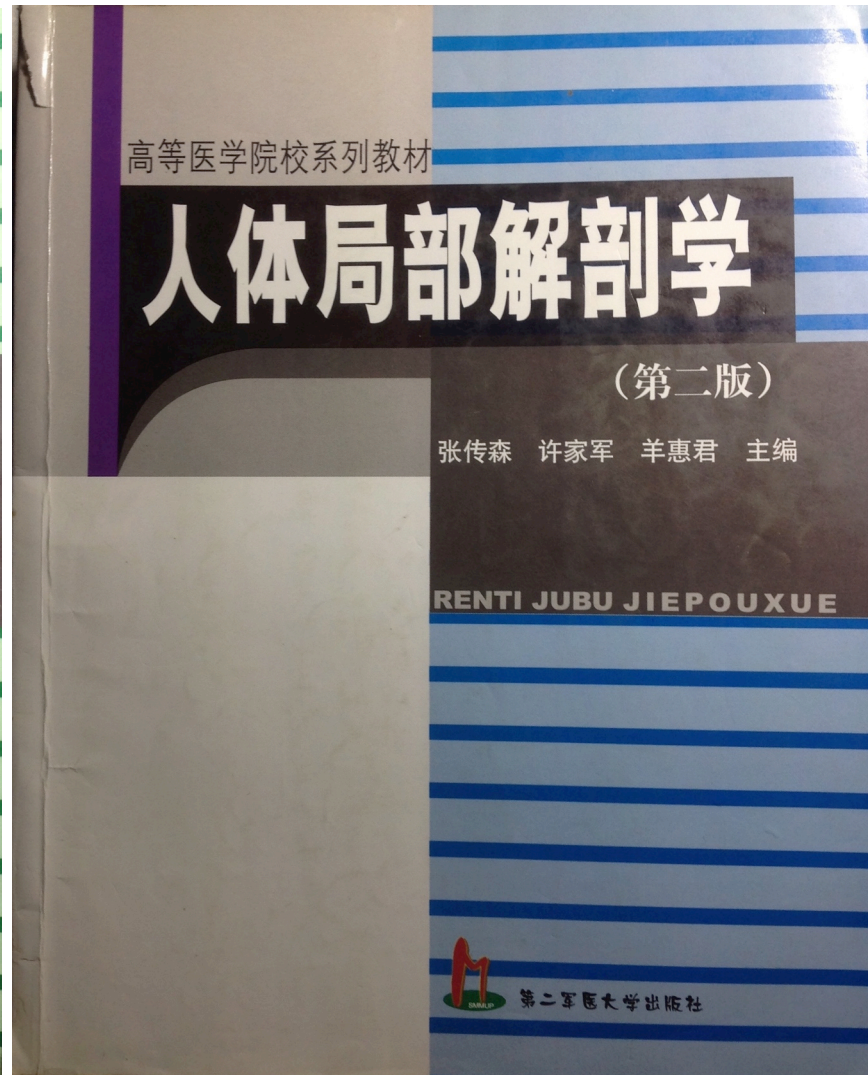
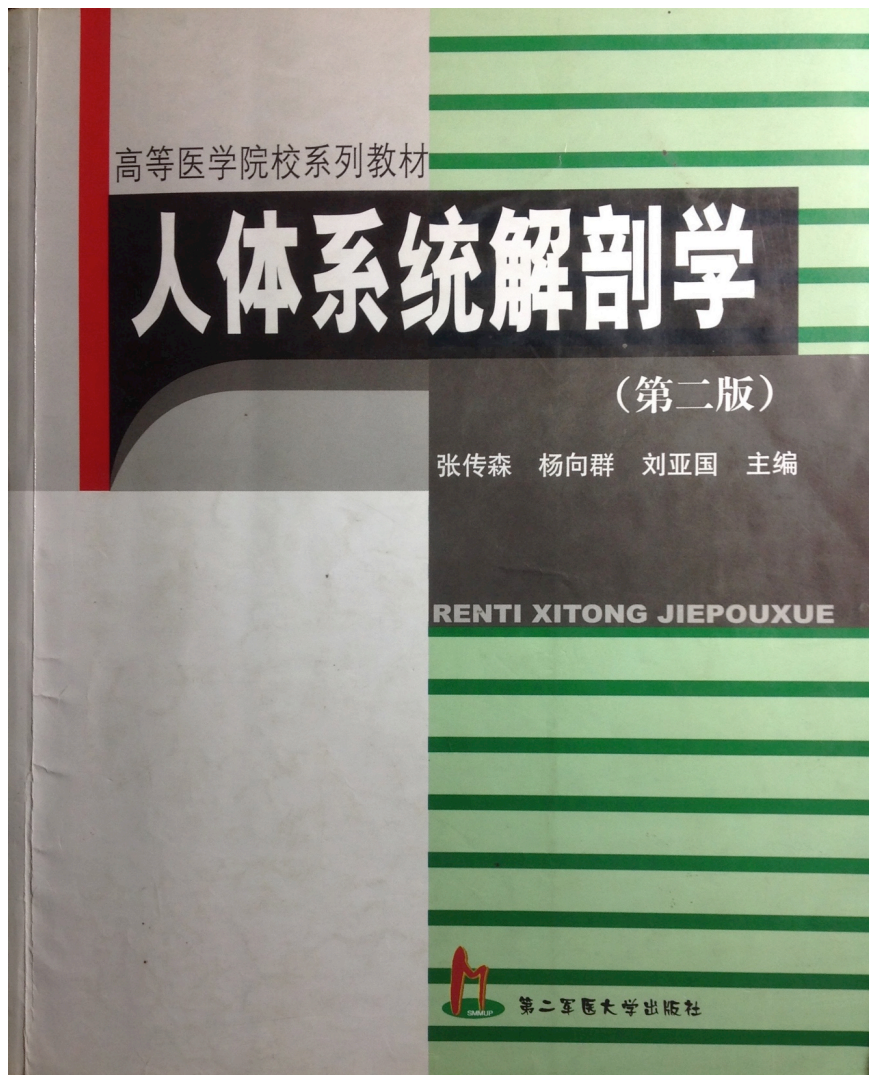


