INSTRUCTIONS/ASSIGNMENT FOR ANATOMICAL DISSECTION:

Once you click on the link to open the dissection module, the first thing you need to do is to be sure you can see all the controls as follows. If you do not see these controls, maximize your browser. If you still do not see them, please stop and contact us for assistance by clicking on the ‘contact the instructor link’ above the quiz questions back on the course page.

Navigating the Dissection Programs – Read This! Very Important!

- **Select Starting Point**, in the tool bar appearing vertically on the left side of your screen, click on the first icon that looks like this: ![Icon](image) and follow instructions provided.

- **Change Layer**, use the controls that are found on the left below the image: ![Layer Controls](image). You can either use the up/down arrow to change layers, or click on the layer number to select a different layer from the dropdown box.

- **Change Frame** (which rotates the anatomical model) use the controls that are found centrally under the image. The frame number appears and you can use the arrows to advance one frame at a time or the curved arrows to jump multiple frame.

- **Identify Structures**: Click on any structure in the anatomical dissection and the structure will highlight in green and information pertaining to the structure will appear in the dialogue box on the right side of the screen. Read all information pertaining to the structure. If you are wrong, select another structure until you identify the correct one. Repeat for each structure we ask you to identify.

- **Having trouble finding a structure?** In case you are having a problem identifying a structure, all you need to do is to click on the box in the lower right corner that says ![Visible Structures](image). A list of all structures visible in the dissection will show in the box. Simply click on the name of the structure, it will highlight and you can proceed with reading about that structure.

The above five instructions are all you need! Refer back to them if you need to.

Let’s get started!

**Dissection Starting Point:**

- **Select Starting Point**: Go to Trigger Points, select Head and neck from the sub menu, select Muscles of the neck from the sub menu, and click on Scaleni.

- **Change Layer** to 1
- **Change Frame** to 32

**Identify Structures:**

- Scaleni (Click trigger point indicated by the symbol #) and **Study** the location of the anterior primary (dark shaded) and secondary (light shaded) referral patterns of the muscle.
Change Frame to 27 and Study the location of the lateral primary (dark shaded) and secondary (light shaded) referral patterns of the muscle.

Change Frame to 19 and Study the location of the posterior primary (dark shaded) and secondary (light shaded) referral patterns of the muscle.

Read the contents of dialogue box. In the dialogue box, click on “trigger point regions” and study the locations of the trigger points in the Scaleni muscle.

Use the left arrow of the double arrows between the dissection image and information dialogue box to return to the previous screen.

Change Frame to 36
Change Layer to 2

Identify Structures:

- Anterior scalene (click on muscle) – Read the contents of dialogue box.
- Under Primary Actions, Flexion of the cervical spine when acting bilaterally, click on the (Anim) link. Click on it to open an animation of the muscle action and play it.
- Lateral flexion of the cervical spine when acting unilaterally when acting unilaterally, click on the (Anim) link. Click on it to open an animation of the muscle action and play it.
- Under Secondary Actions, Assists with contralateral rotation of the cervical spine when acting unilaterally, click on the (Anim) link. Click on it to open an animation of the muscle action and play it.

Back on the left menu under 3D views, under Trigger Points, click on Splenius Capitis (may have to scroll down)

Change Frame to 24

Identify Structures:

- Splenius capitis (click on trigger point indicated by the symbol #). Read the contents of dialogue box.

Study: The location of the primary (dark shaded) and secondary (light shaded) referral patterns of the muscle.

Back on the left menu under 3D views, under Trigger Points, click on Splenius Cervicis 1 (may have to scroll down)

Change Frame to 24

Identify Structures:

- Splenius Cervicis 1 (click on trigger point indicated by the symbol #). Read the contents of dialogue box.

Study: The location of the primary (dark shaded) and secondary (light shaded) referral patterns of the muscle.

Back on the left menu under 3D views, under Trigger Points, click on Splenius Cervicis 2 (may have to scroll down)

Change Frame to 18
Change Layer to 2
Identify Structures:

- Splenius Cervicis 2 (click on trigger point indicated by the symbol #). **Read** the contents of dialogue box.

Study: The location of the primary (dark shaded) and secondary (light shaded) referral patterns of the Splenius Cervicis 2.

Identify Structures:

- Splenius Cervicis (click on muscle) - **Read** the contents of dialogue box. Under Primary Actions, Extension of the cervical spine when acting bilaterally, click on the (Anim) link. Click on it to open an animation of the muscle action, **Change Frame** to 10 and play it. **NOTE** the proximal and distal attachments of the muscle.

Back on the left menu under 3D views, under Trigger Points, click on Sternocleidomastoid 1 (may have to scroll down)

**Change Frame** to 28

Identify Structures:

- Sternocleidomastoid 1 (click on trigger point indicated by the symbol #). **Read** the contents of dialogue box.

Study: The location of the primary (dark shaded) and secondary (light shaded) referral patterns of the Sternocleidomastoid 1.

Back on the left menu under 3D views, under Trigger Points, click on Sternocleidomastoid 2 (may have to scroll down)

**Change Frame** to 28

Identify Structures:

- Sternocleidomastoid 2 (click on trigger point indicated by the symbol #). **Read** the contents of dialogue box.

Study: The location of the primary (dark shaded) and secondary (light shaded) referral patterns of the Sternocleidomastoid 2.

**Change Frame** to 36

Identify Structures:

- Sternocleidomastoid (click on muscle). **Read** the contents of dialogue box.

Back on the left menu under 3D views, under Trigger Points, click on Cervical multifidi (may have to scroll down)

**Change Frame** to 18

Identify Structures:
- Cervical multifidi (click on trigger point indicated by the symbol #). Read the contents of dialogue box.

**Study:** The location of the primary (dark shaded) and secondary (light shaded) referral patterns of the Cervical multifidi.

**Back on the left menu under 3D views, under Trigger Points, click on Semispinalis capitis 1** (may have to scroll down)

**Change Frame** to 18

**Identify Structures:**
- Semispinalis capitis 1 (click on trigger point indicated by the symbol #). Read the contents of dialogue box.

**Study:** The location of the primary (dark shaded) and secondary (light shaded) referral patterns of the Semispinalis capitis 1.

**Back on the left menu under 3D views, under Trigger Points, click on Semispinalis capitis 2** (may have to scroll down)

**Change Frame** to 24

**Identify Structures:**
- Semispinalis capitis 2 (click on trigger point indicated by the symbol #). Read the contents of dialogue box.

**Study:** The location of the primary (dark shaded) and secondary (light shaded) referral patterns of the muscle.

**Back on the left menu under 3D views, under Trigger Points, click on Suboccipital group** (may have to scroll down)

**Change Frame** to 25

**Identify Structures:**
- Suboccipital group (click on trigger point indicated by the symbol #). Read the contents of dialogue box.

**Study:** The location of the primary (dark shaded) and secondary (light shaded) referral patterns of the muscle.

After you complete this assignment, CLOSE the dissection window and return to the course page to answer course quiz questions.