

Anatomy Self-Assessment for Hendrickson Method® Trainings

For students enrolling in the 126-hour Fundamentals or the 200-hour Essentials Training, use this self-test to gauge your preparedness for the level of anatomy knowledge required for your success in the training.

- If you answer 0-5 questions correctly, the Trainings are too advanced for you at this time. We recommend you take the “Anatomy for Pilates and Massage Therapy” series (see the “Continuing Education” page on our website for information) or another anatomy class prior to enrollment in the program.
- If you answer 5-8 correctly, we recommend you take the “Anatomy for Pilates and Massage Therapy” series either before or concurrently with the Training.
- If you answer 9-12 correctly, consider taking the “Anatomy for Pilates and Massage Therapy” series concurrently with the Training or taking individual classes in the body regions where you need more study.
- If you answer 12 or more correctly, your anatomy background is strong enough to help you understand the advanced anatomy required during the Training.

- 1) What muscles constitute the “hamstrings”?
- 2) Name the rotator cuff muscles.
- 3) What are the origin, insertion and action of the latissimus dorsi?
- 4) What is the definition of proximal and distal?
- 5) What are the key features of a synovial joint?
- 6) Name the six deep rotators in the hip.
- 7) Define flexion, extension and rotation.
- 8) What does axilla refer to?
- 9) How many joints does the rectus femoris cross?
- 10) Where is the lesser trochanter?
- 11) Name the sub-occipital muscles?
- 12) Where is the coracoid process?
- 13) Name three muscles that attach to the coracoid process.
- 14) Which is the primary muscle in extension of the hip?
- 15) Which is the main flexor of the hip?

Anatomy Self-Assessment KEY

- 1) What muscles constitute the “hamstrings”?
Semimembranosus; semitendinosus; biceps femoris
- 2) Name the rotator cuff muscles.
Teres minor; subscapularis; infraspinatus; supraspinatus
- 3) What are the origin, insertion and action of the latissimus dorsi?
Origin – iliac crest; Insertion – anterior/proximal humerus; Action – adduction and internal rotation of the shoulder joint
- 4) What is the definition of proximal and distal?
Proximal is closer to the center of the body and distal is further from the center of body.
For example: the elbow is proximal to the hand but distal to the shoulder.
- 5) What are key features of a synovial joint?
Joint capsule with a synovial membrane, articular cartilage, and innervated ligaments
- 6) Name the six deep rotators in the hip.
Piriformis; superior gemellus; obturator internus; inferior gemellus; obturator, externus; quadratus femoris
- 7) Define flexion, extension and rotation.
Flexion – bringing the bones of a joint closer together around a horizontal axis
Extension – bringing the bones of a joint further apart around a horizontal axis
Rotation – pivoting movement of a joint around a vertical axis
- 8) What does axilla refer to?
The area of the armpit
- 9) How many joints does the rectus femoris cross?
The rectus femoris crosses two joints – the hip and the knee.
- 10) Where is the lesser trochanter?
On the medial/posterior/proximal femur
- 11) Name the sub-occipital muscles.
Rectus capitis posterior minor and major; obliquus capitis superior and inferior
- 12) Where is the coracoid process?
It is a part of the anterior scapula located on the anterior, superior-lateral chest
- 13) Name three muscles that attach to the coracoid process.
The short head of the biceps, pec minor, and coracobrachialis
- 14) Which is the primary muscle in extension of the hip?
Gluteus maximus
- 15) Which muscle is the main flexor of the hip? Iliopsoas