

Contents

Reviewers xii

Acknowledgments xiii

Preface xiv

User's Guide xvi

PART I: FOUNDATIONAL CONCEPTS OF OCCUPATIONAL ANATOMY 1

CHAPTER 1

Introduction to Occupation-Based Anatomy 3

Getting Oriented 5

- The Language of Occupation 5
- Theoretical Foundations of Occupation 7
- Anatomical Terminology 7
 - It's All about Perspective* 7
 - Musculoskeletal Terms* 8
 - Kinesiology* 8
 - Planes and Axes of Motion* 9
 - Kinetic Chains* 10

Principles of Physics: Forces and Levers 10

- Force 11
- Levers in the Body 12
- Stress and Strain 14

Biomechanical Properties of Body Tissue 15

- Biomechanics of Bone 15
- Biomechanics of Ligaments and Tendons 16
- Biomechanics of Muscle 17
 - Skeletal Muscle* 18
 - Cardiac Muscle* 19
 - Smooth Muscle* 19
 - Skeletal Muscle Histology* 19
 - Muscle Design and Strength* 21

Neuromuscular Control 23

- Regulation of Muscle Tone 24
- Fast- and Slow-Twitch Fibers 24

Muscle Function 25

- Muscles and Movement 25
- Types of Muscle Contraction 27
- Load Rate 27

Joints: Design and Function 28

- Osteokinematics and Arthrokinematics 30
- Developing an Occupational Lens 32
- Apply and Review 33

CHAPTER 2

Essential Nervous System 35

Nervous System: The Command Center 37

Peripheral Nervous System 38

- Peripheral Nerves 38
- Cranial Nerves* 39
- Spinal Nerves* 40
- Dermatomes 42
- Nerve Plexuses and Peripheral Nerve Pathways 43
 - Cervical Plexus* 43
 - Brachial Plexus* 43
 - Lumbar Plexus* 47
 - Sacral Plexus* 48

