

The Morales Method® Academy of Structural Integration

ANATOMY/KINESIOLOGY PROJECT/REPORT - Outline

Assignment overview:

1. Turn in a written report /presentation on a joint: (example: shoulder, elbow, wrist, hip, knee, ankle, jaw). Include all relative bones, muscles, tendons and ligaments associated with movement and stabilization of the chosen joint.
2. Create a visual aide for presentation: draw, sculpt, multimedia, or video demonstration is acceptable.
3. Submit report in hard copy and electronically before MMASI prep. Course Exam Day. Submit to: marty@moralesmethod.com

Guideline – What to cover in report

1. Why you chose this joint
2. Describe specific actions and functions.
3. Describe or use visual aide to identify and show bone(s), muscles, tendons, and ligaments associated with this joint.
4. Tell us what you learned. What was the highlight? What can you carry forward as knowledge of this joint?

Additional Information to Cover:

1. List 1-2 sentence descriptions of the three (3) common injuries related to this joint. **See more detail on this in Section 2.**
2. Choose only one (1) of your researched injuries and give a simple paragraph of how you would work with someone who had this injury in a non-acute stage. If you personally had healed from this injury, what one strengthening or conditioning exercise might you incorporate to maintain wellness?

1. Tips for Other Things to Bring to the Project

- a. Planes and axes of movement and specific motions associated with the chosen joint.
- b. Describe attachments and what these attachments facilitate/support/restrict. Also look at joint surfaces and note if the joint is weight-bearing or not.

2. Research three common injuries associated with the joint. Include the following in your written report:

- a. Describe each injury and list a few possible causes.
- b. State which bones, muscles, tendons, and ligaments are or might be functionally compromised with these injuries.
- c. Choose one of these injuries and what are the questions that you would ask of a client who is presenting with it?
- d. Describe a session protocol for clients who are in one of the following stages with this injury: acute stage or chronic stage.
- e. What suggestions might you make to your client in regards to seeking advice or treatment from other health professionals?
- f. What is your understanding of the use of ibuprofen as an analgesic/anti-inflammatory versus muscle relaxant?
- g. If you PERSONALLY had healed from this injury, what strengthening or stretching exercises might you incorporate daily to maintain wellness?

Suggestions for Joints and Injuries/Conditions to Research

SHOULDER JOINT

Labrum Tears

Rotator Cuff Tendonitis

Frozen Shoulder (adhesive capsulitis)

Biceps Tendon Rupture

Bicipital Tendonitis

Thoracic Outlet Syndrome

Impingement Syndrome

Acromioclavicular Separation

Sternoclavicular Separation

Dislocation

Subluxation

Chest Strain

KNEE and ANKLE JOINT

Calf Strain

Achilles Tendonitis

Medial Tibial Pain Syndrome

Posterior Tibial Tendonitis

PELVIS/HIP JOINT ANKLE JOINT/ KNEE JOINT

Quadriceps Strain

Quadriceps Tendonitis

Hamstring Strain

PELVIS/HIP JOINT

Groin Strain

Hip Flexor Strain

Acetabulum Degeneration

Avulsion Fracture in the pelvic area

Osteo-arthritis

Osteitis Pubis

Iliopsoas Tendonitis

Trochanter Bursitis

Lower back muscle strain

Lower back ligament sprain

Sciatic Nerve Inflammation

Tendonitis of Adductor Muscle

KNEE JOINT

Patellar Tendonitis

Patellofemoral Pain Syndrome

Subluxing Knee Cap

Iliotibial Band Syndrome

Valgus Knees

Vagus Knees

“X” Crossed Knees

ANKLE JOINT

Ankle Sprain

Anterior Compartment Syndrome

Peroneal Tendon Subluxation

Peroneal Tendonitis

ANKLE and TOES

Flexor Tendonitis

Plantar Fasciitis

Sesamoiditis

Hammer Toes

This project should take you approximately 20 hours. There is no limit to the written project.

The written project should be typed with 12 point font. Single or double spacing is acceptable.