

Visible Body Suite Tutorial and Practice Exercise

In this exercise, you'll be learning how to navigate Visible Body Suite (VB Suite) - one of the major interactive apps that we will be using. This 2 part activity will take you 30-45 minutes to complete.

By the end of this assignment, students will be able to:

- Launch VB Suite
- Manipulate a 3D model
- Navigate 3D views
- Extract information from a model
- Customize/dissect a 3D model
- Access support articles and tutorials

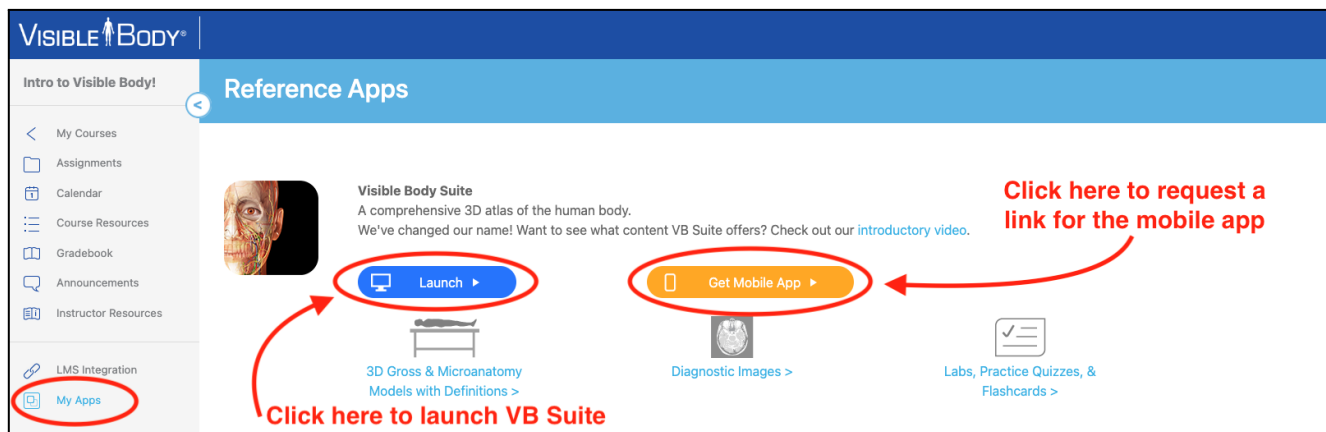
This assignment can be completed using VB Suite on your computer or mobile device. To use VB Suite on your mobile device, download the VB Suite app, launch, and skip to part B.

Part 1 - Guided Tutorial

A. Launching and/or Downloading VB Suite

Launch VB Suite (on desktop or mobile device)

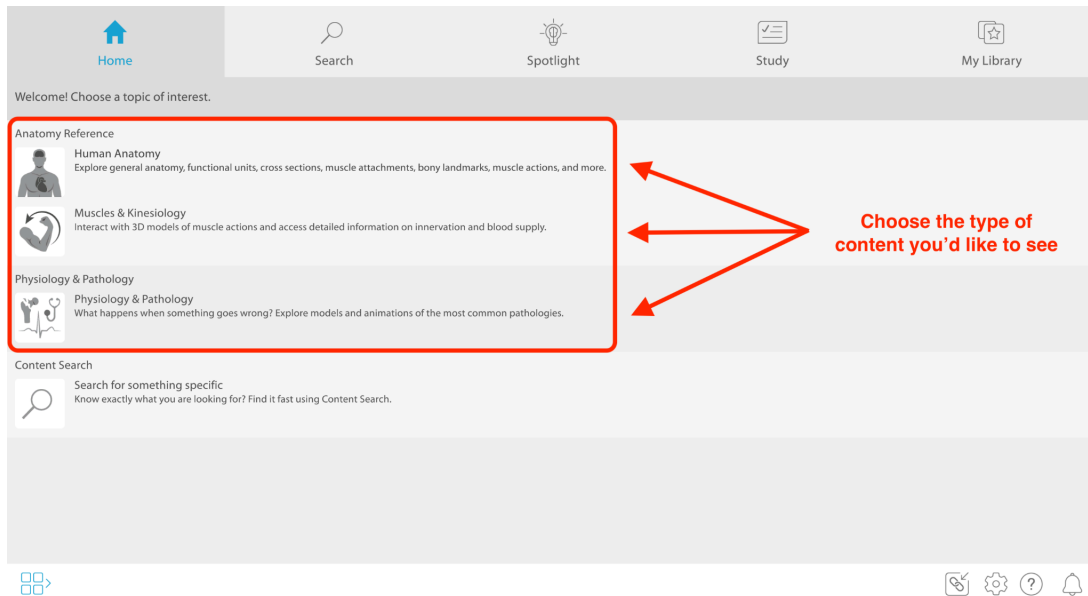
- Navigate to your Visible Body course page
- Select "My Apps"
- To launch VB Suite on your computer, click the blue "Launch" button
- To download VB Suite on your mobile device or tablet, click the gold "Get Mobile App" button
 - Then enter an email address you'll check on that device
 - Check your email on your device
 - Click the link to open the app store for your device
 - Download the app
 - Once downloaded, tap on the app to launch
 - Log in with your Visible Body credentials



