**Part 1: Biomechanics Vocabulary**

Directions: Each box in the table below contains an important biomechanics term. For each term, sketch a diagram to show its mean and write a brief definition/description.

|  |  |  |  |
| --- | --- | --- | --- |
| **Abduct** | **Adduct** | **Extension** | **Flexion** |
| **Dorsal** | **Ventral** | **Distal**  | **Proximal** |
| **Bone** | **Ligament** | **Tendon** | **Muscle** |
| **Supination (Supine)** | **Pronation (Pronate)** |

**Forearm (Ventral)**

Directions: On the

diagram, label the

bones of the

forearm and hands.

**Anatomy in Clay: Building the Musculature of a Human Hand**

**Part 2: Anatomy of a Human Hand**

Directions: On the diagram below, use colored pencils to sketch in muscles, tendons and ligaments that are key to hand mechanics.

**PALM** (ventral-side)

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**DORSAL** (back of hand)