

The Muscular System

6 page study note

Axial Muscles

MUSCLES OF THE THORAX

Internal intercostals
 - lie deep, posterior to external intercostals
 - flexes ribs posteriorly & inferiorly
 - inspiration

External intercostals

- most superficial intercostal muscle
 - flexes ribs anteriorly & inferiorly
 - expiring between ribs
 - rib inspiration



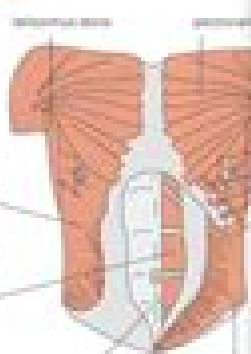
MUSCLES OF THE ABDOMEN

External oblique
 - most superficial of anterolateral abdominal wall
 - flexes ribs anteriorly & inferiorly

Internal oblique
 flexes vertebral column & compresses abdominal wall used in forced expiration

Transverse abdominis
 spinal flexion & rotation around vertebral column

Rectus abdominis
 - lies on either side of linea alba
 - separated by tendinous intersections
 - functions to flex trunk & aids in forced expiration



Linea alba
 - line of connective tissue down middle of abdomen for muscle attachment

Axial Muscles

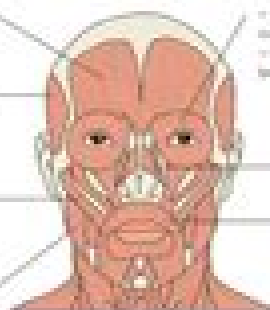
Levator palmarum
 - elevates hand from floor to assist in writing

Depressor
 - extends from hyoid bone to anterior process of mandible
 - elevates & protrudes jaw anteriorly

Suprahyoid
 - extends from hyoid bone to anterior process of the mandible, drawing it superiorly & posteriorly causing jaw to close

Masseter
 - powerful muscle descending from zygomatic arch to angle of mandible
 - elevates & protrudes jaw anteriorly for chewing

FACIAL & NECK MUSCLES



Orbicularis oculi
 - surrounds eye
 - forcefully closes eyes when contracted
 - originates on frontal & maxillary foramina

Mentalis
 - compresses mental cartilage
 - elevates & protrudes tip of chin

Orbicularis oris
 - surrounds mouth
 - elevates & protrudes tip of lip
 - originates on maxillary & mandibular foramina

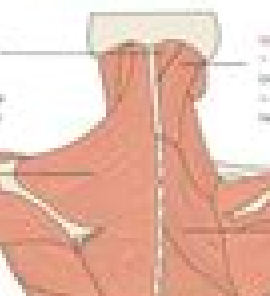
STERNOCLEIDOMASTOID

- flexes neck with lateral participation
 - rotates head for opposite side with unilateral contraction

NECK & BACK MUSCLES

Sternocleidomastoid
 - extends neck with ipsilateral participation
 - turns head slightly to opposite side with unilateral contraction

Trapezius
 - stabilizes & moves the scapula
 - extends vertically from cervical bones to lower thoracic vertebrae of the spine



Scapular retractor
 - extends neck with ipsilateral participation
 - elevates & rotates scapula with ipsilateral participation

Latissimus
 - rotates the scapula into the thorax
 - helps move scapula superiorly & medially

Lower Limb Muscles

Quick notes:

In correct anatomical terms, "leg" only refers to the region of the lower limb below the knee, while "thigh" refers to the region from the knee to the hip

POSTERIOR THIGH & LEG MUSCLES

Gluteus maximus
 - extends thigh
 - deep to gluteus medius

Gluteus medius
 - extends thigh

Hamstrings
 - extends hip
 - flexes knee

Gastrocnemius
 - flexes foot (plantar flexion)
 - supinated to extend

Soleus
 - flexes foot (plantar flexion)
 - deep to gastrocnemius

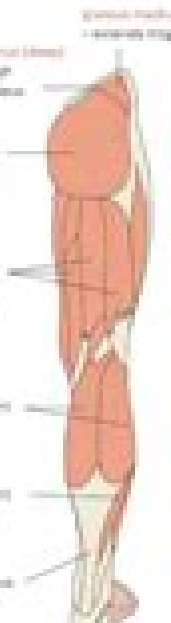
Peroneus
 - plantar flexion & lateral inversion together to turn outwards

Peroneus
 - extends thigh

Peroneus
 - extends thigh

Peroneus
 - extends thigh

Peroneus
 - extends thigh



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Linda Swisher



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