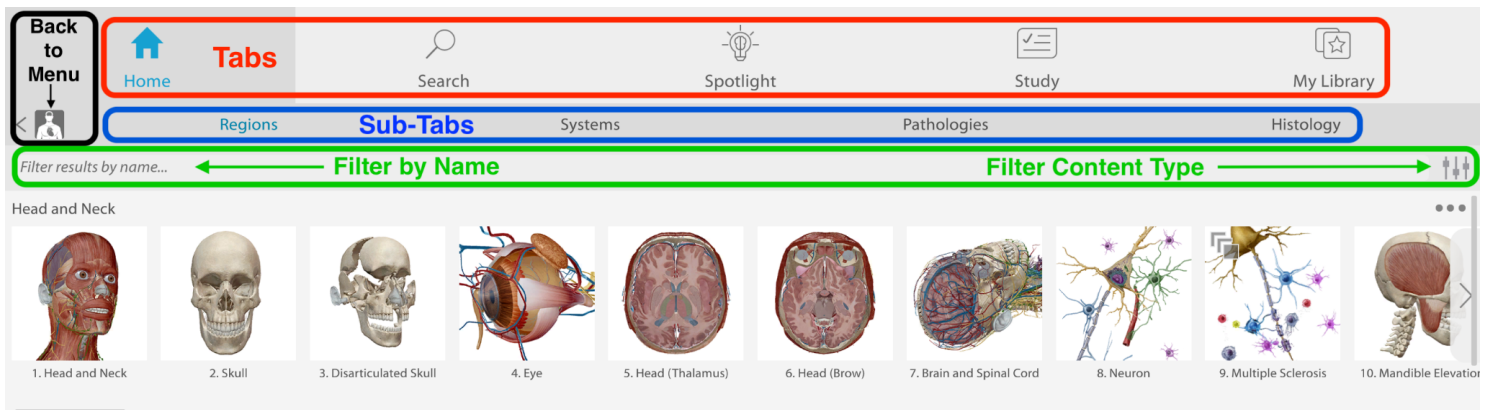
B. Navigating VB Suite

The home page allows you to quickly choose major types of content to access as your starting point.

- Choose “Human Anatomy” as your starting point for this exercise/demonstration.



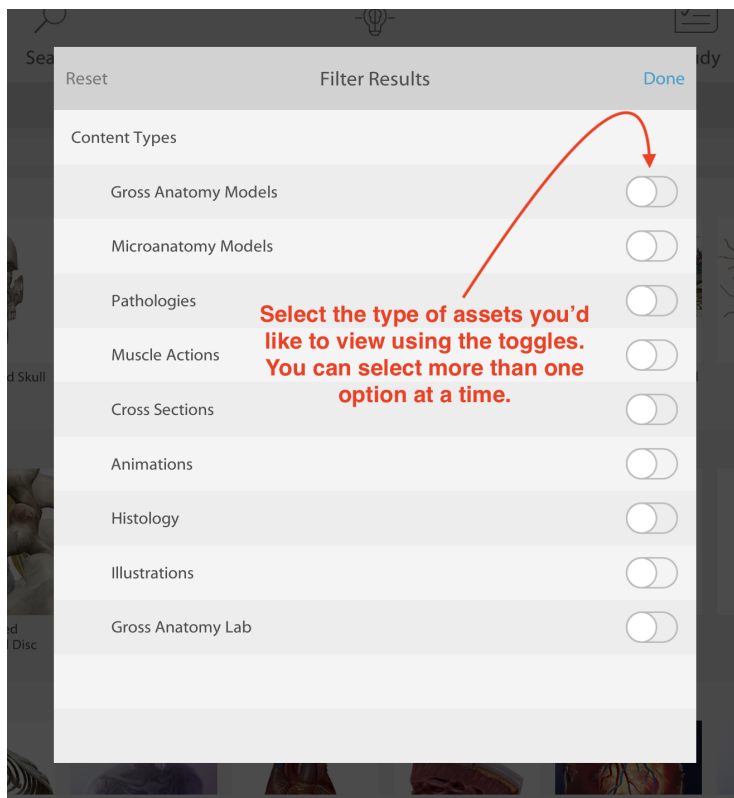
Each of the content pages (Human Anatomy, Muscles & Kinesiology, Physiology & Pathology) are organized using **tabs** and **sub-tabs**.