Autonomic Nervous System 50

Central Nervous System 51

- Sensorimotor System 51

Apply and Review 54

PART II: SPINE—THE CORE OF PURPOSEFUL MOVEMENT 57

CHAPTER 3

Spine 59

Spine: A Central Scaffold 62

Osteology: Bones of the Spine 63

Vertebral (Spinal) Column 63

Bony Landmarks of the Vertebral Column 64

Cervical Vertebrae 65

Thoracic Vertebrae 67

Sternum 67

Ribs 68

Lumbar Vertebrae 69

Sacrum 69

Joints 70

Atlantooccipital Joint 71

Atlantoaxial Joint 71

Intervertebral Joints 72

Interbody Joints 72

Zygapophyseal (Facet) Joints 73

Costal Joints 73

Musculature and Movement 74

Posterior Musculature 76

Erector Spinae Group 76

Transversospinalis Group 79

Splenii 80

Suboccipitals 81

Quadratus Lumborum 82

Intertransversarii and Interspinales Muscles 82

Serratus Posterior Superior and Inferior 83

Anterior Musculature 83

Sternocleidomastoid 83

Scalenes 84

Abdominal Muscles 85

Rectus abdominis 86

External oblique 86

Internal oblique 87

Transverse abdominis 87

Diaphragm 88

Intercostals 89

Purposeful Movement of the Spine 90

Cervical Spine (Neck) 90

Thoracolumbar Spine (Trunk) 92

OT Guide to Goniometry & MMT: Trunk and Neck 94

Occupational and Clinical Perspectives 95

Core Stability and Occupational Performance 95

Patient Transfers and Safe Lifting 95

Rest and Sleep 98

Abnormal Muscle Tone 99

Spinal Injuries 99

Adaptive Equipment 100

Apply and Review 101

CHAPTER 4

Head and Neck 105

Head and Neck: Functional Pathways 108

Osteology: Bones of the Head and Neck 108

Skull 109

Bony Landmarks of the Skull 109

Paranasal Sinuses 112

Mandible 112

Bony Landmarks of the Mandible 112

Hyoid and Larynx 113

Oral Cavity and Pharynx 115

Joints 116

Sutures of the Skull 116

Temporomandibular Joint 116

Musculature, Function, and Movement 116

Muscles of Facial Expression 118

Muscles of the Mouth 119

Buccinator 119

Depressor anguli oris 119

Depressor labii inferioris 119

Levator anguli oris 119

Levator labii superioris 119

Mentalis 120

Orbicularis oris 120

Platysma 120

Risorius 120

Zygomaticus major 121

Zygomaticus minor 121

Muscles of the Nose 121

Levator labii superioris alaeque nasi 121

Nasalis 121

Procerus 121

Muscles of the Eyes 122

Corrugator supercilii 122

Orbicularis oculi 122

Muscles of the Scalp 122

Occipitofrontalis (frontalis and occipitalis) 122

Auricularis (anterior, superior, posterior) 122

Muscles of Mastication and Speech 123

Masseter 123

Temporalis 124

Medial and Lateral Pterygoids 124

Muscles of Swallowing 125

Suprahyoids (Strap Muscles) 125

Geniohyoid, mylohyoid, and stylohyoid 125

Digastric 126

Infrahyoids (Strap Muscles) 126

Extrinsic Muscles of the Tongue 127

Intrinsic Muscles of the Tongue 127

Muscles of Eye Movement 128

Purposeful Movement of the Temporomandibular Joint 129

Occupational and Clinical Perspectives 130

Communication 130
Feeding and Swallowing 131
Vision 134

Apply and Review 135

PART III: UPPER EXTREMITY 139

CHAPTER 5

Shoulder 141

The Shoulder: A Functional Link 144

Osteology: Bones of the Shoulder Complex 145

Scapula 145
Bony Landmarks of the Scapula 145
Clavicle 148
Bony Landmarks of the Clavicle 148
Humerus 148
Bony Landmarks of the Humerus 148

Joints 150

Scapulothoracic Joint 150
Sternoclavicular Joint 152
Acromioclavicular Joint 153
Glenohumeral (Shoulder) Joint 154

Musculature and Movement 156

Axioscapular Muscles 158
Trapezius 158
Levator Scapulae and Rhomboids 159
Serratus Anterior 160
Pectoralis Minor 160
Purposeful Movement of the Scapula 161
Scapulohumeral Muscles 164
Rotator Cuff 165
Deltoid 167
Teres Major 168
Purposeful Movement of the Glenohumeral Joint 168
OT Guide to Goniometry & MMT: Shoulder 171

Occupational and Clinical Perspectives 171

Scapula: The Foundation of Upper Extremity Motion 171
Postural Compromise and Shoulder Dysfunction 174
Glenohumeral Joint Function 176
Rotator Cuff Tear 178
Glenohumeral Joint Dislocation 178
Osteoarthritis 179

Apply and Review 180

CHAPTER 6

Elbow and Forearm 183

Elbow and Forearm: A Rotating Hinge 186

Osteology: Bones of the Elbow and Forearm 187

Humerus 187

Bony Landmarks of the Humerus 187

Ulna 189

Bony Landmarks of the Ulna 189

Radius 190

Bony Landmarks of the Radius 190

Joints 191

Elbow Joint (Humeroulnar and Humeroradial Joints) 192
Proximal Radioulnar Joint 194

Musculature and Movement 195

Flexors of the Elbow 196
Biceps Brachii 196
Brachialis 198
Brachioradialis 198
Extensors of the Elbow 199
Triceps Brachii 199
Anconeus 199
Primary Rotators of the Forearm 200
Supinator 200
Pronator Teres 201
Pronator Quadratus 202
Purposeful Movement of the Elbow and Forearm 203
OT Guide to Goniometry & MMT: Elbow and Forearm 204

Occupational and Clinical Perspectives 204

Elbow and Self-Care 204
Functional Forearm Rotation 205
Scapular Depression Transfer 206
Cubital Tunnel Syndrome 207
Ulnar Collateral Ligament Injury 207
General Stiffness and Flexion Contractures 207
Cumulative Trauma Disorders 208

Apply and Review 209

CHAPTER 7

Wrist and Hand 213

Wrist and Hand: Instruments of Precision 216

Osteology: Bones of the Wrist and Hand 217

Distal Radius and Ulna 217
Bony Landmarks of the Distal Radius and Ulna 217
Carpals 218
Bony Landmarks of the Carpal 219
Metacarpals and Phalanges 219
Bony Landmarks of the Digits 220

Joints 221

Distal Radioulnar Joint 221
Wrist (Radiocarpal Joint) 221
Wrist and Carpal Ligaments 222
Carpometacarpal Joints of the Fingers 224
Metacarpophalangeal Joints 224
Interphalangeal Joints 225
Carpometacarpal Joint of the Thumb 225

Musculature and Movement 227

- Extrinsic Flexor Muscles 228
 - Flexor Carpi Radialis and Flexor Carpi Ulnaris* 228
 - Palmaris Longus* 229
 - Flexor Digitorum Superficialis* 230
 - Flexor Digitorum Profundus* 230
 - Flexor Pollicis Longus* 233
- Extrinsic Extensor Muscles 234
 - Extensor Carpi Radialis Longus and Brevis* 234
 - Extensor Carpi Ulnaris* 235
 - Extensor Digitorum (Communis)* 236
 - Extensor Indicis and Extensor Digiti Minimi* 238
 - Extensors of the Thumb* 238
- Intrinsic Hand Muscles 240
 - Thenar Muscles* 240
 - Hypothenar Muscles* 242
 - Palmar Interossei* 243
 - Dorsal Interossei* 243
 - Adductor Pollicis* 244
 - Lumbricals* 245
- Special Connective Tissue of the Wrist and Hand 246
 - Transverse Carpal Ligament and the Carpal Tunnel* 246
 - Palmar Aponeurosis* 246
 - Extensor Retinaculum* 248
- Purposeful Movement of the Wrist and Hand 249
- OT Guide to Goniometry & MMT: Wrist and Hand 252

