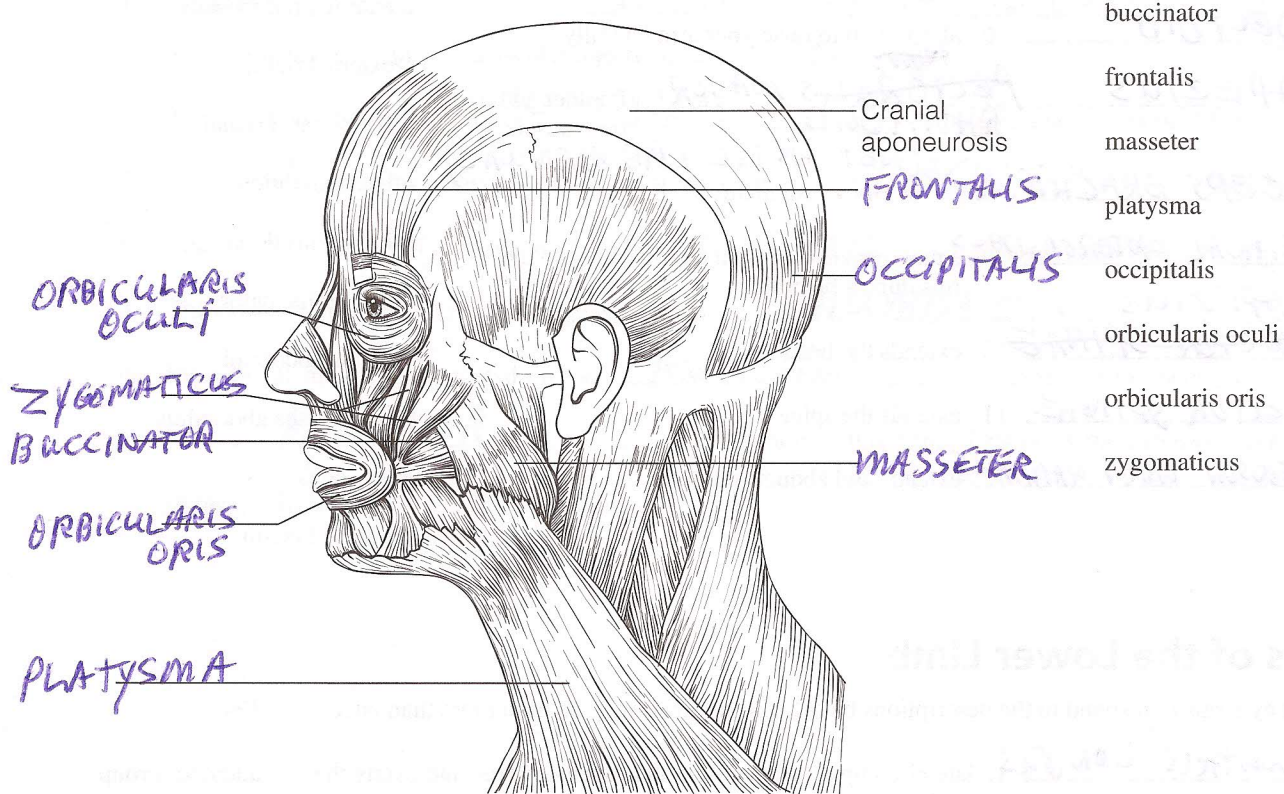


Gross Anatomy of the Muscular System

Muscles of the Head and Neck

1. Using choices from the list at the right, correctly identify the muscles provided with leader lines on the diagram.



- buccinator
- frontalis
- masseter
- platysma
- occipitalis
- orbicularis oculi
- orbicularis oris
- zygomaticus

2. Using the terms provided above, identify the muscles described next.

- ZYGOMATICUS 1. used to grin
- ORBICULARIS ORIS 2. important muscle to a saxophone player
- ORBICULARIS OCULI 3. used in blinking and squinting
- PLATYSMA 4. its contraction makes the "sad clown" face (pulls the corners of the mouth downward)
- FRONTALIS 5. raises your eyebrows for a questioning expression
- ORBICULARIS ORIS 6. your "kisser"
- MASSETER 7. allows you to "bite" that carrot stick
- PLATYSMA 8. tenses skin of the neck during shaving

Muscles of the Trunk and Upper Limb

3. Using choices from the key, identify the major muscles described next:

Key:

- | | | |
|--|---|---|
| <u>RECTUS ABDOMINIS</u>
ERECTOR SPINAE | 1. a major spine flexor | <input checked="" type="checkbox"/> biceps brachii |
| <u>LATISSIMUS DORSI</u> | 2. prime mover for pulling the arm posteriorly | <input checked="" type="checkbox"/> deltoid |
| <u>TRICEPS BRACHII</u> | 3. elbow extender | <input checked="" type="checkbox"/> erector spinae |
| <u>EXTERNAL OBLIQUE</u> <u>INTERNAL OBLIQUE</u> | 4. help form the abdominal girdle (four pairs of muscles) | <input checked="" type="checkbox"/> extensor carpi radialis |
| <u>RECTUS ABDOMINIS</u> <u>TRANSVERSE ABDOMINIS</u> | | <input checked="" type="checkbox"/> extensor carpi ulnaris |
| <u>EXTENSOR CARPI ULNARIS</u> | 5. extends and adducts wrist | extensor digitorum superficialis |
| <u>DELTOID</u> | 6. allows you to raise your arm laterally | <input checked="" type="checkbox"/> external intercostals |
| <u>TRAPEZIUS</u> | PECTORALIS MAJOR
RHOMBOID
(NOT IN THE LAB MANUAL) | <input checked="" type="checkbox"/> external oblique |
| <u>BICEPS BRACHII</u> | 7. shoulder adductors (two muscles) | flexor carpi radialis |
| <u>EXTERNAL INTERCOSTALS</u> | 8. flexes elbow; supinates the forearm | <input checked="" type="checkbox"/> internal oblique |
| <u>TRAPEZIUS</u> | 9. small muscles between the ribs; elevate the ribs during breathing | <input checked="" type="checkbox"/> latissimus dorsi |
| ERECTOR SPINAE | 10. extends the head | pectoralis major |
| <u>ERECTOR SPINAE</u> | 11. extends the spine | <input checked="" type="checkbox"/> rectus abdominis |
| <u>EXTENSOR CARPI RADIALIS</u> | 12. extends and abducts the wrist | <input checked="" type="checkbox"/> transversus abdominis |
| | | <input checked="" type="checkbox"/> trapezius |
| | | <input checked="" type="checkbox"/> triceps brachii |

Muscles of the Lower Limb

4. Use the key terms to respond to the descriptions below. (Some terms may be used more than once.)

Key:

- | | | |
|--|--|--------------------|
| <u>FIBULARIS LONGUS</u> | 1. lateral compartment muscle that plantar flexes and everts the ankle | adductor group |
| <u>GLUTEUS MAXIMUS</u> | 2. forms the buttock | biceps femoris |
| <u>GASTROCNEMIUS</u> | 3. a prime mover of ankle plantar flexion | gastrocnemius |
| <u>TIBIALIS ANTERIOR</u> | 4. a prime mover of ankle dorsiflexion | gluteus maximus |
| <u>ABDUCTOR GROUP</u> | 5. allow you to grip a horse's back with your thighs | fibularis longus |
| <u>RECTUS FEMORIS</u> <u>VASTUS MUSCLES</u> | 6. muscles that insert into the tibial tuberosity (two choices) | rectus femoris |
| <u>BICEPS FEMORIS</u> , <u>SEMITENDINOSUS</u>
<u>SEMI MEMBRANOSUS</u> | 7. muscles that extend thigh and flex knee | semimembranosus |
| <u>TIBIALIS ANTERIOR</u> | 8. prime mover of inversion of the foot | semitendinosus |
| <u>TIBIALIS ANTERIOR</u> | 9. prime mover of dorsiflexion of the foot | tibialis anterior |
| | | tibialis posterior |
| | | vastus muscles |

- ADDUCTOR GROUP 10. adduct the thigh, as when standing at attention
- EXTENSOR DIGITORUM LONGUS 11. extends the toes
- RECTUS FEMORIS 12. extends knee and flexes thigh
- GLUTEUS MAXIMUS 13. used to extend the hip when climbing stairs
- GASTROCNEMIUS
SOLEUS 14. prime movers of plantar flexion (two muscles) of the foot