You can also filter the content to show you specific types of content to help narrow your search. To search for a specific subject matter or structure, use the search tab or the “Filter Results by Name” bar. To get back to the home screen, click on the icon in the upper left corner.

Click on the filter toggle icon. The filter menu will allow you to select the type of assets you’d like to view.

You can select more than one type of asset at once. Now, to prepare for the activity:



- Click on the “Systems” sub-tab
- Use the filter to select “Gross Anatomy Models”
- Select the “Full Skeleton” to launch the 3D interactive skeleton model

From any model view, you can get back to the main page by clicking on the menu button:

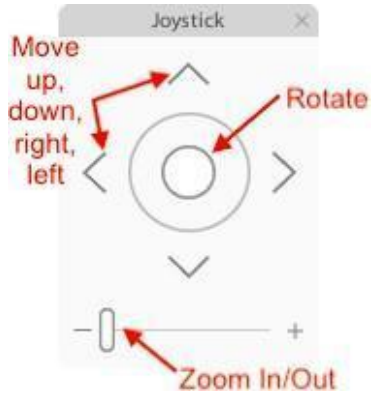


C. Manipulating the 3D Models

Launch the full skeleton view to practice manipulating the model.

There are many ways to move the model:

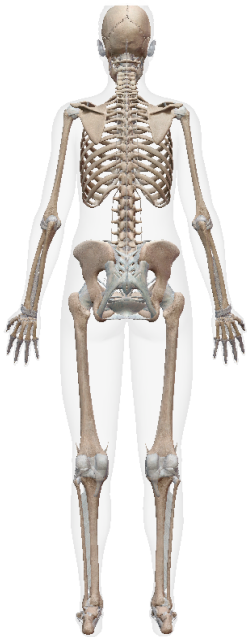
Virtual Joystick:



Keyboard/Touchscreen/Mouse:

	Mac or PC Mouse	Touchscreen	Keyboard
Rotate/Turn the model	Left click (or just click) on the model to drag and rotate	Touch the model with one finger and drag to rotate	Use arrow keys
Zoom in and out	Use the scroll wheel to zoom in and out OR Double click on the model to automatically zoom in and out	Use 2 fingers on your mouse pad and pinch/stretch	Use plus (+) and minus (-) signs
Reposition the model	Hold down spacebar, click and drag model OR Right click (or 2 finger click on Mac laptops)	Use 2 or 3 fingers and drag to reposition or double tap to center	Use W (up), S (down), A (left), D (right)

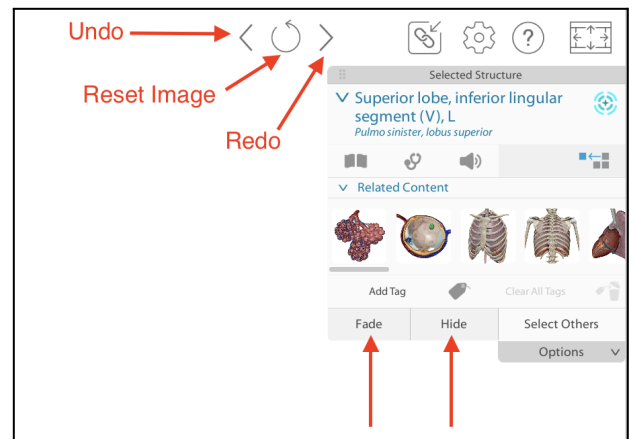
Use the instructions above to replicate the images below:



D. Dissect the Model

Practice selecting structures and dissecting them away.

