
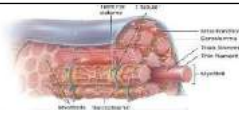
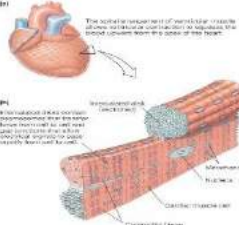
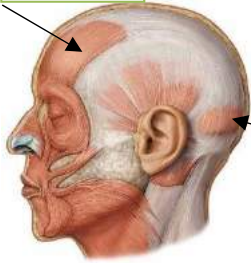
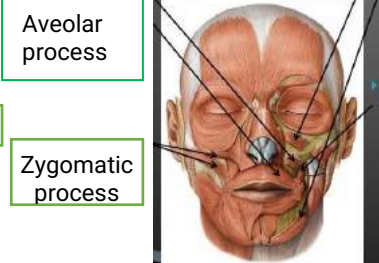
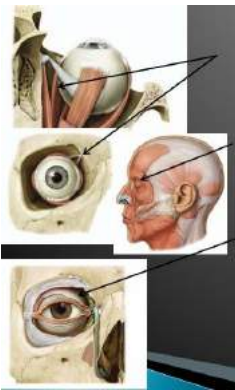
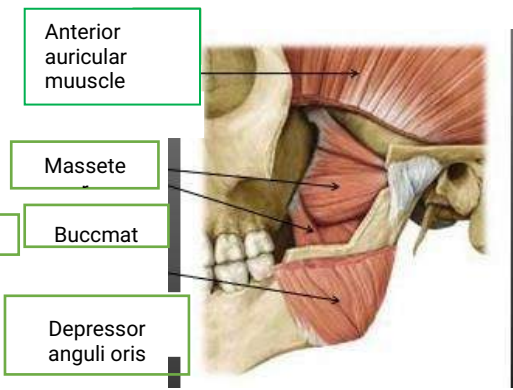
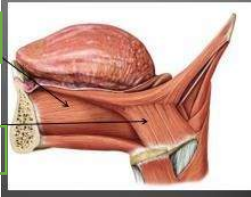

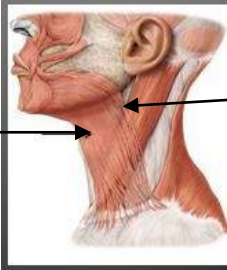
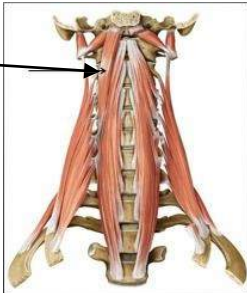
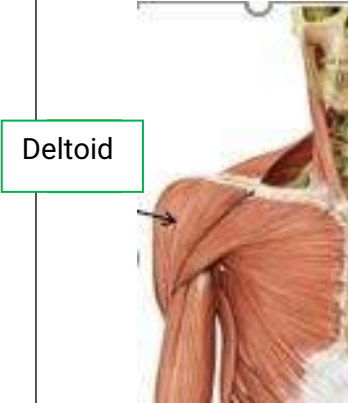
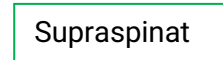
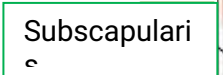
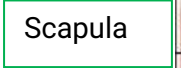
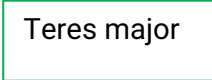
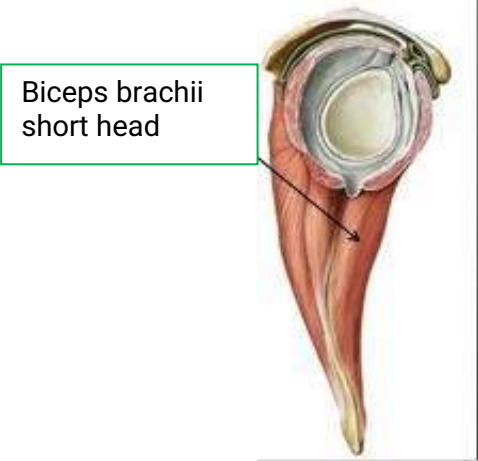
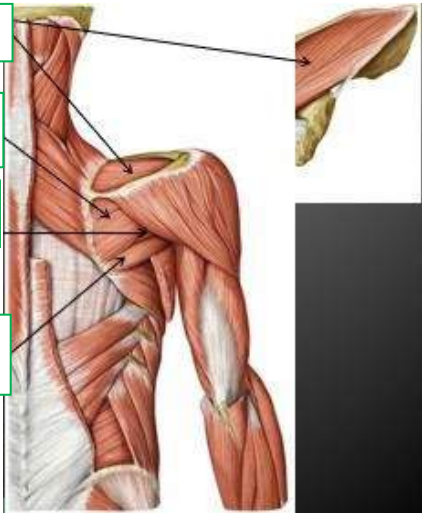
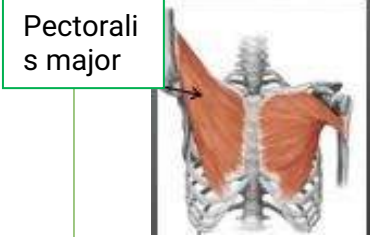
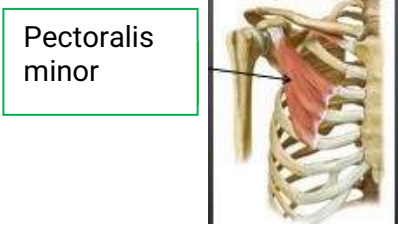


