

Laboratory 9- Muscle Physiology

Purpose- This exercise will demonstrate the concepts of agonist, antagonist, and synergist muscles. An agonist, or prime mover, is the muscle primarily responsible for a given movement. An antagonist muscle will work in opposition to the agonist. A synergist will aid the agonist and help refine a given movement

Procedure-

9-D: Demonstration of the electromyograph (EMG)

1. To get things started:

-Before you turn anything on, be sure the IWX/214 unit is plugged in, and that the IWX/214 unit is connected to the laptop by USB cable.

-Be sure that the C-AAMI-504 EEG cable is inserted into the isolated inputs of Channels 1 and 2 of the IWX/214. Be sure that the color-coded lead wires are correctly inserted in the lead pedestal of the C-AAMI-504 EEG cable. Insert the connectors on the electrode lead wires into the color-coded matching sockets on the lead pedestal of the ECG cable.

-Once everything is connected, FIRST turn on the laptop and allow it to fully boot up before you turn on the IWX/214 unit. Once the Iworx unit is on, the red indicator light on the Iworx unit should light up and you may hear the USB chime from the laptop if the laptop does not default to mute (many are set to default to mute).

2. Open the LabScribe3 program by clicking on the LabScribe3 icon on the desktop. As soon as the program opens, you should see a window pop-up that says "Hardware found IWX214:2008-1-24," click "OK."

3. In the second from the top row (the row that says "File Edit View Tools Settings Advanced External Devices Help"), click on the "Settings" tab. About halfway down the drop-down window should be a tab called "Human Muscle." Click on that tab and that should lead you to another drop-down list with the second tab from the top called "Antagonistic Muscle," click on that tab and then close the pdf file that appears, you do not need it.

4. Instruct the subject to remove all jewelry from his/her arm and wrist. Use an alcohol swab to clean the regions of skin on the forearm you are going to use (Fig. 9-1.). Let the area dry. Remove a disposable electrode from its plastic shield and apply the electrode to the six locations.

5. Place the electrodes from proximal to distal on the forearm in the following order: +2, -2 on the posterior and +1, -1 and ground on the anterior. (Fig. 9-1.) Snap the lead wires onto the electrodes as follows: - the red "+1" lead is attached to the proximal electrode on the anterior surface. -the black "-1" lead is attached to the distal electrode on the anterior forearm. -the green "C" lead (the ground) is attached to the remaining electrode on the anterior surface. -the white "+2" lead is attached to the

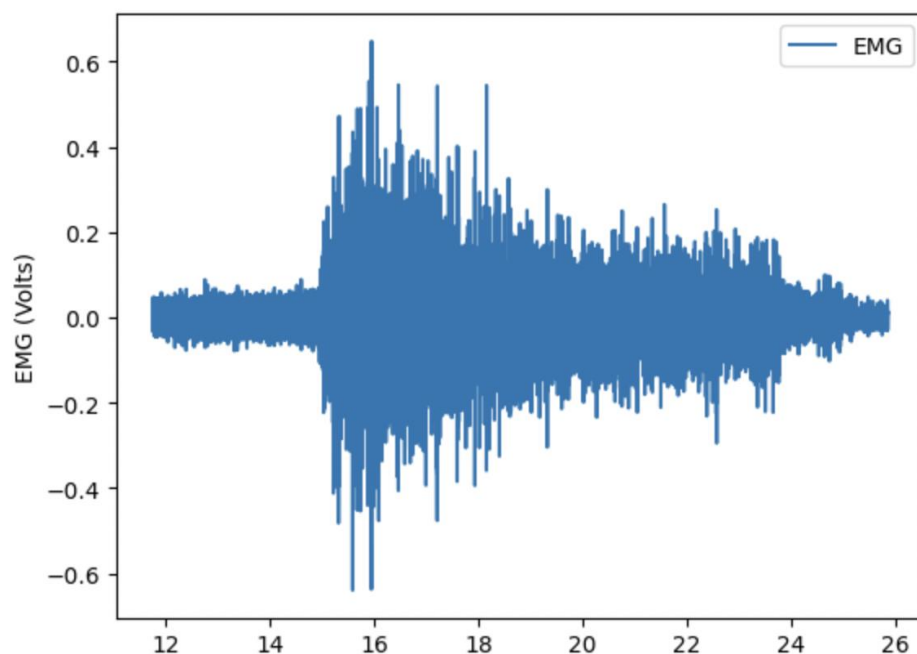
proximal electrode on the posterior forearm. -the brown “-2” lead is attached to the distal electrode on the posterior surface.