# 《解剖学》学习方法

长征医院研究生队 楼椋

# 教材



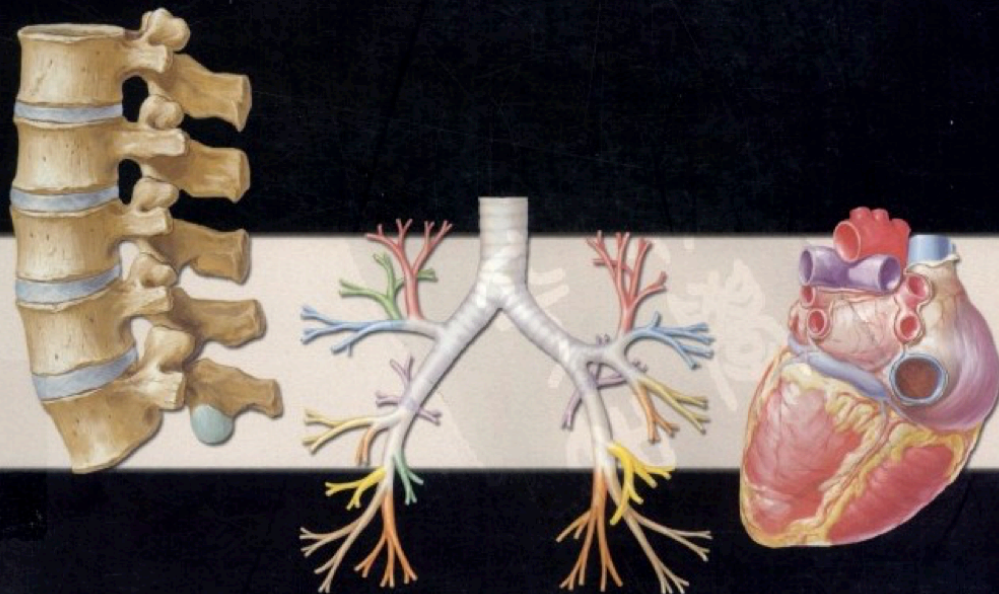
# 教材

第3版

# 奈特 人体解剖彩色图谱

Atlas of Human Anatomy

原著 Frank H. Netter  
主译 王怀经



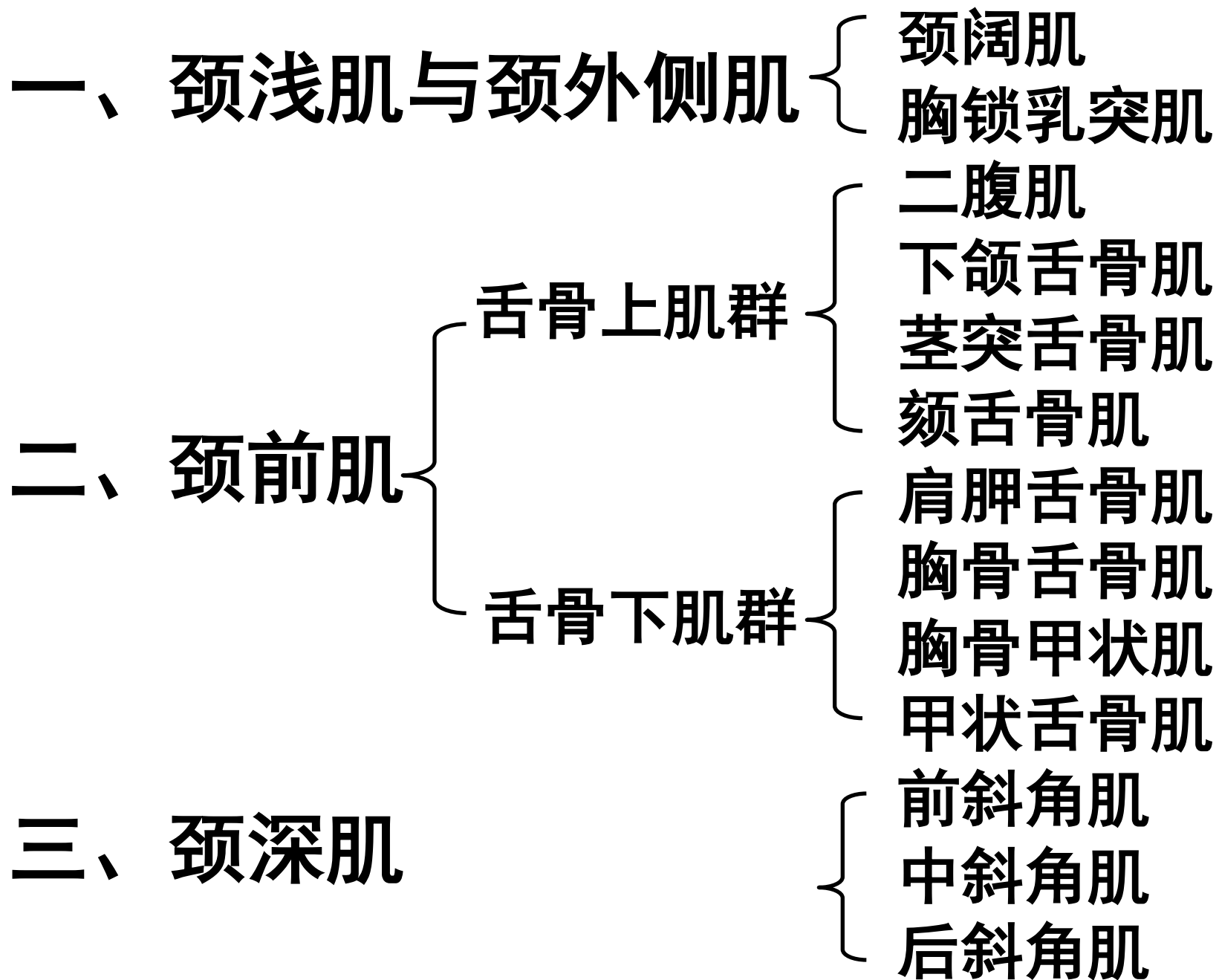
人民卫生出版社



# 原则

由易到难

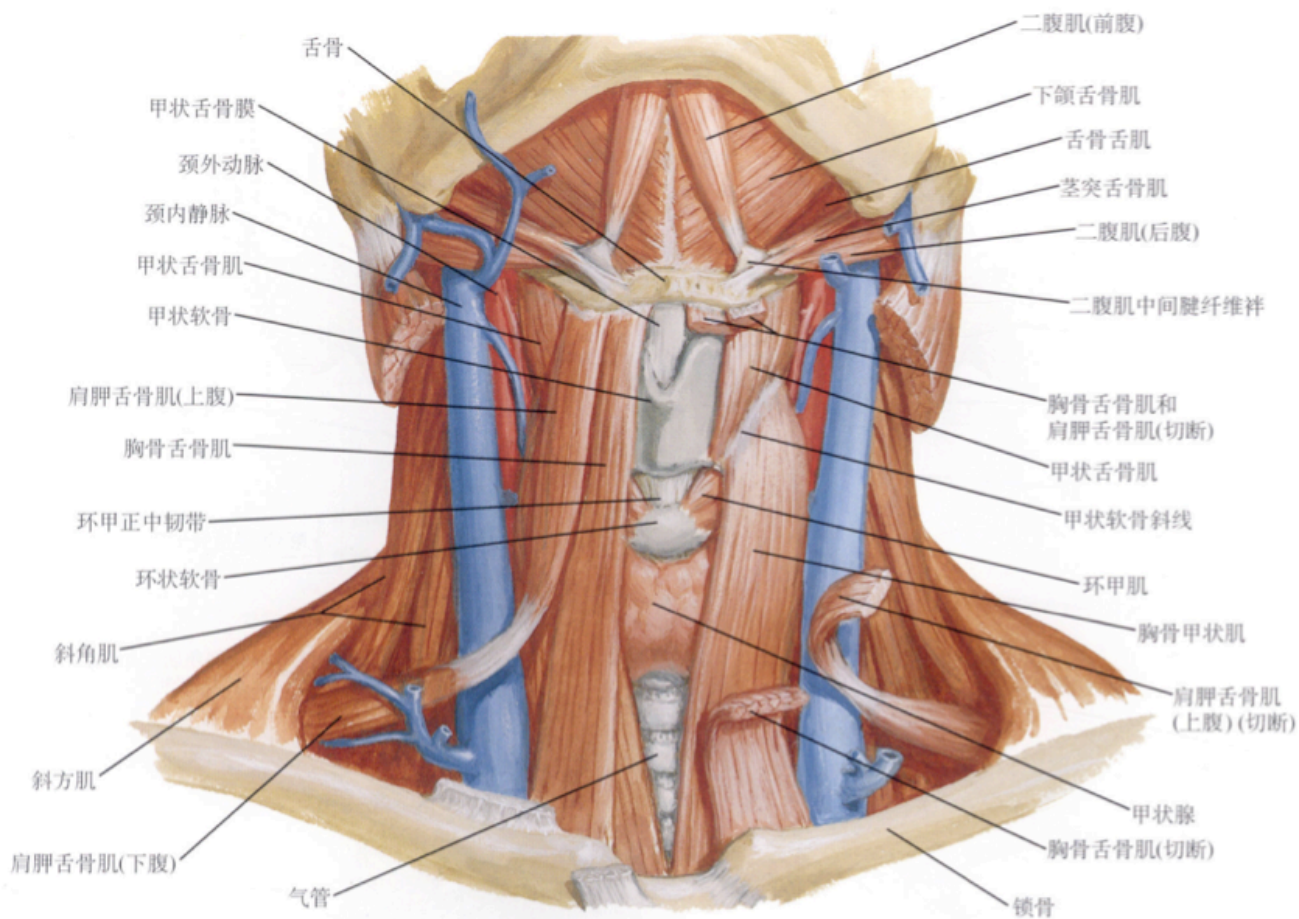
反复重复



# 重复

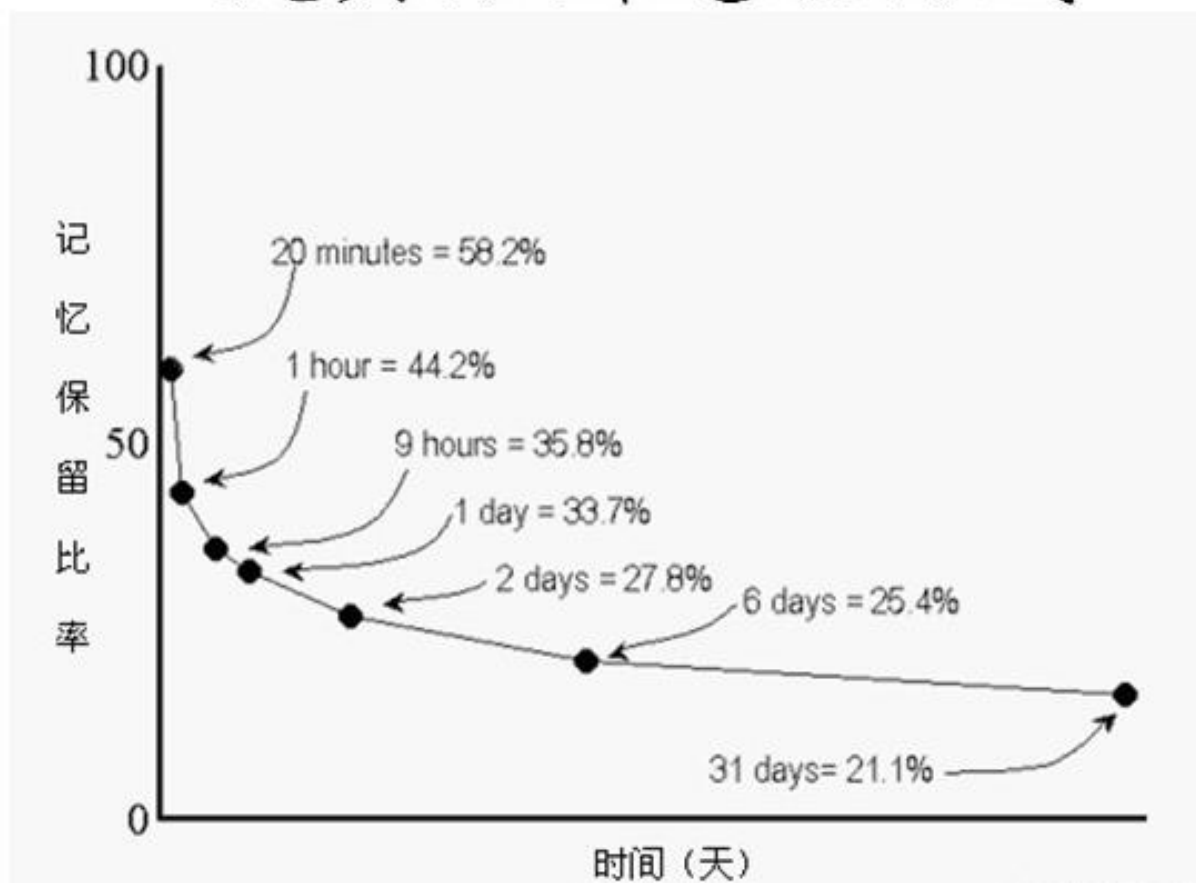