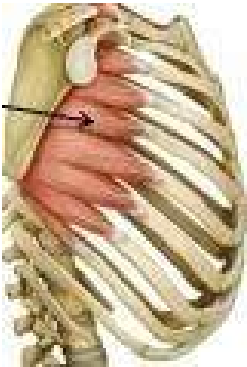
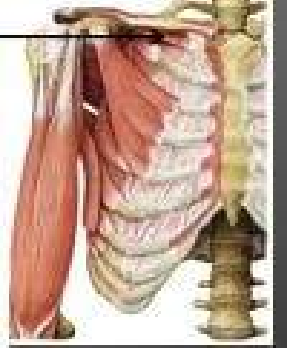
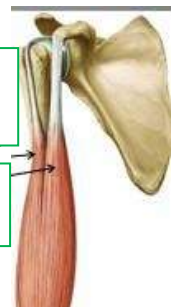
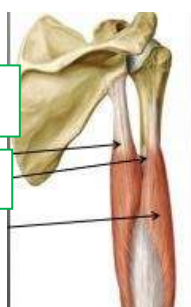





WORKSHEETS (LEMBAR KERJA)

Mata Kuliah	: Anatomi
Materi	: Musculoskeletal
NIM>Nama Mahasiswa	: 2110101006 / Monika Jumarnis


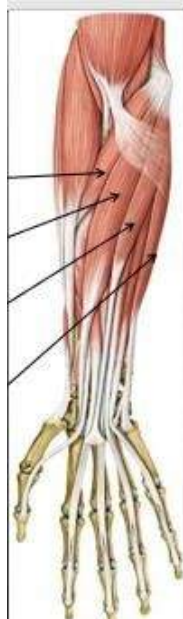
No	Keterangan	Pembahasan
1	Sebutkan struktur otot rangka.	: Makroskopik : -Origo,insertio -Tendon -Fascia -Ligamentum, kartilago Mikroskopik : -Sarcolemma & Sarcoplasma -Miofibril -Sarcomer -Retikulum sarcoplasma
2	Jelaskan 1. Axial musculature : melekat pada rangka aksial, memposisikan kepala,tulang kepala dan menggerakkan tulang iga, serta mencakup 60% otot rangka tubuh 2. Appendicular musculature : menstabilkan atau menggerakkan komponen rangka appendikular serta mencakup 40% otot rangka tubuh	
3	Sebutkan ciri ciri otot berikut 	: Berbentuk gelondong Mempunyai satu inti sel Tidak memiliki garis-garis melintang (polos) Bekerja diluar kesadaran
4		: Bentuknya silindris, memanjang Tampak adanya garis-garis melintang Mempunyai banyak inti sel Bekerja dibawah kesadaran
5		: Hanya terdapat pada jantung Kerja otot tidak bisa dikendalikan Strukturanya sama seperti otot lurik
6	Jelaskan fungsi otot Menghasilkan gerakan rangka Mempertahankan sikap & posisi tubuh Menyongkong jaringan lunak Menunjukkan pintu masuk & keluar saluran dalam sistem tubuh Mempertahankan suhu tubuh .kontaksi otot	
7	Jelaskan otot antagonis dan contohnya Otot antagonis adalah otot yang bekerja bertentangan satu sama lain. Contohnya seseorang menggunakan sel otot tertentu untuk membuka tangannya dan melebarkan jari-jarinya dengan lebar.	

No	Keterangan	Pembahasan
	<p>Jelaskan otot sinergis dan contohnya : gerak otot yang bekerja sama dalam jurusan gerak sehingga menyebabkan gerak yang searah. Contohnya menelungkupkan telapak tangan atau pronasi</p>	<p>Maxilla Nasal chest Angle of mandible</p>
<p>Otot wajah</p>	<p>Frontal</p>  <p>Occipital</p> <p>Zygomatic process</p>  <p>Aveolar process</p> <p>Maxilla</p>  <p>Medial rectus</p> <p>Zygomatic process</p> <p>Lacrimal gland</p>  <p>Anterior auricular muscle</p> <p>Massete</p> <p>Buccmat</p> <p>Depressor anguli oris</p> <p>Subligua</p>  <p>Submandibular</p>	 <p>Maxilla</p>
<p>9</p>	<p>Otot leher</p> <p>Platysma</p>  <p>External jugular vein</p>	<p>Digastric</p> 