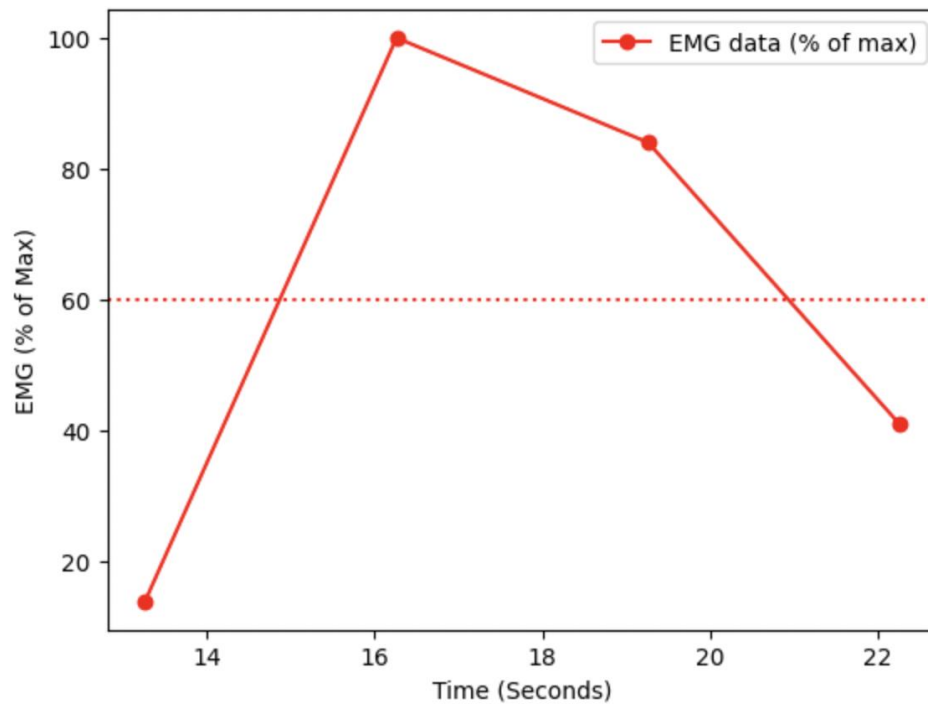
6. Record an EMG of the muscles of the forearm illustrating agonistic and antagonistic muscle activity for each of the exercises described below. Type the student’s name and the appropriate letter for the activity (A, B, C, D—see below) in the Mark box to the right of the Mark button. Click the red “Rec” button to begin the recording; then, press the Enter key on the keyboard to mark the beginning of each activity. The recording for exercise “A” should look like Fig. 9-3. If you do not see anything, try clicking on the AutoScale tab and/or checking the electrode contacts. Repeat these procedures for each of the remaining activities.

7. Evaluate the amplitude and frequency of the EMG recordings. Identify the agonists, antagonists, and synergists, if applicable, for each activity. For example, what muscles were the agonists during wrist flexion-anterior or posterior forearm muscles? How did the EMG change for the antagonists when the wrist was more forcefully moved? During which exercise(s) did synergistic muscle activity become apparent?

8. Print a sample of each activity. Before you print, find your highest amplitude waves (in activity C or D) and AutoScale. Click on the AutoScale tab at the upper margin of each of the EMG channels. Look for the row that says on the left “A1: EMG Anterior (or Posterior) 3-10KHz,” the AutoScale tab is the second icon after “Hz,” it looks like a magnifying glass with a symbol on it. After you click this for the biggest waves, this is the scale you will print all four activities. To print a section of the recording, click on “File,” “select” “Print View.” “Select “Landscape” for the page set-up. Be sure to select M-106 as the printer destination.

Results-





Discussion- During this lab, I have realized that the electromyograph (EMG) was harder than I anticipated. It was due to not having exact step-by-step directions on what to do once the laptop was set up and hooked up to everything. But once we had it down, seeing the results was cool and collected the data we needed.

Conclusion- To conclude, EMG, or electromyography, is a technique used to study muscle physiology. It measures the electrical activity produced by muscles during contraction. By analyzing the EMG signals, we can gain insights into muscle function, activation patterns, and muscle recruitment. It is a valuable tool for understanding muscle physiology and assessing muscle performance.