## 舌骨下肌群

肩胛舌骨肌  
胸骨舌骨肌  
胸骨甲状肌  
甲状舌骨肌



# 重复

## 艾宾浩斯遗忘曲线





# 重复

**方法一 只看1遍，仔细看30min**

**方法二 看15遍，每遍2min**

# 实验课

1. 预习

2. 多看，多动手操作

3. 复习

辅助工具-APP

VISIBLE  BODY®

Skull

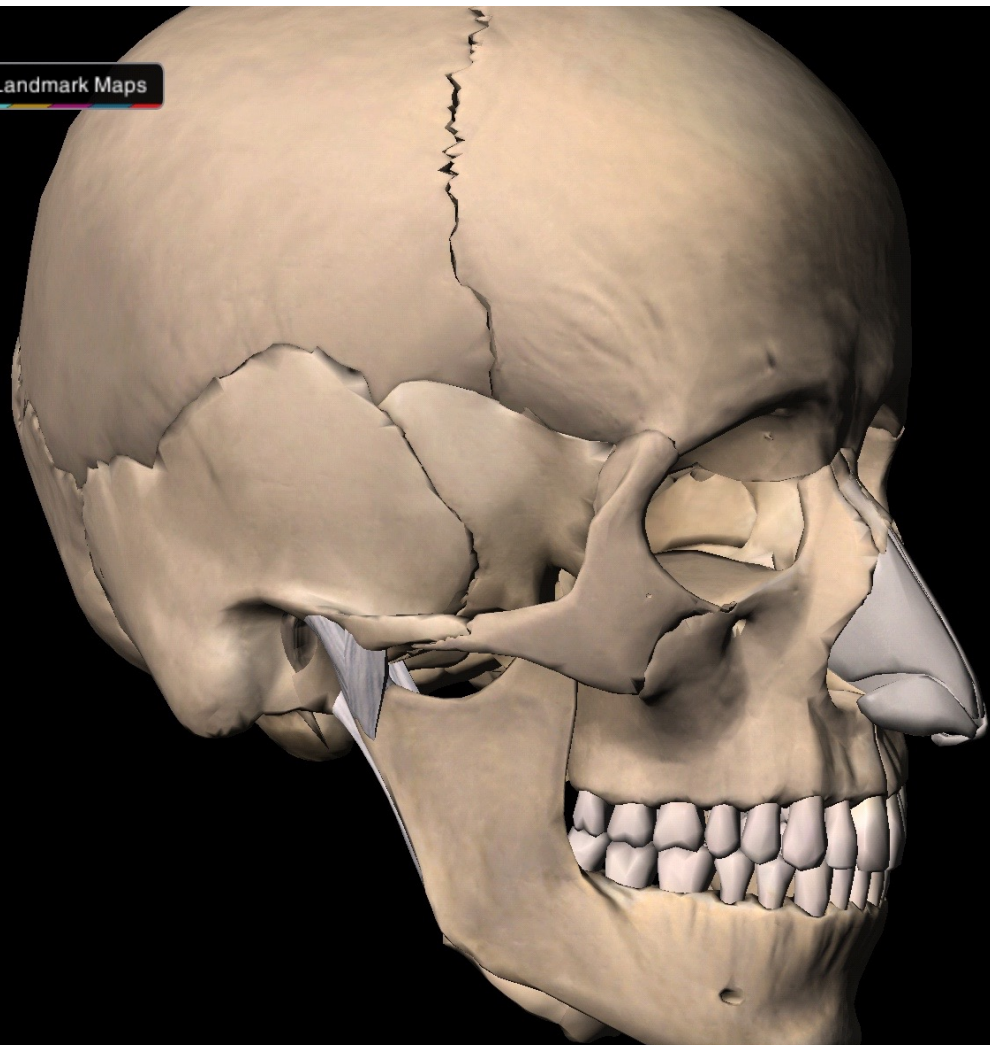
Vertebral Column

Thoracic Cage

Shoulder/Upper Limb

vis/Lower Limb

Landmark Maps