Occupational and Clinical Perspectives 253

- Sensorimotor Function of the Hands 253
- Biomechanics of the Wrist and Hand 253
- Extrinsic and Intrinsic Forces in the Hand 255
- Prehensile Patterns (Grasp and Pinch) 257
- Distal Radius Fracture 259
- Osteoarthritis 259
- Cumulative Trauma Disorders 259
- Peripheral Nerve Injuries 260

Apply and Review 263

PART IV: LOWER EXTREMITY 267

CHAPTER 8

Pelvis and Hip 269

Pelvis and Hip: A Stable Base 272

Osteology: Bones of the Pelvis and Hip 272

- Sacrum 273
 - Bony Landmarks of the Sacrum* 273
- Pelvis 274
 - Bony Landmarks of the Pelvis* 274
- Femur 276
 - Bony Landmarks of the Femur* 276

Joints 277

- Sacroiliac Joint 277
- Hip Joint 278

Musculature and Movement 279

- Pelvic Floor (Diaphragm) 279
- Flexors of the Hip 280
 - Psoas Major and Iliacus* 280
- Extensors of the Hip 281
 - Gluteus Maximus* 281
 - Hamstrings* 281
- Abductors of the Hip 281
 - Gluteus Medius and Minimus* 281
- Tensor Fasciae Latae* 283
- Adductors of the Hip 284
- Rotators of the Hip 286
- Purposeful Movement of the Hip 288
- OT Guide to Goniometry & MMT: Hip 290

Occupational and Clinical Perspectives 291

- Pelvic Alignment and Positioning 291
- Functional Mobility 293
- Bowel, Bladder, and Sexual Function 294
- Pelvis and Hip Fractures 295
- Hip Arthroplasty 296

Apply and Review 298

CHAPTER 9

Knee, Ankle, and Foot 301

Knee, Ankle, and Foot: Links for Functional Mobility 304

Osteology: Bones of the Lower Extremity 305

- Femur 305
 - Bony Landmarks of the Femur* 305
- Tibia 305
 - Bony Landmarks of the Tibia* 306
- Fibula 307
 - Bony Landmarks of the Fibula* 307
- Patella 307
- Bones of the Foot 308

Joints 310

- Knee 310
 - Tibiofemoral Joint* 310
 - Patellofemoral Joint* 313
- Proximal and Distal Tibiofibular Joints 313
- Ankle 313
 - Talocrural Joint* 313
 - Subtalar Joint* 315
- Transverse Tarsal Joint 316
- Intertarsal Joints 316
- Metatarsophalangeal and Interphalangeal Joints 316

Musculature and Movement 318

- Flexors of the Knee 318
 - Hamstrings* 318
 - Popliteus* 319
- Extensors of the Knee (Quadriceps) 320
- Dorsiflexors of the Ankle and Foot 321

Plantar Flexors of the Ankle and Foot	322	<i>Appendix: Cardiovascular and Lymphatic Systems</i>	373
Intrinsic Muscles of the Foot	325	<i>Answer Key</i>	376
Purposeful Movement of the Knee, Ankle, and Foot	326	<i>Glossary</i>	377
OT Guide to Goniometry & MMT: Knee, Ankle, and Foot	329	<i>Figure Credits</i>	383
Occupational and Clinical Perspectives	330	<i>Index</i>	385
Functional Mobility	330	<i>About the Authors</i>	407
Neurological Impairment of the Lower Extremity	330		
Fall Prevention	331		
Musculoskeletal Injuries of the Lower Extremity	331		
Apply and Review	333		

CHAPTER 10

Positioning, Postural Alignment, and Functional Mobility 337

Movement through the Lens of Occupation 339

Stability 341

Positioning and Postural Alignment 344

Position	344
Posture	345
<i>Standing Posture</i>	346
<i>Seated Posture</i>	346

Common Postural Abnormalities 348

Posterior Pelvic Tilt	349
Anterior Pelvic Tilt	350
Pelvic Obliquity	351
Forward Head Posture	352
Posture and Occupation	352

Functional Mobility 353

Bed Mobility	353
Wheelchair Mobility	355
Typical Human Gait	357
Abnormal or Pathological Gait Patterns	362
<i>Trendelenburg Gait</i>	362
<i>Circumduction Gait</i>	362
<i>Foot Drop</i>	363
<i>Hemiplegic Gait</i>	363
<i>Antalgic Gait</i>	364
<i>Ataxic Gait</i>	364
<i>Scissor Gait</i>	364
<i>Parkinsonian Gait</i>	364
Mobility Devices	365
<i>Cane</i>	365
<i>Walker</i>	365
<i>Crutches</i>	366

Transfers 366

Stand- or Squat-Pivot Transfer	367
Sliding Board Transfer	368
Dependent Transfer	368

Apply and Review 370