

## The story of the Meridian Energy Tests

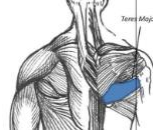


1. The Governor Major went to inspect the farm.

The first thing he saw was a chicken



Teres major



2. It was pecking at some corn under a **scarecrow**.

Subscapularis

(Challenge is usually not needed and may not be appropriate)



3. He met the farmer and tried to make him do the **pledge of allegiance**.

Teres minor



4.



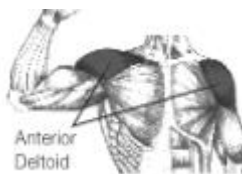
Then he saw a **penguin**

Latissimus dorsi



5. running away from a **zombie**.

Anterior deltoid





6. Next he spotted the farmer's wife running naked towards the river. He tried to make her **cover up** but she didn't want to – she was going swimming. **Supraspinatus**



7. First she did the **back stroke**.  
**Pectoralis major sternal**



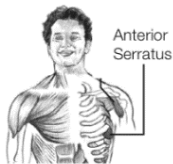
8. Then she did the **breast stroke**.  
**Pectoralis major clavicular**



9. Then she got out and reached up and forwards for her towel which was in the tree.



**Anterior serratus**



10. Her husband came and tried to give her a **leg up**.

**Quadriceps**





11. But she was startled so she **kicked out** at him.

(lift leg to 45° forward and out to side.  
To test push leg down and out, gently)

**Psoas**



12. Then she **leaned in** to give him a kiss in apology.

(lift leg to 45° forward and out to side.  
To test push leg back and in, gently)

**Fascia lata**



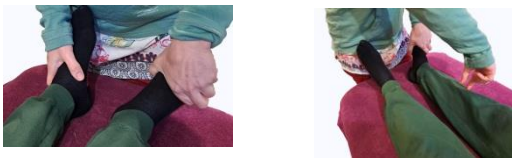
13. She took him inside and gave him a haircut with the **scissors**.



**Gluteus medius**



14a. Gratefully, he used a **corkscrew** to open a nice bottle of wine for them both.



**Peroneus**



14b. Finally, they put on some **flippers** and waddled up to bed!



Story by Katja Broadbent and Susan Scaife  
Clare Willocks' EEM Class 3 at Aiket, Nov 2023