Coronal Skull



Sagittal Skull



Skull in Context



Skull Ligaments

Skull

Vertebral Column

Thoracic Cage

Shoulder/Upper Limb

Wrist/Lower Limb

Landmark Maps



Coronal Skull



Sagittal Skull



Skull in Context



Skull Ligaments



Rotate



Drag

Skull

Landmark Maps

Vertebral Column

Thoracic Cage

Shoulder/Upper Limb

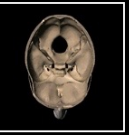
Wrist/Lower Limb



Rotate



Drag



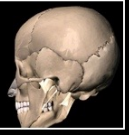
Coronal Skull



Sagittal Skull



Skull in Context



Skull Ligaments

Skull

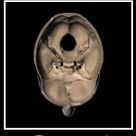
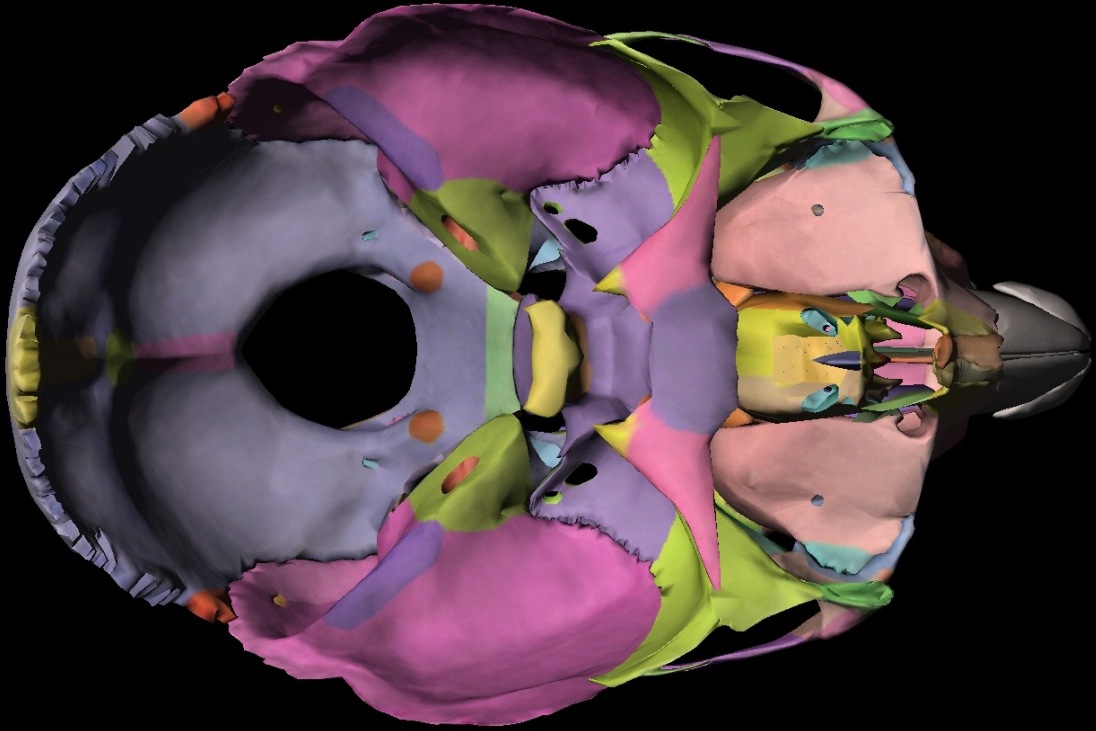
Vertebral Column

