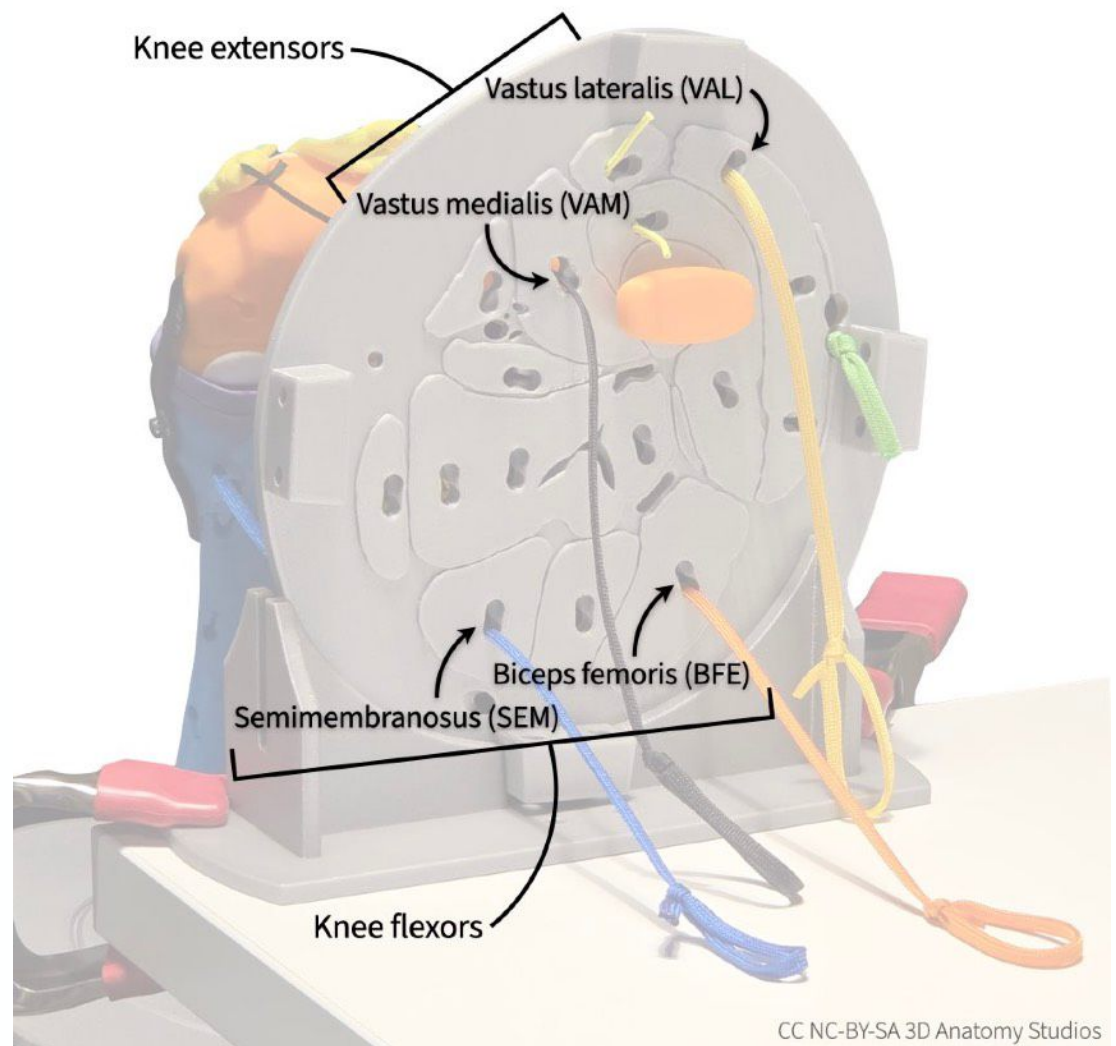


## HOW DO MUSCLES WORK TOGETHER?

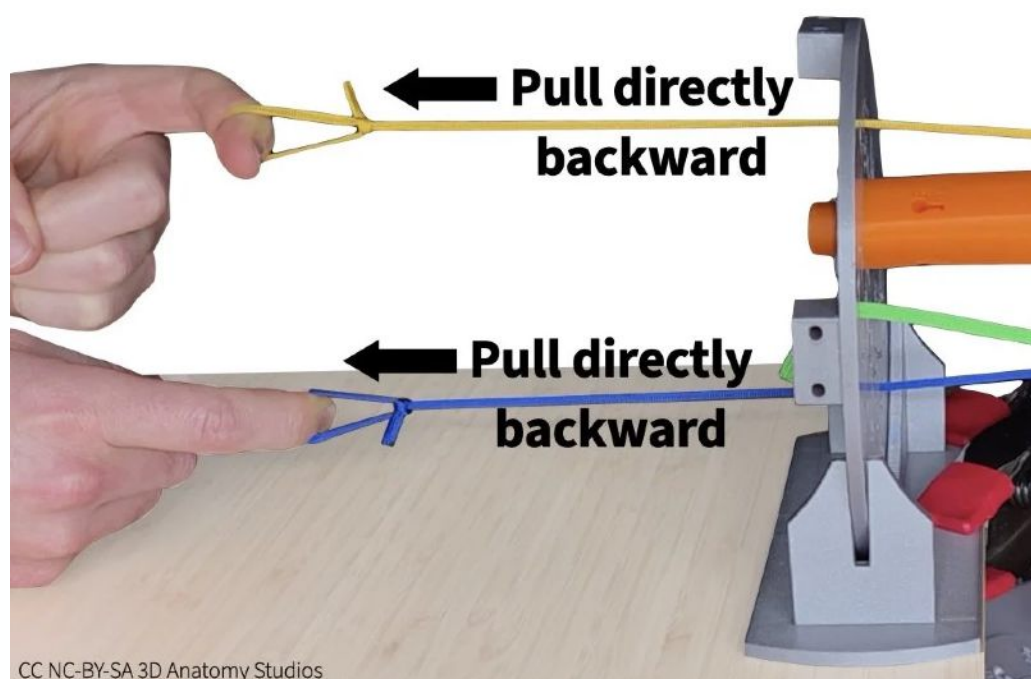
### Instructions

In this activity, you'll simulate various patterns of muscle coordination (muscles contracting together) around the knee joint to figure out how muscle coordination produces smooth, controlled motions and helps protect joints from injury.

Your station should look something like the image to the right, with four manual muscle cords attached to your knee representing two extensors (vastus lateralis and vastus medialis) and two flexors (semimembranosus and biceps femoris). The colors of the cords may differ, this doesn't matter.



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To simulate contraction of a muscle, pull directly backward on the corresponding cord (if you pull upward, the cord may lift the knee out of the bracket). To simulate co-contraction (muscles contracting together), pull on the corresponding cords with both hands (for two muscles) or multiple fingers (for more than two muscles).



Find the station worksheet at:  
[guides.3das.us/link/149](https://guides.3das.us/link/149)