

# Embodied Anatomy and The Upper Limbs, with Bonnie Bainbridge Cohen

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## Disc 1

- Bones of the Hand
- Pulsation of the Palm of the Hand
- Ulnar Disk
- Radius and Ulna
- Elbow
- Bonnie Working with a Student's Elbow

## Disc 2

- Humerus
- Windmill (of Wheel) Action of the Scapula
- Relationship of Individual Fingers with the Shoulder Girdle
- Relationship of the Sternum with the Ribs
- Sterno-Clavicular Disk

## Disc 3

- Freeing the Ribs Part 1
- Differentiating the Clavicle and Ribs
- Freeing the Ribs Part 2
- Demonstrating the Articulation of the Floating Ribs in Support of the Spine
- Relationship of the Individual Fingers with the Shoulder Girdle and Ribs
- Fingers to Ribs Exploration
- Working with the Layers of Bone
- Working with the Hands to Support Circulation
- Excerpts on the Philosophy of Embodiment
- Credits
- Illustrations