Thoracic Cage

Shoulder/Upper Limb

vis/Lower Limb

Landmark Maps



Coronal Skull



Sagittal Skull



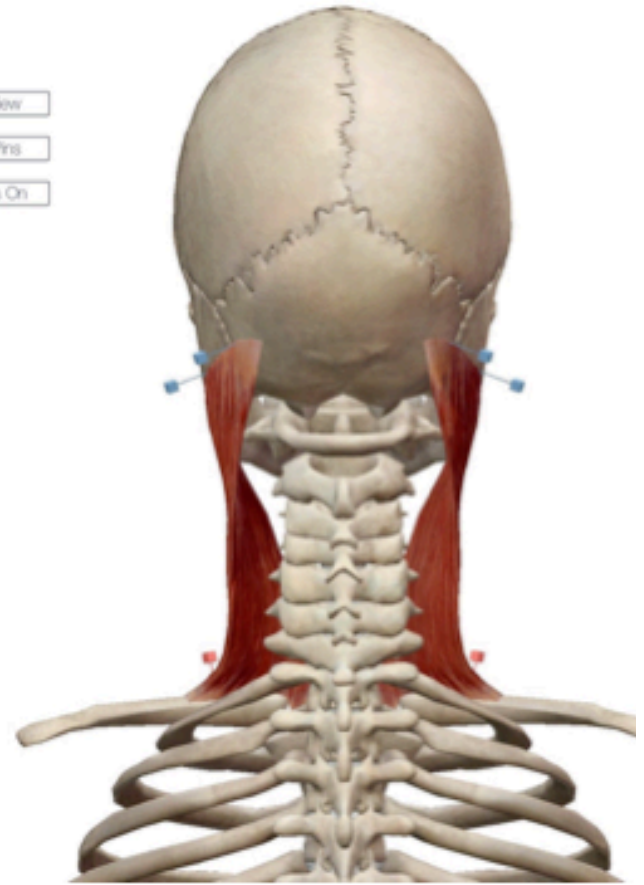
