



GEMt Create Your Course

Select any number of muscles from the list below & submit your request (*with the number of attendees*) and we will contact you to finalise details.

✓ Level 1 Muscles	✓ Level 2 Muscles	✓ Level 3 Muscles
Gluteus Maximus	Quadratus Lumborum	First Dorsal Interosseus Deep BR, Ulnar Nerve, C8/T1
Gluteus Medius	PSIS	2-4 Dorsal Interosseous
Gluteus Minimus	Pectoralis Minor	Adductor Pollicis
Piriformis	Subclavius	Abductor Pollicis Brevis
TFL	Subscapularis	Flexor Pollicis Brevis
Longissimus lumborum	Coracobrachialis	Opponens Pollicis
Iliocostalis thoracis/lumborum	Biceps-Short Head	Abductor Digiti Minimi
Multifidus	Supraspinatus	Flexor Digiti Minimi
VL	Epicondylar part of the common extensor tendon	Opponens Digiti Minimi
Vastus Intermedius	Thoracic Erector Spinae	Temporalis
VMO	Serratus Posterior Superior	Masseter
Rectus femoris	Middle Trapezius	Lateral pterygoid
Sartorius	Lower Trapezius	Extensor Digitorum Brevis
Gracilis	Rhomboids	Extensor Hallucis Brevis
Adductor Longus	Serratus Anterior	Abductor Hallucis
Adductor Magnus	Serratus Posterior Inferior	Flexor Digitorum Brevis
Ischial Tuberosity	Piriformis	Abductor Digiti Minimi
Semimembranosis	Superior Gemelli Obturator Internus Inferior Gemelli Obturator Externus	Flexor Digiti Minimi Brevis
Semitendinosus		Quadratus Plantae
Biceps Femoris		Dorsal Interosseous
Infraspinatus		Adductor Hallucis
Teres Minor	Quadratus Femoris	Flexor Hallucis Brevis
Teres Major	Pectineus	Rectus Abdominus
Latissimus Dorsi	Adductor Brevis	Transversus Abdominus/ Obliques with RTUS
Deltoid	Iliacus (ant hip)	Achilles Tendon
Pectoralis major	Psoas (ant hip)	Patella Tendon
Rhomboid major	Sternocleidomastoid	Lateral Epicondyle
Rhomboid minor	Levator Scapulae	Lateral Collateral-knee
Trapezius	Splenius Capitis	Medial Collateral-knee
Cervical Muscles C5 - T1	Inferior Obliquus Capitis	Infraspinatus Threading
Cervical Erector Spinae attachments	Rectus Capitus Posterior Major	Hamstrings on stretch
Biceps	Rhomboid major/Minor	Quads
Triceps	Superior/inferior nuchal lines	Obturator Internus
Brachioradialis		Scalenes
ECRL		Flexor Pollicis Longus
ECRB		Extensor Pollicis Longus
Epicondylar part of the common extensor tendon		Extensor Pollicis Brevis
Extensor carpi ulnaris		Abductor Pollicis Longus

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Extensor digitorum		Advanced Plunger
Supinator		Popliteus
Pronator Teres		Tibialis Posterior
Flexor carpi radialis		Flexor Digitorum Longus
Flexor digitorum superficialis		Flexor Hallucis Longus
Flexor carpi ulnaris		Extensor Hallucis Longus
Gastrocnemius		
Soleus		
Tibialis Anterior		
Peroneus Longus/brevis		
Extensor digitorum longus		

Select any number of muscles from the list, fill in your details below and return form to us via:

Email: courses@gemtinfo.com.au

Fax: (+61) 3 9583 0611

Mail: ATT: Deb Hampton
150 Tulip Street, Sandringham, VIC 3191

FILL IN YOUR DETAILS BELOW:

Are you a GEMt graduate? yes no

If **yes**, please advise which course/s you have completed...

Level 1: Date ___ / ___ / ___ Location _____

Level 2: Date ___ / ___ / ___ Location _____

Level 3: Date ___ / ___ / ___ Location _____

POD: Date ___ / ___ / ___ Location _____

OT: Date ___ / ___ / ___ Location _____

MYO: Date ___ / ___ / ___ Location _____

Name: _____ Contact Number: _____

Address: _____

Company: _____ No. of Attendees: _____

Location of Proposed Course: _____

Comments: _____
