

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
 - flexing between ribs
 - rib inspiration



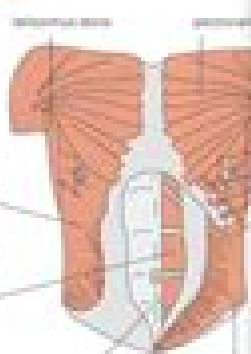
MUSCLES OF THE ABDOMEN

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

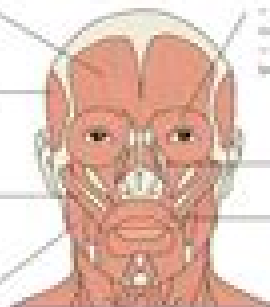
Levator palmarum
 - elevates hand from floor to assist in walking

Masseter
 - anterior from zygomatic bone to coronoid process of mandible
 - elevates & protrudes mandible anteriorly

Temporalis
 - anterior from temporal bone to coronoid process of mandible
 - elevates & protrudes mandible anteriorly

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

FACIAL & NECK MUSCLES



Levator palmarum
 - horizontally runs
 - flexor of thumb when contracted
 - originates on humeral & scapular spines

Masseter
 - compresses mandible
 - elevates & flexes of mandible

Temporalis
 - horizontally runs
 - elevates & protrudes of jaw
 - originates on maxillary bone & mandible

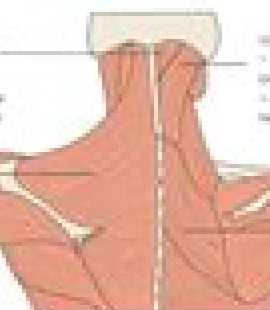
Digastric muscle

- flexes head with lateral protrusion
 - elevates head for swallowing while with anterior protrusion

NECK & BACK MUSCLES

Longus capitis
 - anterior neck with posterior protrusion
 - holds head slightly to opposite side with unilateral contraction

Longus colli
 - stabilizes & moves the hyoid
 - elevates & flexes from occipital bone to lower thoracic vertebrae of the spine



Longus capitis
 - anterior neck with anterior protrusion
 - elevates head & lateral rotation of head with unilateral contraction

Longus colli
 - elevates the hyoid into the pharynx
 - helps move hyoid anteriorly & 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

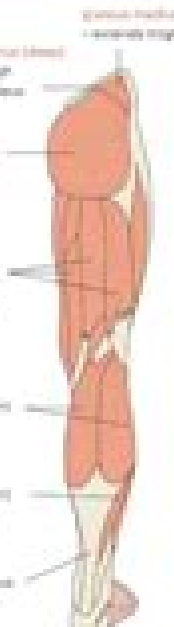
Hamstrings
 - extends hip
 - flexes knee

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

Gastrocnemius
 - flexes foot (plantar flexion)
 - deep to peroneus

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

Plantar flexion
 - gastrocnemius & soleus work together to flex ankle joint



Mcgraw Hill Muscular System Study Guide Answers

Janet E. Wall



McGraw Hill Muscular System Study Guide Answers:

McGraw-Hill's SAT Subject Test Biology E/M, 3rd Edition Stephanie Zinn, 2012-02-03 Expert guidance on the Biology E M exam Many colleges and universities require you to take one or more SAT II Subject Tests to demonstrate your mastery of specific high school subjects McGraw Hill's SAT Subject Test Biology E M is written by experts in the field and gives you the guidance you need to perform at your best This book includes 4 full length sample tests updated for the latest test formats two practice Biology E exams and two practice Biology M exams 30 top tips to remember for test day Glossary of tested biology terms How to decide whether to take Biology E or Biology M Diagnostic test to pinpoint strengths and weaknesses Sample exams exercises and problems designed to match the real tests in content and level of difficulty Step by step review of all topics covered on the two exams In depth coverage of the laboratory experiment questions that are a major part of the test

McGraw-Hill's SAT Subject Test: Biology E/M, 2/E Stephanie Zinn, 2009-02-01 We want to help you score high on the SAT Biology E M tests We've put all of our proven expertise into McGraw Hill's SAT Subject Test Biology E M to make sure you're fully prepared for these difficult exams With this book you'll get essential skill building techniques and strategies created by leading high school biology teachers and curriculum developers You'll also get 5 full length practice tests hundreds of sample questions and all the facts about the current exams With McGraw Hill's SAT Subject Test Biology E M we'll guide you step by step through your preparation program and give you the tools you need to succeed 4 full length practice exams and a diagnostic exam with complete explanations for every question 30 top test items to remember on exam day A step by step review of all topics covered on the two exams Teacher recommended tips and strategies to help you raise your score

McGraw Hill TEAS Review, Fourth Edition Wendy Hanks, 2023-10-13 Essential review and practice the TEAS completely updated to reflect the changes in the revised exam Passing the Test of Essential Academic Skills TEAS is required for admission to many nursing schools and scoring well is essential when you're applying to the top programs This book offers complete coverage of all four of the core sections and the review and practice you need all updated to reflect the exam's new format McGraw Hill TEAS Review Fourth Edition helps ensure you'll be fully prepared for the substance and style of the updated exam with updates in the Introduction that describe the new question formats including hot spot fill in the blank multi select and ordering practice questions that help you get used to these new formats and a practice test that reflects the new balance of question types in the most current exam Packed with review practice and all the updated information you need to do well on the test McGraw Hill TEAS Review will help you tackle the TEAS with confidence with Complete coverage of the exam's four core subjects Reading Mathematics Science and English and Language Usage 600 review questions to help you measure your progress including an answer key with detailed explanations Strategies for interpreting and evaluating different types of source material in the Reading section Extensive practice questions on scientific reasoning life science physical science and the human body and tools to help you approach specific question types

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Stephanie Zinn, 2016-01-01 Prepare for the SAT Biology E M test with the experts you trust This step by step guide will give you the knowledge and tools you need to succeed on this challenging exam You ll get essential skill building techniques and strategies created and classroom tested by high school science teachers and curriculum developers You ll also get full length practice tests hundreds of sample questions and all the facts about the current exam everything you need to do your best on test day Features 4 full length sample tests in the latest test format More than 400 practice questions Step by step review of all topics covered on the exam Teacher recommended strategies to raise your score Special features SAT Biology at a Glance Top Items to Remember on Test Day and more About the Authors Stephanie Zinn New York NY taught biology at the Spence School a leading private high school in New York City Nick Tarasen is a widely published science writer and educator

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