Skull in Context



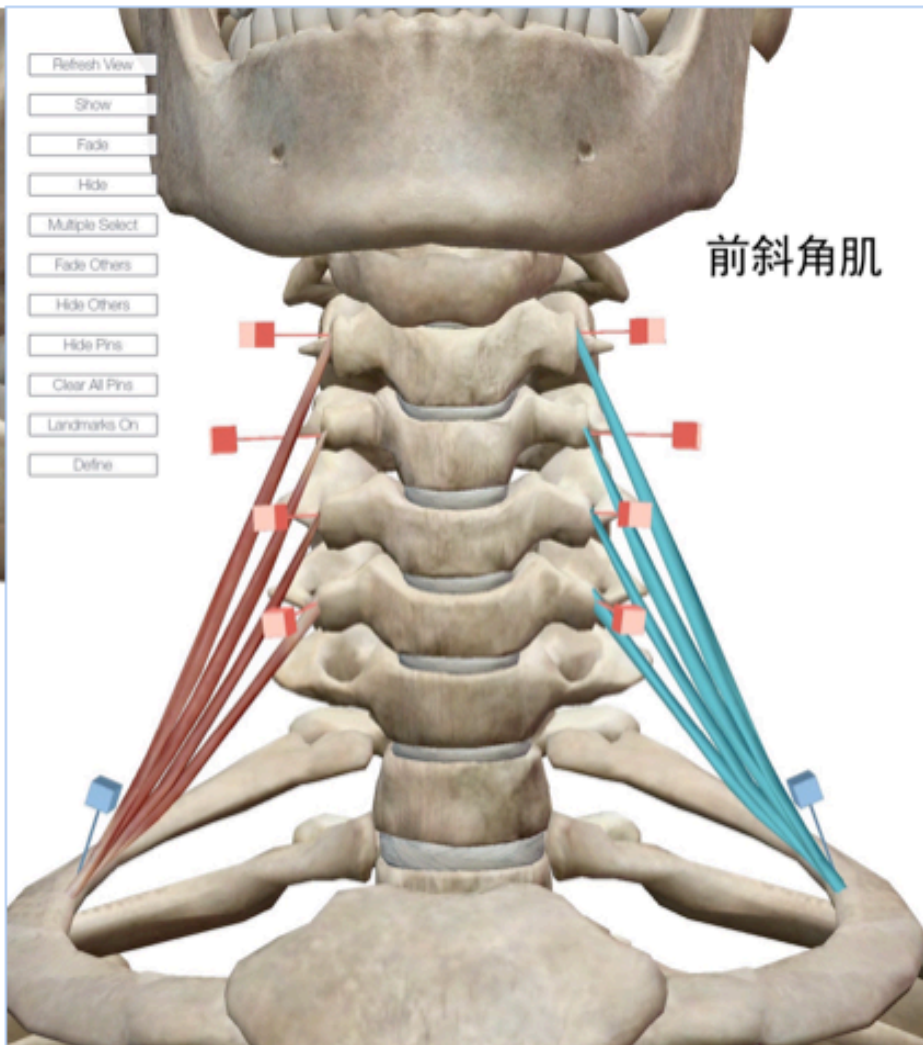
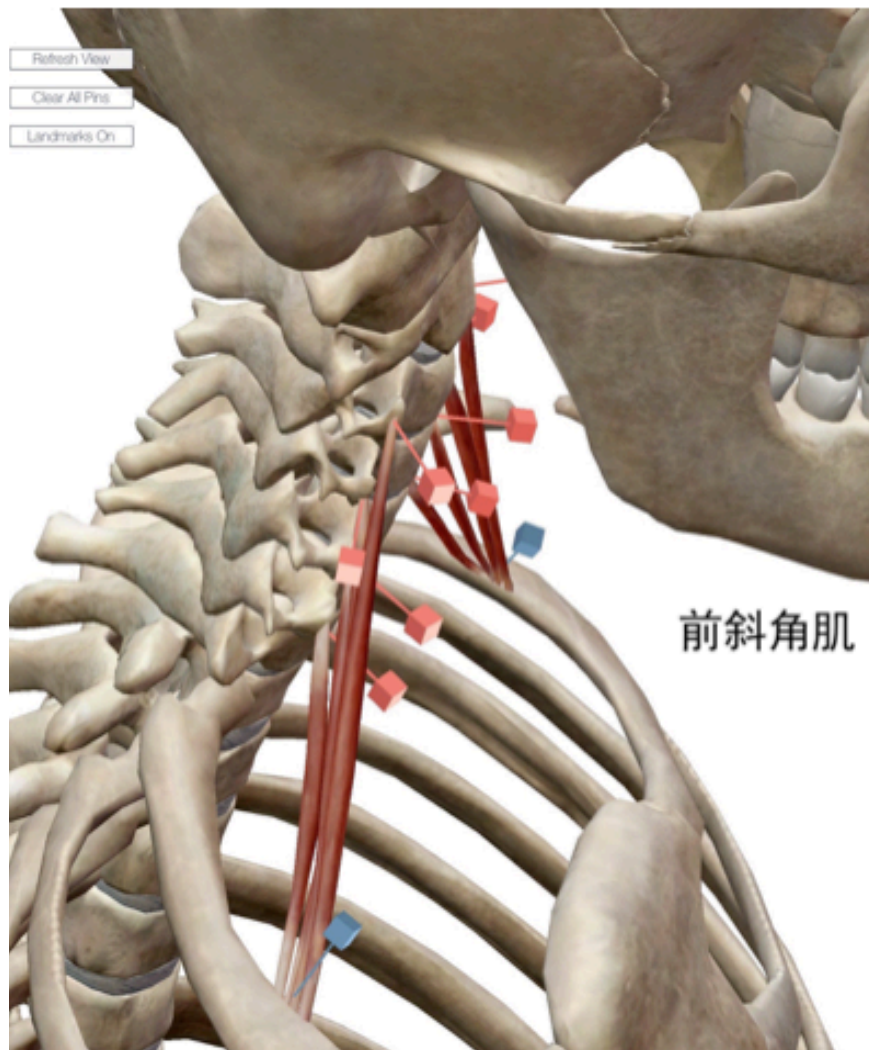
Skull Ligaments



