

The Muscular System

6 page study note

Axial Muscles

MUSCLES OF THE THORAX

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

Internal intercostals

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



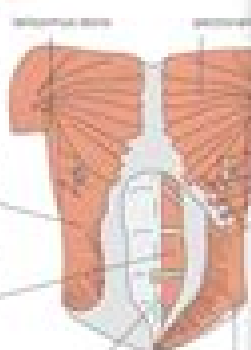
MUSCLES OF THE ABDOMEN

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

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

External oblique
 - flexes trunk & aids in forced expiration

Axial Muscles

Levator palmarum
 - elevates hand with lateral contraction
 - elevates head for inspiratory state with unilateral contraction for sneezing

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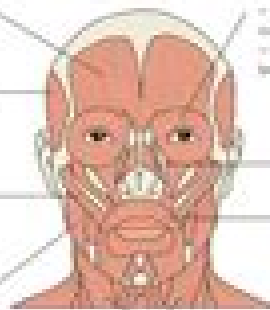
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FACIAL & NECK MUSCLES



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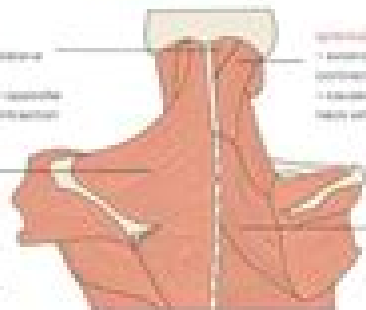
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NECK & BACK MUSCLES



Levator palmarum
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Levator palmarum
 - elevates hand with lateral contraction
 - elevates head for inspiratory state with unilateral contraction for sneezing

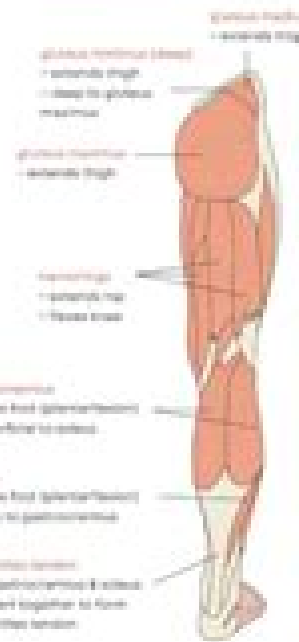
Levator palmarum
 - elevates hand with lateral contraction
 - elevates head for inspiratory state with unilateral contraction for sneezing

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



Biceps femoris

- extends thigh

- deep to gluteus maximus

Gluteus maximus

- extends thigh

- extends hip

Gluteus medius

- extends thigh

- extends hip

Gluteus minimus

- extends thigh

- extends hip

Sartorius

- extends thigh

- extends hip

Vastus medialis

- extends thigh

- extends hip

Vastus lateralis

- extends thigh

- extends hip

Vastus intermedius

- extends thigh

- extends hip

Gastrocnemius

- extends thigh

- extends hip

Soleus

- extends thigh

- extends hip

Plantaris

- extends thigh

- extends hip

Tibialis posterior

- extends thigh

- extends hip

Tibialis anterior

- extends thigh

- extends hip

Peroneus

- extends thigh

- extends hip

Muscle Study Guide Word

Liebaert



Muscle Study Guide Word:

Study Guide and Procedure Checklist Manual for Kinn's The Medical Assistant - E-Book Brigitte

Niedzwiecki, Julie Pepper, P. Ann Weaver, 2022-06-18 Designed to support the trusted content in Kinn's The Medical Assistant 14th Edition this study guide is the essential review and practice companion to reinforce key concepts encourage critical thinking and ensure that you learn to master and apply key medical assisting content This robust companion guide offers a wide range of exercises to reinforce your understanding of common administrative and clinical skills including new certification preparation questions that offer additional practice for certification exams a review of medical terminology and anatomy and need to know workplace applications Trusted for more than 60 years as a key part of the student journey from classroom to career it also features competency checklists to clearly assess your performance and progression from day one until you land your first job as a Medical Assistant Comprehensive coverage of all administrative and clinical procedures is built from Medical Assisting accreditation standards and competencies Hundreds of practice questions multiple choice true false fill in the blank help students with essential content review and practice Skills practice workplace applications and online activities promote critical thinking before students enter practice Procedure checklists help students track their performance of every procedure included in the textbook Work products allows students to provide documentation of skills mastery for classroom or job searching requirements Chapter by chapter correlation with the textbook allows students to easily follow core textbook competencies Perforated pages for on the go study or turn in assignments and evaluations NEW Chapter reviews medical terminology anatomy and physiology and pathology to reinforce key foundational knowledge NEW Expanded content on medical office accounts collections banking and practice management prepares students to step into the role of a Medical Assistant NEW Certification Preparation questions help students focus on certification from the beginning of their studies NEW Streamlined presentation combines chapters and focuses on need to know content

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- Chapter 2: Essential Elements of Muscle Study Guide Word
- Chapter 3: Muscle Study Guide Word in Everyday Life
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- Chapter 5: Conclusion

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