Functional Anatomy: Zoom 4

Homework:

Looking at the following postures – Warrior 2, Reverse warrior and extended side angle –

1. Name the movement at the ankle, knee, hip, spine and shoulder joints
2. Name a muscle or group of muscles that need to be engaged – concentrically, isometrically or eccentrically
3. Mention what is being lengthened or shortened
4. Perhaps give some bony alignment cues that could be used