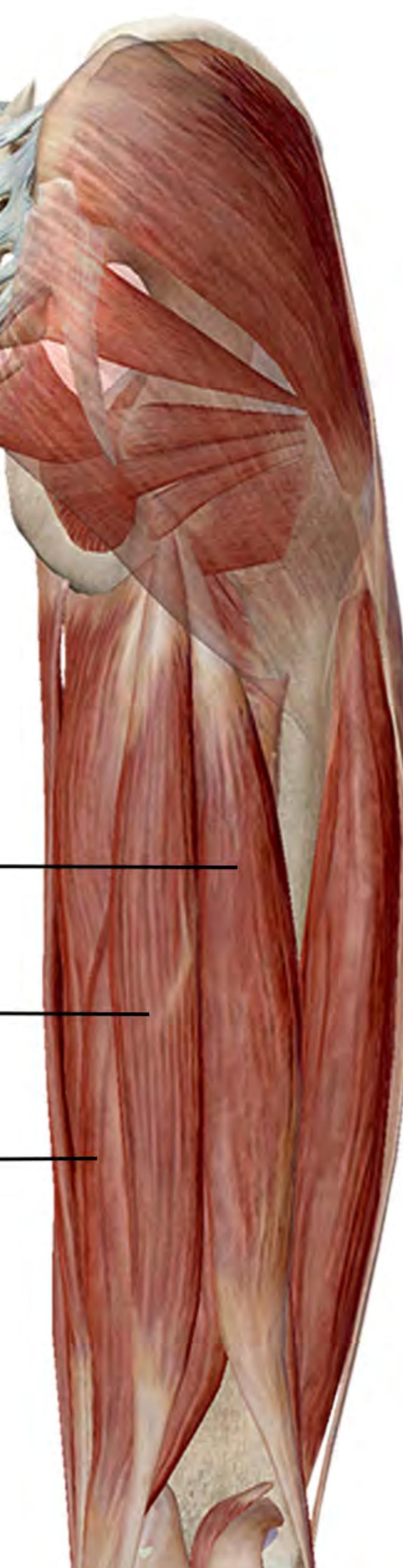
HAMSTRINGS

hip extension and knee flexion

BICEPS FEMORIS

SEMITENDINOSUS

SEMIMEMBRANOSUS

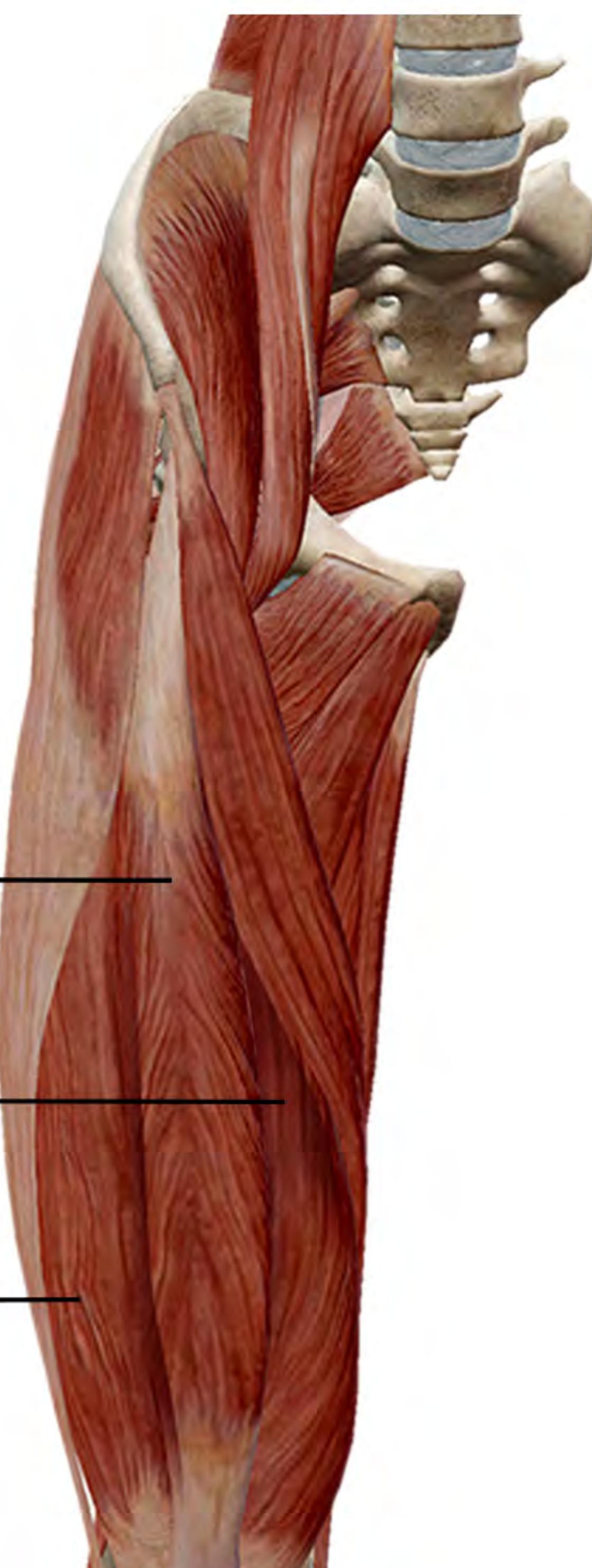


Posterior view

MUSCLES of the KNEE

QUADRICEPS FEMORIS

- RECTUS FEMORIS
hip flexion and knee extension
- VASTUS MEDIALIS
knee extension
- VASTUS LATERALIS
knee extension
- VASTUS INTERMEDIUS (HIDDEN)
knee extension