- Click on any structure - it will turn **Blue**
- See the **info box** on the right side of the screen to see the name of the structure
- Click **"Fade"** to turn the structure translucent so you can see deeper/underlying structures
- Click **"Hide"** to dissect it away completely
- Click on **other structures to practice** fading and hiding
- Use the **undo, redo, and reset arrows** as necessary



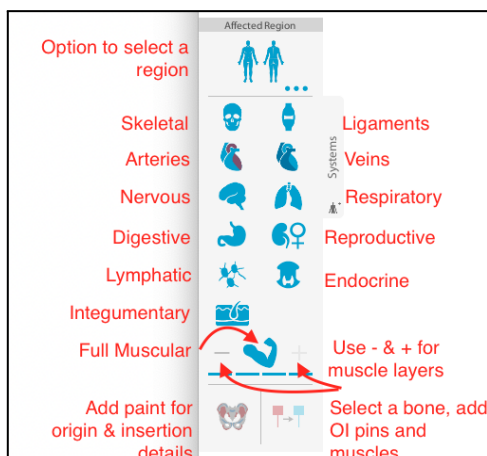
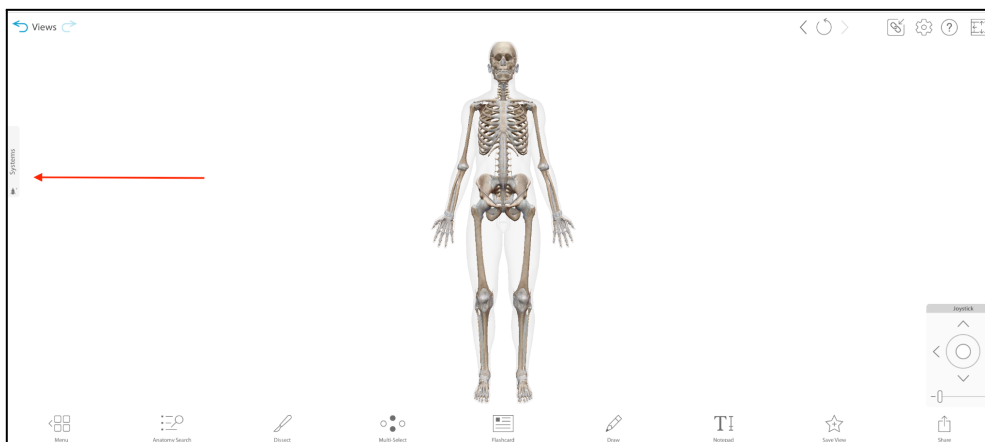
Explore!

Explore for one minute - review selecting a structure, fading, hiding, undoing last steps, redoing an action, and resetting the model! *Reset to the full skeleton view when you are finished.*

E. Customize the Model

Use the "Systems Tray" to customize the model by turning full systems on or off all at once.

- Find the **"Systems Tray"** on the left side of the screen.



Once selected, you will see a menu of icons that represent the various body systems.

If the icon is highlighted in **blue**, system structures are shown on the model.

If the icon is **gray**, system structures are not shown on the model.

If the icon is **partially blue**, some of the structures from that system are included in the view.

Explore Body Systems

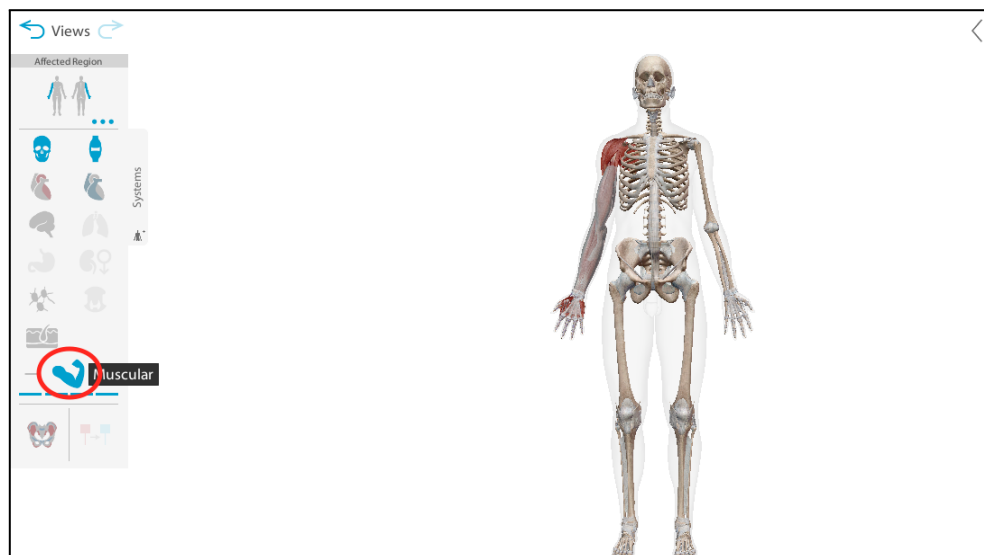
Spend a few minutes exploring various body systems.