low  
Pro  
i On







Define

Action Info



Medial superior



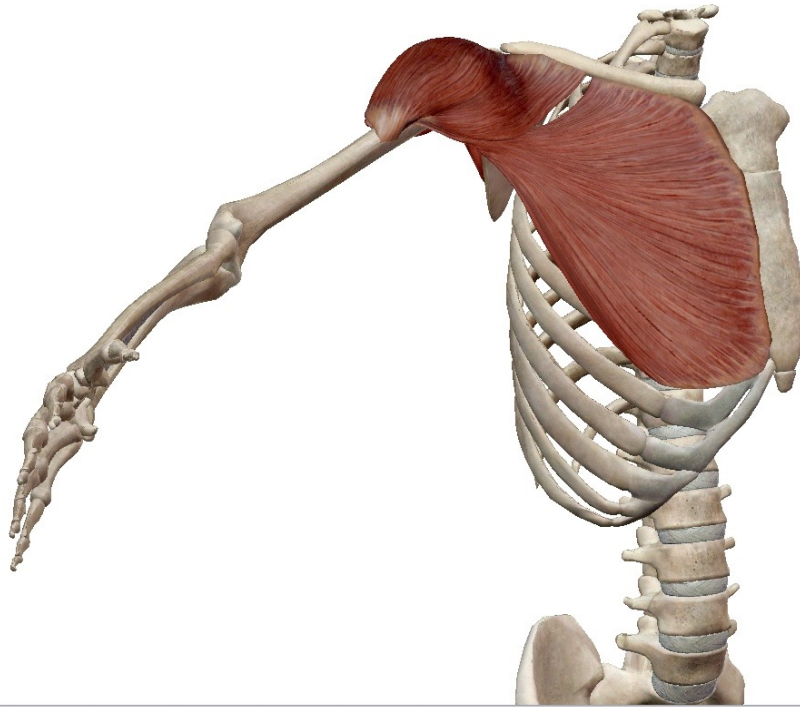
Posterior superior



Inferior



Anterior





有问题?  
随便问!