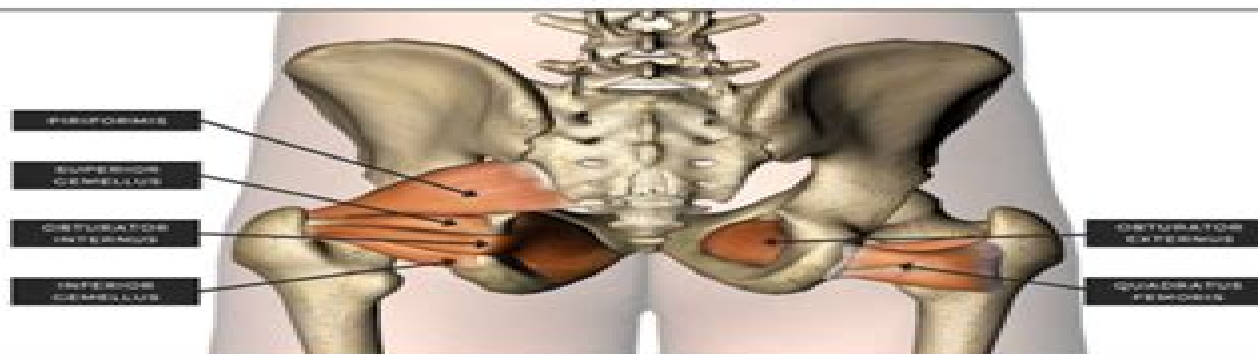


# The *Turnout* Muscles

VISUALISING WHERE THE SIX DEEP EXTERNAL ROTATORS ARE AND HOW THEY CONTRIBUTE TO EXTERNAL ROTATION IN DIFFERENT POSITIONS CAN DRAMATICALLY HELP IMPROVE CONTROL OF TURNOUT IN CLASS.



## PIRIFORMIS

- Piriformis is the most well-known of all of the turnout muscles.
- It attaches to the front of the sacrum and may become chronically tight if attempting to stabilise an unstable Sacro-Ilio Joint.
- It works best in a slight forward lean or fondu.
- **Exercise:** Turnout in Retiré with Band.

## OBTurator INTERNUS AND EXTERNUS

- These muscles are very important for turnout control en fon.
- They attach from the femur to either side of the Obturator Membrane in the pelvis.
- Chronic tension in the Obturators can block both internal and external rotation range.
- They are often very tight in high-level classical dancers and teachers who are aware of using their turnout.
- **Exercise:** Retiré in Side Lying.

## QUADRATUS FEMORIS

- QF is a square-shaped muscle that sits quite low.
- It attaches from the back of the hip to just above the sitting bones.
- Ideally, it should be trained for endurance to help maintain rotation of the supporting leg.
- **Exercise:** Running Man in Side Lying.

## SUPERIOR GEMELLUS AND INFERIOR GEMELLUS

- Gemelli (Latin) means 'Twin' in English.
- This pair of muscles helps turn out the thigh when the hip is flexed.
- This makes it perfect for supporting the leg in a retiré and will also help turn out the supporting leg in a penché.
- It is very hard to distinguish each individual muscle in most exercises.
- **Exercise:** Turnout Endurance in 4 Point.

# Hip To Bead Hip To Series

**Chi, Jennifer Y., and Pedro Azara, eds.**

## **Hip To Bead Hip To Series:**

**The Adult Hip** John J. Callaghan, Aaron G. Rosenberg, Harry E. Rubash, 2007 Now in its Second Edition this two volume reference is the only current book available that focuses on the adult hip More than 100 chapters by the foremost leaders in hip surgery provide comprehensive coverage of disorders of the adult hip from practical basic science to detailed surgical techniques including hip arthroscopy and developing techniques in minimally invasive surgery More than 2 600 illustrations complement the text This edition has new chapters on minimally invasive surgery of the hip Other new topics covered include use of fiber metal mesh in acetabular revision reconstruction revision press fit Wagner type of stems and implant retrievals

**Antique Roses for the South** William C. Welch, 2005-09-08 Belinda's Dream Katy Road Pink and Georgetown Tea The names alone evoke images of glorious cottage gardens and arching trellises laden with perfumed blossoms Offering gardeners hardiness and ease of care some roses have even lived for decades untended All provide their admirers with years of pleasure and enticing fragrances In this revised edition rose expert Bill Welch updates the latest information and top sources for antique roses The improved *Antique Roses for the South* is filled with gorgeous images and offers chapters on care and propagation landscaping and arranging and rose crafts The comprehensive dictionary lists more than 100 of these magnificent flowers complete with helpful descriptions

*From Ancient to Modern* Chi, Jennifer Y., and Pedro Azara, eds. , 2015-03-22 Catalog of an exhibition held at the Institute for the Study of the Ancient World at New York University New York February 12 June 7 2015 **Cambridge Antiquarian Communications** , 1883 *Revision Total Hip and Knee Arthroplasty* Daniel J. Berry, Robert T. Trousdale, Douglas A. Dennis, Wayne Paprosky, 2012-09-26 This multi contributed comprehensive book covers revision surgery for total hip and knee arthroplasty The focus of *Revision Total Hip and Knee Arthroplasty* will be on the techniques of revision surgery Separated into a hip section and a knee section each will include evaluation of the failed replacement revision surgery surgical technique revision for specific diagnosis complications and postoperative management

*Official Gazette of the United States Patent Office* United States. Patent Office, 1943-08

**Official Gazette of the United States Patent Office** , 1900 **Proceedings of the Tenth Annual International Conference on Veterinary Acupuncture** , 1984

*The Missing Link* Cindy Wimmer, 2013-10-11 Explore the most fundamental and versatile yet overlooked component of jewelry design the wire link Unlike many transient jewelry fads it is one aspect of jewelry making that is consistent and relevant to nearly every style Get all the details of essential tools and wire techniques as well as a collection of 30 custom links and step by step illustrated instructions for creating them Join a variety of contributors that have created 15 jewelry projects each incorporating one or more of author Cindy Wimmer's links You'll see how any single link holds limitless design and functional possibilities In addition to creating different links Cindy will show you how to create different effects with the same link design by using or combining different colored wire changing wire gauge or changing the size of the link itself

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