

# Embodied Anatomy and the Ligamentous System, with Bonnie Bainbridge Cohen

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## Disc 1: Ligamentous System

- Introduction to the Ligamentous System
- Finding the Spiral of Ligaments
- Capsular Ligaments
- Synovial Joints
- Ligaments of the Fingers
- Connecting with the Ligaments of the Hands

## Disc 2: Ligamentous System

- Ulnar Discs
- Ligaments of the Forearm
- Ligaments of the Elbow
- Bonnie Working with a Student's Elbow

## Disc 3: Ligamentous System

- Ligaments of the Shoulders and Shoulder Girdles
- Bonnie Working with a Student's Shoulder
- Ligaments of the Ribs
- Intervertebral Discs
- Ligaments of the Spine
- Embodying the Ligaments of the Spine

#### Disc 4: Ligamentous System

- Ligaments of the Pelvis
- Ligaments of the Hips
- Bonnie Working with a Student's Hip (1)
- Bonnie Working with a Student's Hip (2)
- Ligament of the Head of the Femur
- Alignment of the Head of the Femur

#### Disc 5: Ligamentous System

- Ligaments of the Knees
- Cruciate and Collateral Ligaments
- Bonnie Working with a Student's Knee (1)
- Bonnie Working with a Student's Knee (2)
- Ligaments of the Forelegs
- Ligaments of the Feet and Ankles
- Bonnie Working with a Student's Foot and Ankle

#### Disc 6: Ligamentous System

- Working with Bone
- Differentiating Flesh and Bone
- Embryology and Awareness
- Excerpts on the Philosophy of Embodiment
- Credits
- Illustrations