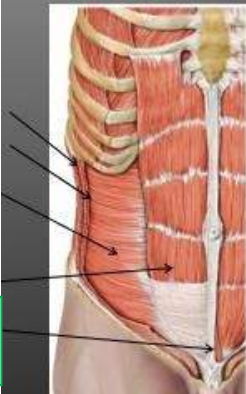
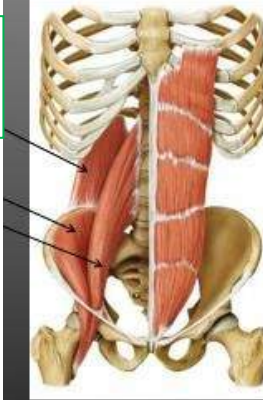
No	Keterangan	Pembahasan
10	<p><i>Otot bahu</i></p>     	<p><i>Pembahasan</i></p>  
	<p><i>Otot dada</i></p> 	

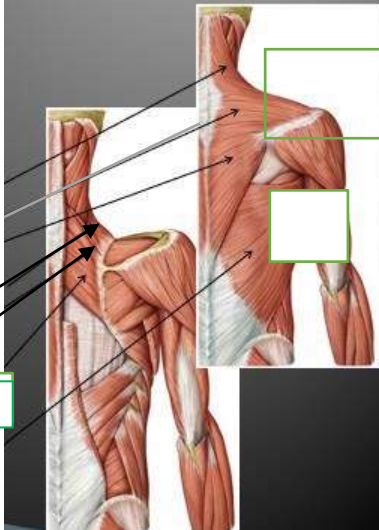
No	Keterangan	Pembahasan
	 <p>Ribs</p>	 <p>Scapula</p>
	 <p>Triceps long</p> <p>Triceps lateral</p>	 <p>Tendon</p> <p>Origin</p> <p>Biceps</p>
	 <p>Ulnar collateral ligament</p>	 <p>Insertio</p>
	 <p>Flexor carpi ulnaris</p> <p>Palmaris longus</p>	 <p>Extensor carpi ulnaris</p> <p>Trapezoid</p>
		 <p>Phalanges</p>


No	Keterangan	Pembahasan
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	<p>Extensor carpi radialis brevis</p> <p>Extensor pollicis longus</p> <p>Extensor carpi radialis longus tendon</p> <p>Phalanges</p>	<p>Flexor carpi radialis</p> <p>Palmaris longus</p> <p>Extensor digitorum</p> <p>Flexor calpi ulnaris</p>

Regio abdomen

<p>External oblique muscle</p> <p>Internal oblique muscle</p> <p>Transversus abdominis</p> <p>Posterior</p> <p>Linea alba</p>		<p>M.Obliquus internus abdominis</p> <p>Ilium</p> <p>Inguinal canal</p>	
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<p>M.Trapezius</p> <p>Deltoid</p> <p>M.Infraspinatus</p> <p>M.Trapeziu</p> <p>M.Latissimus dorsi</p>	
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No	Keterangan	Pembahasan
	<p><i>Regio glutealis</i></p> <div style="display: flex; flex-direction: column; align-items: center; gap: 10px;"> <div data-bbox="531 383 778 472" style="border: 1px solid green; padding: 2px;">Gluteus maximus muscle</div> <div data-bbox="555 488 762 551" style="border: 1px solid green; padding: 2px;">Gluteus medius</div> <div data-bbox="531 562 778 629" style="border: 1px solid green; padding: 2px;">Gluteus minimus</div> </div>	
	<p><i>Ektermitas inferior</i></p> <div style="display: flex; flex-direction: column; align-items: center; gap: 10px;"> <div data-bbox="300 943 459 1010" style="border: 1px solid green; padding: 2px;">Rectus femoris</div> <div data-bbox="300 1032 459 1099" style="border: 1px solid green; padding: 2px;">Straight head of</div> <div data-bbox="300 1111 459 1178" style="border: 1px solid green; padding: 2px;">Vastus medialis</div> <div data-bbox="300 1211 459 1279" style="border: 1px solid green; padding: 2px;">Vastus lateralis</div> </div>	<div style="display: flex; flex-direction: column; align-items: center; gap: 10px;"> <div data-bbox="879 1021 1066 1088" style="border: 1px solid green; padding: 2px;">Long head of biceps</div> <div data-bbox="879 1099 1066 1167" style="border: 1px solid green; padding: 2px;">Iliotibial tract</div> <div data-bbox="839 1178 999 1245" style="border: 1px solid green; padding: 2px;">Rectus femoris</div> <div data-bbox="839 1279 999 1346" style="border: 1px solid green; padding: 2px;">Vastus lateralis</div> </div> 