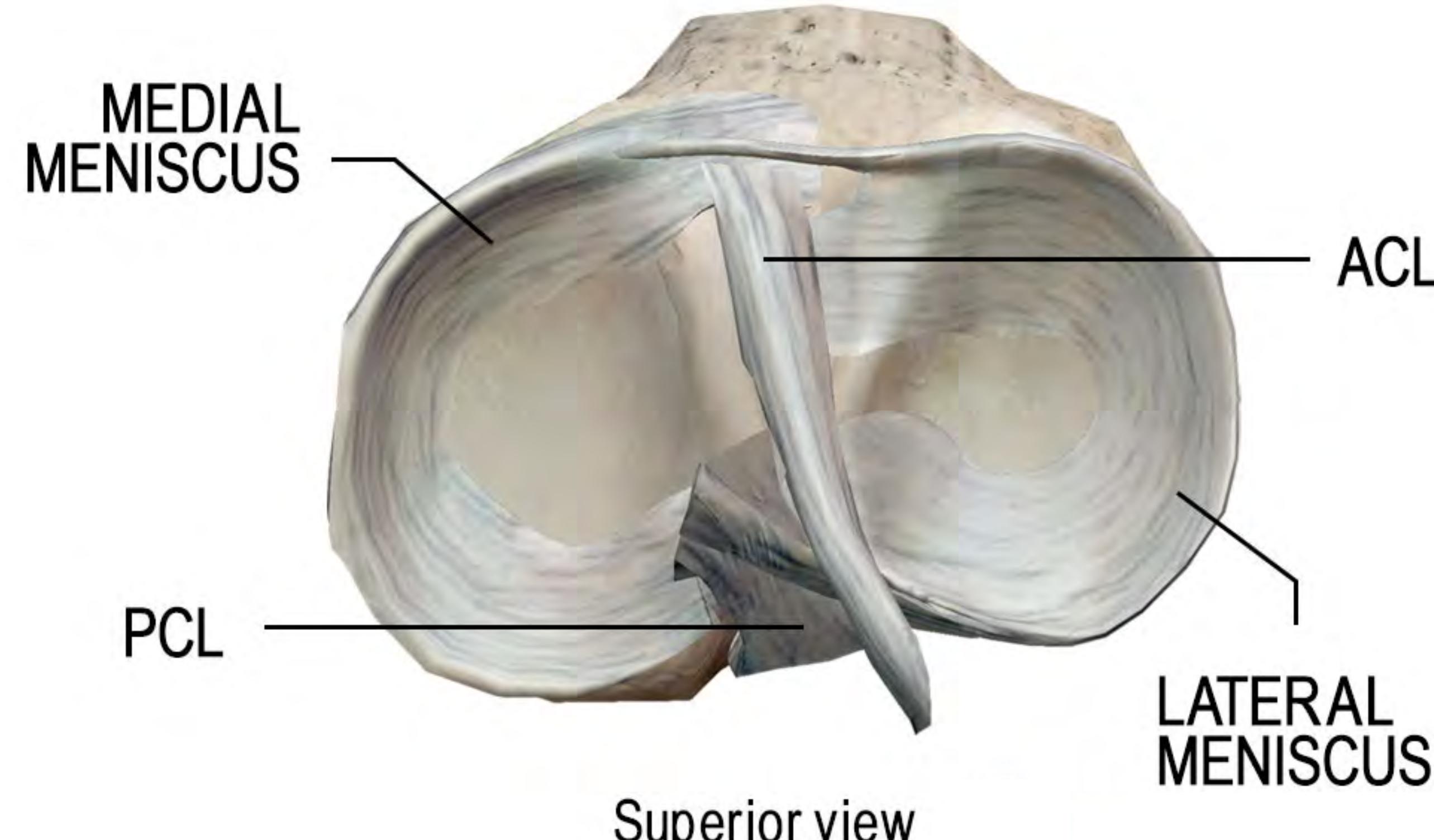
Anterior view

HAMSTRINGS

- BICEPS FEMORIS
hip extension and knee flexion and lateral rotation
- SEMITENDINOSUS
hip extension and knee flexion and medial rotation
- SEMIMEMBRANOSUS
hip extension and knee flexion and medial rotation