General Review: Muscle Descriptions

5. Complete the following statements (use your textbook, as necessary):

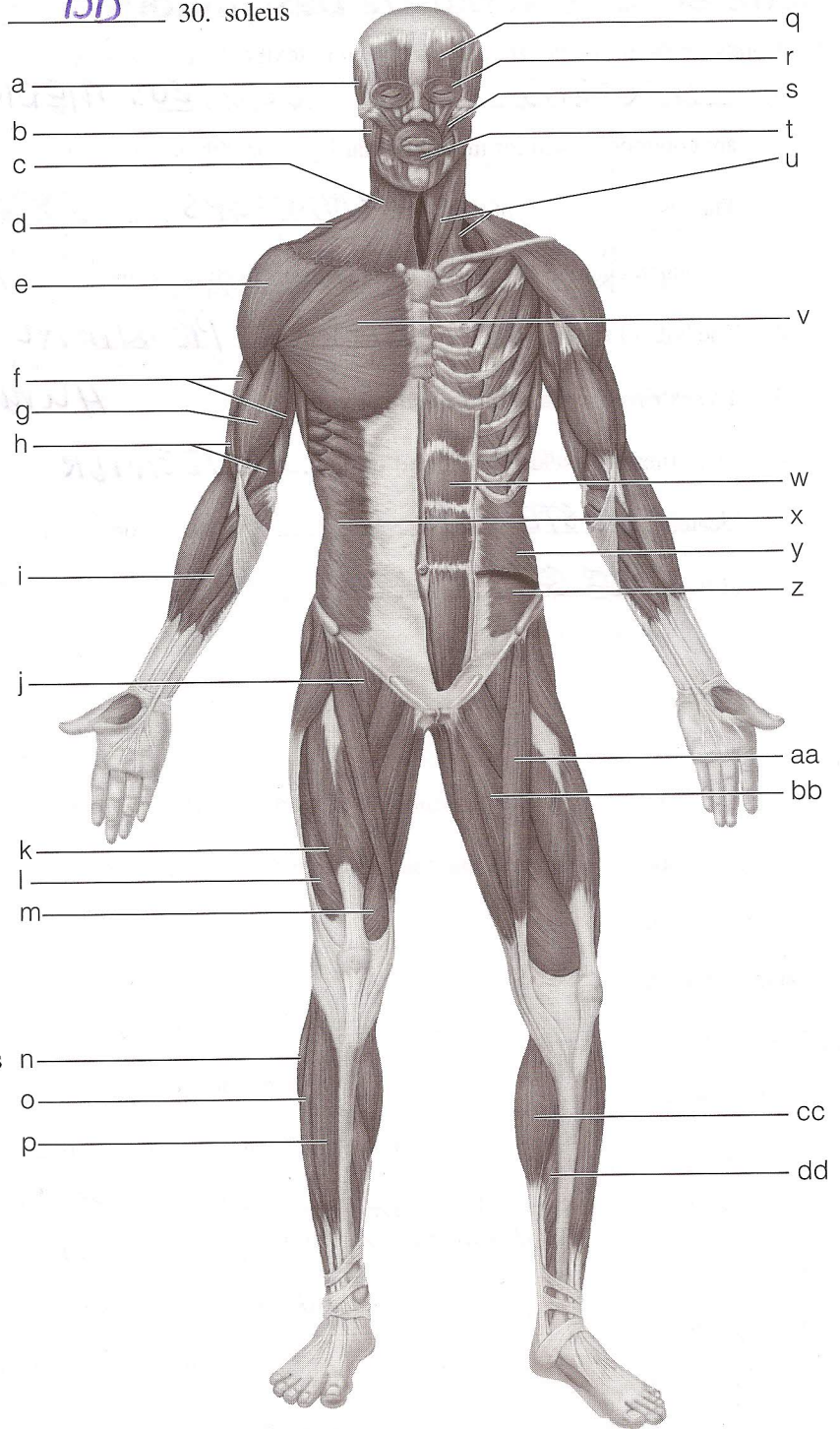
1. DELTOID, GLUTEUS MEDIUS, and VASTUS LATERALIS are commonly used for intramuscular injections (three muscles).
2. The insertion tendon of the QUADRICEPS group contains a large sesamoid bone, the patella.
3. The gastrocnemius and soleus muscles insert in common into the ACHILLES tendon.
4. The bulk of the tissue of a muscle tends to lie PROXIMAL to the part of the body it causes to move.
5. The extrinsic muscles of the hand originate on the HUMERUS.
6. Most flexor muscles are located on the ANTERIOR aspect of the body; most extensors are located POSTERIOR. An exception to this generalization is the extensor-flexor musculature of the LEG.

General Review: Muscle Recognition

6. Identify the lettered muscles in the diagram of the human anterior superficial musculature by matching each letter with one of the following muscle names:

- T 1. orbicularis oris
- V 2. pectoralis major
- X 3. external oblique
- U 4. sternocleidomastoid
- G 5. biceps brachii
- E 6. deltoid
- L 7. vastus lateralis
- Q 8. frontalis
- K 9. rectus femoris
- W 10. rectus abdominis
- AA 11. sartorius
- C 12. platysma
- I 13. flexor carpi radialis
- R 14. orbicularis oculi
- CC 15. gastrocnemius
- B 16. masseter
- D 17. trapezius
- P 18. tibialis anterior
- BB 19. adductors
- M 20. vastus medialis
- Z 21. transversus abdominis
- N 22. fibularis longus
- J 23. iliopsoas
- A 24. temporalis
- S 25. zygomaticus
- F 26. triceps brachii

- H 27. brachialis
- O 28. extensor digitorum longus
- Y 29. internal oblique
- DD 30. soleus



7. Identify each of the lettered muscles in this diagram of the human posterior superficial musculature by matching the letter to one of the following muscle names:

- N 1. gluteus maximus
- R 2. semimembranosus
- F 3. gastrocnemius
- K 4. latissimus dorsi
- J 5. deltoid
- Q 6. semitendinosus
- I 7. trapezius
- P 8. biceps femoris
- A 9. triceps brachii
- L 10. external oblique
- M 11. gluteus medius
- C 12. flexor carpi ulnaris
- D 13. extensor carpi ulnaris
- E 14. extensor digitorum
- B 15. extensor carpi radialis
- H 16. sternocleidomastoid
- O 17. adductor magnus
- G 18. soleus