- **Click on the various system icons** to turn on the structures in a system
 - Click on the plus and minus signs to add or remove muscle layers
 - Click the paint icon to add color where muscles attach to bones
 - Select a bone, click on the pin icon to add origin/insertion pins
 - Select a pin on the model to add the associated muscle
 - To remove the muscle, use the “Undo” arrow or select the muscle and use the “Hide” button from the pop up box
- **Click on the icon again** to remove the system structures from view

Customize A Regional View

You can customize a specific region of the body using the systems menu.

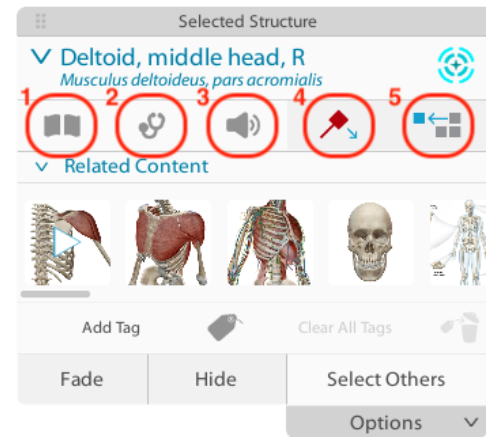
- **Choose the blue bodies** at the top of the systems tray
- **Toggle off “All Regions”**
- **Select the icon** that corresponds with the right arm/shoulder/hand in the pop-up box
- **Select “Done”**
- **Select the muscular system icon** (looks like a flexing arm).
- **Explore the muscles** of the right arm and compare with the bony structure of the left arm
- **Choose the + or - sign** next to the muscle icon and you can view muscles layer by layer
- **LEAVE YOUR MODEL IN THIS VIEW FOR THE NEXT SECTION**



F. Learn More About Selected Structures

- **Select a structure** - it will turn **blue**, and an info box will appear on the right side of the screen.
- **Learn more** about that structure by clicking on icons within the info box:

1. Click the **definition icon** (textbook) to read about the structure
2. Click the **pathologies icon** (stethoscope) to learn about diseases/disorders related to the structure or system
3. Click the **pronunciation icon** (stethoscope) to hear the structure pronounced correctly
4. Click the **details icon** (icon shape will vary depending on system) to explore a custom view that will highlight the details of that structure (we'll practice with this in the next section)
5. Click the **isolate icon** (four squares with one pulled away) to view that structure with all other structures hidden (to exit isolate mode, just click the isolate icon again)

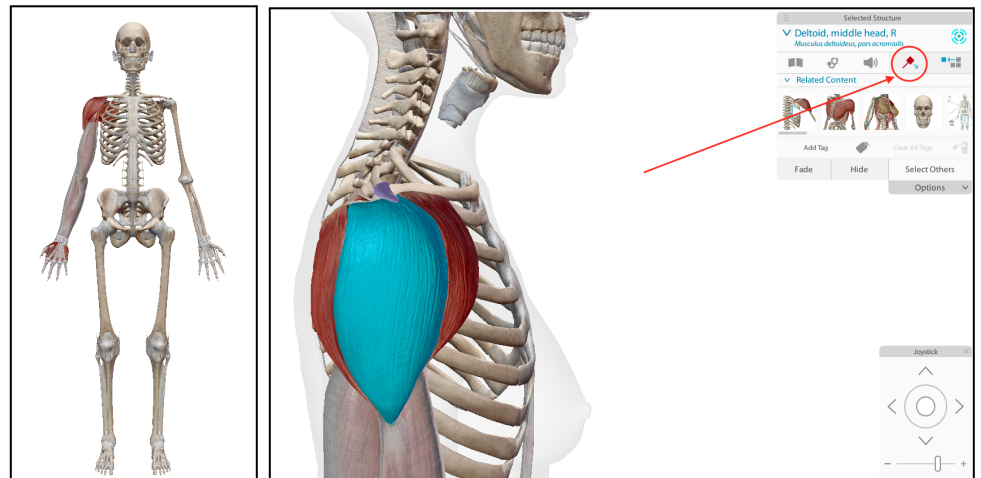


The “Details” icon will let you take a detailed look at certain structures.

