

Contents

A Note About Peripheral Nerve Supply	4	6 Joints	71
1 Anatomical Orientation	7	PART ONE – Classification of Joints	72
Anatomical Directions	8	PART TWO – Features of Specific Joints	79
Regional Areas	11	Joints of the Head and Vertebral Column	79
Planes of the Body	13	Joints of the Rib and Sternum	83
Anatomical Movements	14	Joints of the Shoulder Girdle and Upper Limb	85
		Joints of the Pelvic Girdle and Lower Limb	95
2 Tissues	21	7 Skeletal Muscle and Fascia	111
Connective Tissue	22	Skeletal Muscle Structure and Function	110
Muscle Tissue	24	Musculo-skeletal Mechanics	125
		Muscles of the Body	136
3 Bone	27	8 Anatomy Trains	145
Bone Development and Growth	28	Practical Holism	
Cartilage	28	The Single Muscle Theory	
Functions of Bones	31	Whole Body Communicating Networks	
Types of Bone – According to Density	32	The Connective Tissue System	
Types of Bone – According to Shape	33	The Double-Bag Theory	
Components of a Long Bone	35	Tensegrity	
Bone Markings	37	The Anatomy Trains: Rules of the Road	
		Summary of the Lines	
4 The Axial Skeleton	41	Practical Applications	
The Skull: Comprising the Cranium and Facial Bones	42		
The Vertebral Column (Spine)	45	Appendix: Main Muscles Involved in Different	
The Bony Thorax	48	Movements of the Body	177
		General Overview of Major Body Systems	183
5 The Appendicular Skeleton	49	Resources	189
The Pectoral Girdle	50	Index	191
Upper Limb	51		
The Pelvic Girdle (Os Innominatum)	55		
Lower Limb	57		
General Skeletal Interrelationships	62		
Bony Landmarks Seen or Felt Near the Body Surface	68		