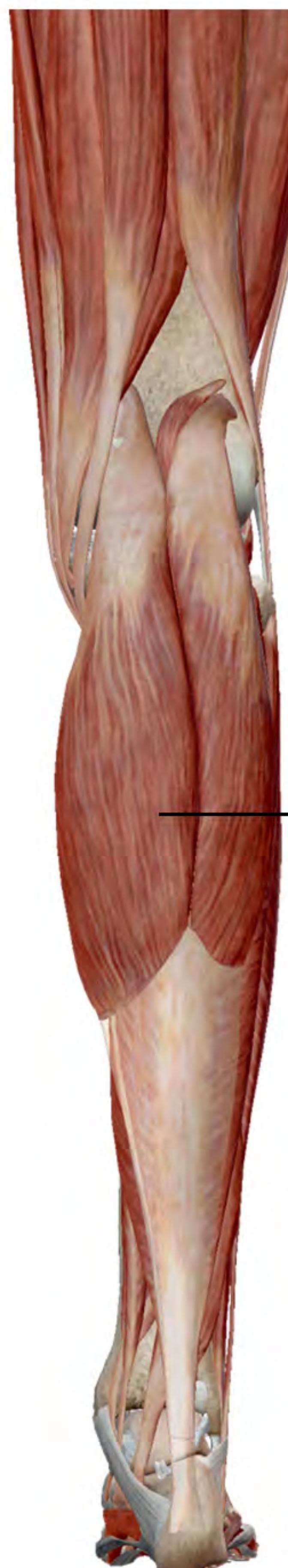


Posterior view

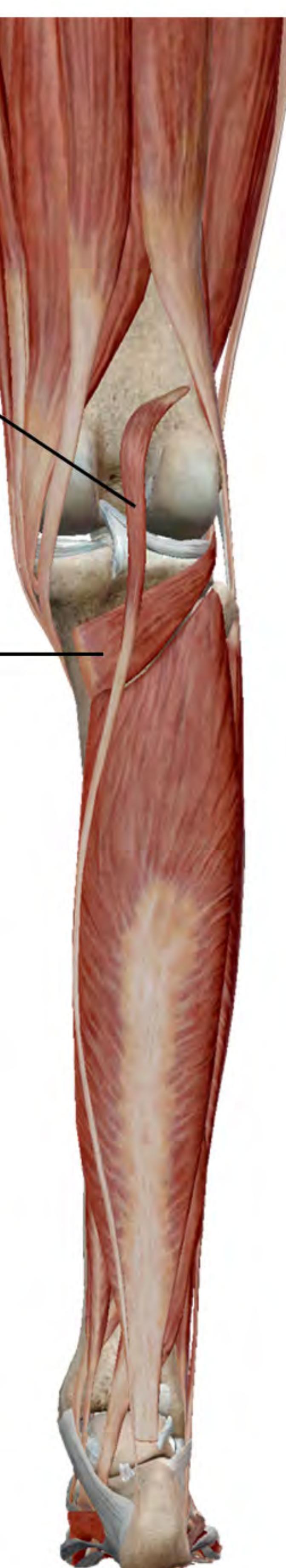


Superior view


- PLANTARIS
knee flexion and ankle plantarflexion
- POPLITEUS
knee flexion and medial rotation