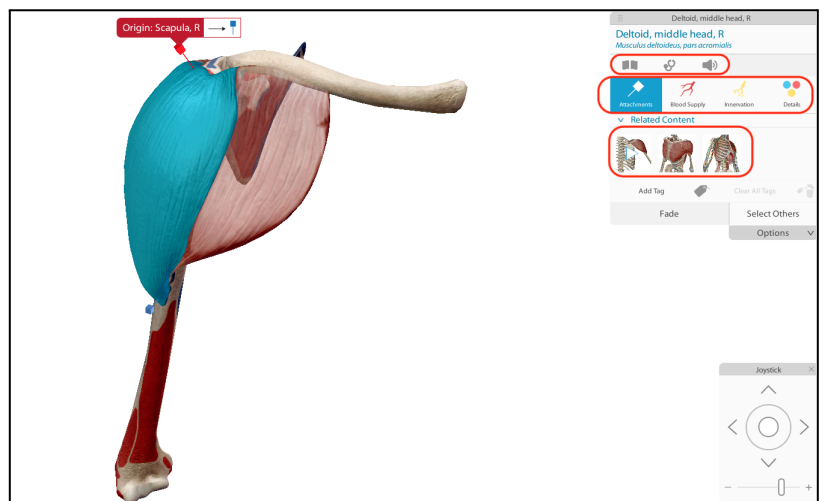
Detailed views are available for muscles, bones, the brain, peritoneum, skin, and more! The icon will vary depending on the system, but it will always be located in the same spot if available.

Let's explore muscles in detail!

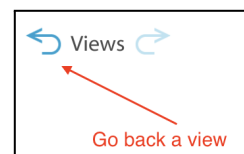
- Your skeleton model should have the right arm muscles showing
- Rotate, zoom, and select the deltoid muscle
- Select the details icon (red pin) in the info box to further explore the deltoid muscle



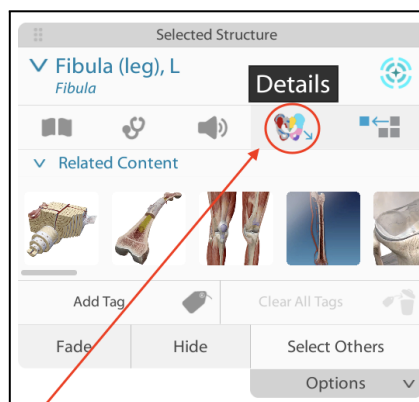
- From the details view
 - **Select the muscle** to highlight it, then **select the textbook icon** to learn more
 - **Select the red pin** to see the origin
 - **Select the blue pin** to see the insertion
 - **Select the other icons** (blood supply, innervation, details) to add pertinent blood vessels and nerves to your model for exploring
 - **Click on the “related content” thumbnails** to view the muscle in action



- Click on the blue “back to view” arrow in the upper left corner return to the main view.

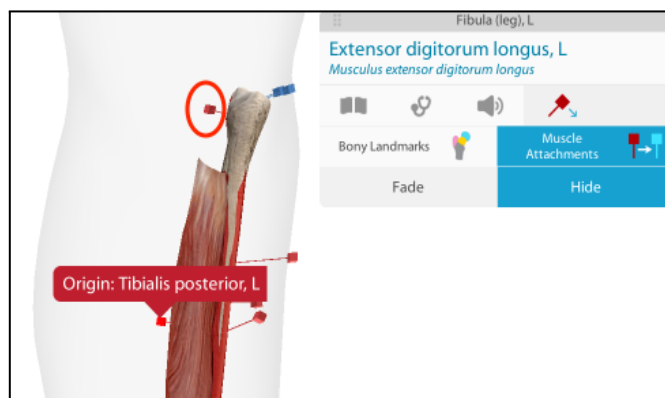
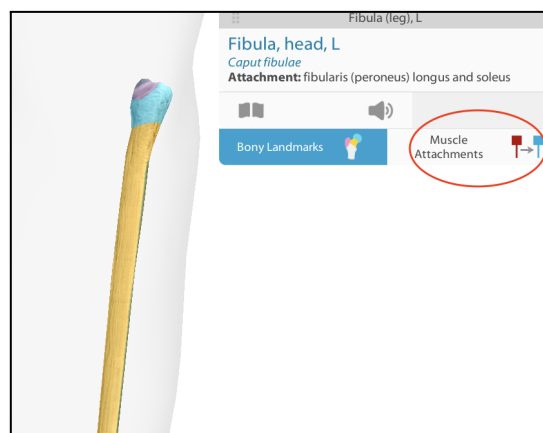


Now, let's explore the detailed features of bones!



- From your full skeleton view, click on the anatomy search button in the bottom toolbar
- Search for “fibula”
- Click “Show Me”
- The structure will be highlighted and an info box will appear
- Note that the “Details” icon has changed.

- Click the details icon to explore bony landmarks of the fibula
- Click on the colored structures to identify each bony landmark

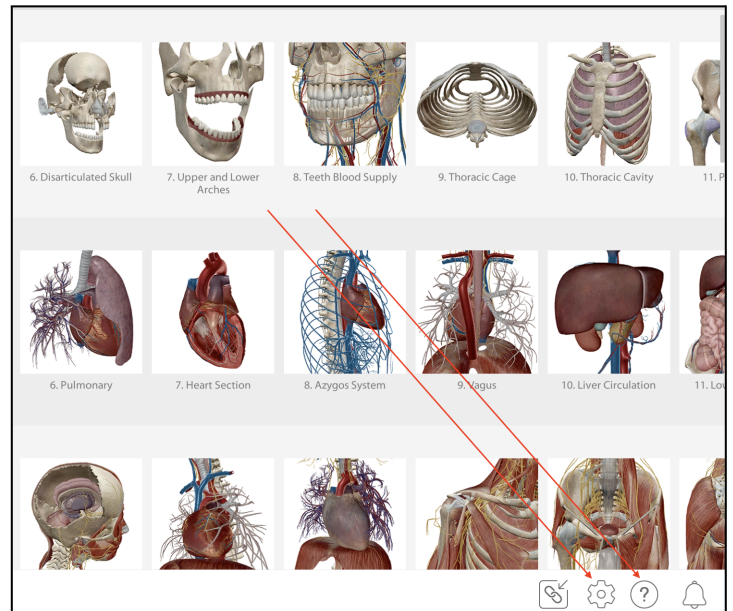
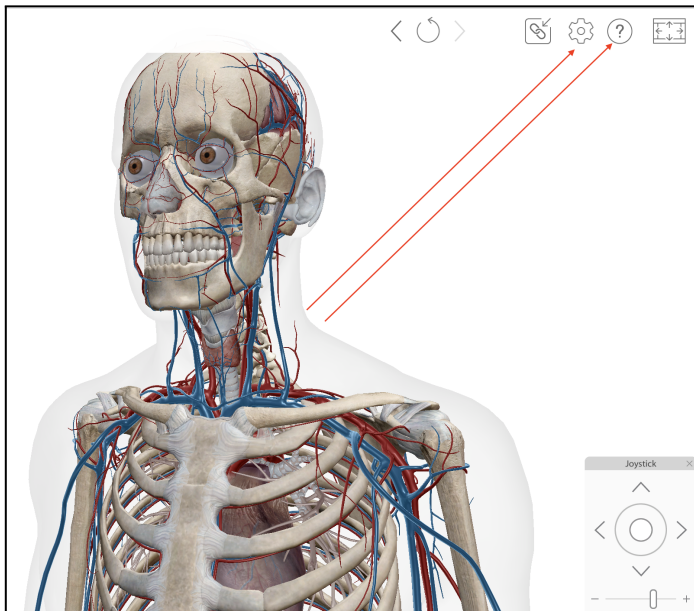


- Click on the “Muscle Attachments” icon
- Click the pins to add individual muscles to the view
- To remove a muscle, click on it and select “hide”

G. Practice What You Have Learned So Far

- Click the menu icon (four squares) in the bottom toolbar to go to the main menu
- Chose a different view and practice the following skills:
 - Rotate, zoom, and reposition the model
 - Select, fade, and hide structures
 - Learn about structures by clicking the icons in the info box
 - Use the anatomy search tool to find structures or add one to your view
 - Explore the details view of various structures (brain, skin, bones, muscles)
 - Click on the system tray to layer in entire systems (work with the full body or work regionally)
 - View related content by clicking on the views or animations
 - Use the back, undo, redo, and refresh buttons