- GASTROCNEMIUS
knee flexion and ankle plantarflexion



Posterior view



MUSCLES of the FOOT and ANKLE



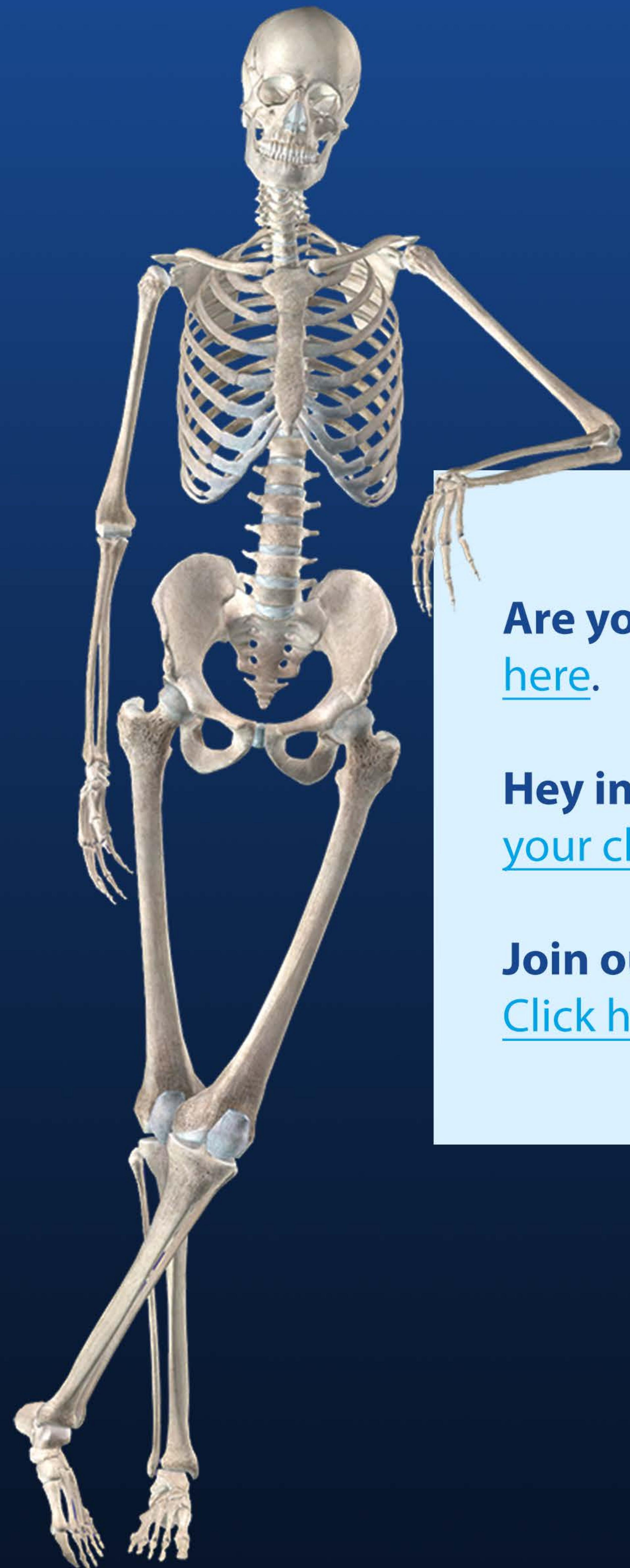


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