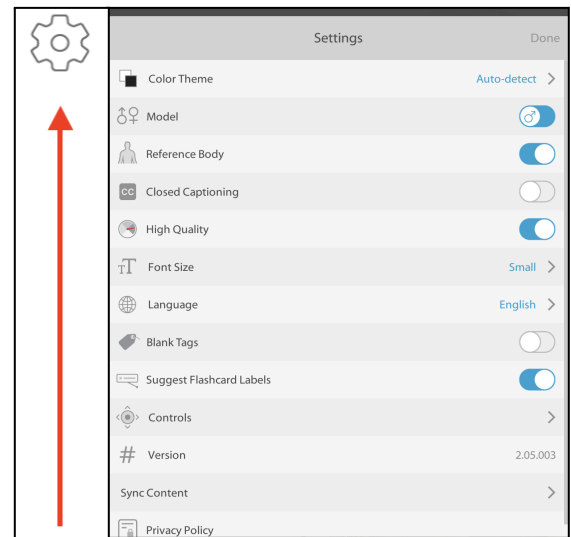
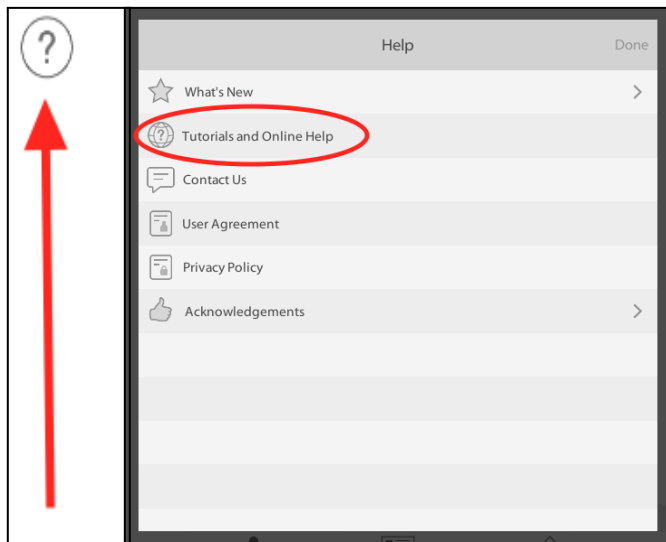
H. Tutorials and Support Articles



Click on the question mark icon to access support articles and tutorials

Click on the gear icon to change your settings:

- Swap between male and female models
- Adjust language settings
- Adjust background color
- Change font size



Part 2: Apply Your Skills - Guided Scavenger Hunt

Now that you've practiced and familiarized yourself with VB Suite, apply what you've learned!

Submit this sheet to your instructor when you are finished.

Instructions: Start on the VB Suite home page. Select "1. Full Skeleton" from the Skeletal System Views. Follow the instructions and answer each question in the answer blank.

1. _____ Select the bone that makes up the forehead. Name this bone.
2. _____ Use the book icon from the pop-up menu to read the definition for this bone. With how many other bones does this bone articulate?
3. _____ Use the pathologies icon to identify one disease or disorder associated with this bone.
4. _____ Use the details icon to isolate and explore the bone. What is the name of the purple structure found between the eyebrow region of this bone?

Go back to the previous view. Use the systems tray to add all of the muscles to the right arm.

5. _____ Use the anatomy search tool to find the right biceps brachii muscle, long head. Select "Show Me". Is this muscle found in the upper arm or in the forearm (lower arm)?
6. _____ Select the details icon for the right biceps brachii muscle, long head. Identify the origin.
7. _____ Use the blue back to view button to return to the main view. Hide the brachial fascia, as well as the long and short head of the biceps brachii muscle. Which muscle has been revealed?
8. _____ Hide the muscle you just exposed and reveal the underlying bone. Name this bone.
9. _____ Rotate the skeleton to view the back side. Find and hide the infraspinatus muscle. Which bone is revealed when this muscle is hidden?
10. _____ Select the bone you just revealed and use the definition button to read about this bone. With which two bones does your selected bone articulate?
11. _____ Select the bone you just revealed and open the details view. What is the name of the blue area found toward the bottom of this bone?
12. _____ Go back to the home screen. To do this, you'll click on the:

A. Gear icon in the upper right corner	C. Four squares in bottom left corner
B. Question mark in the upper right corner	D. Joystick