

Muscular System

6 page study note

Axial Muscles

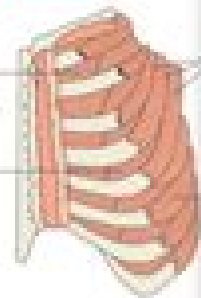
MUSCLES OF THE THORAX

External intercostal

- lies deep, posterior to external intercostal
- fibres run posteriorly & inferiorly
- inspiration

Internal intercostal

- most superficial intercostal muscle
- fibres run anteriorly & inferiorly between ribs
- expiratory



MUSCLES OF THE ABDOMEN

External oblique

- most superficial of anterolateral abdominal wall
- fibres run anteriorly & inferiorly

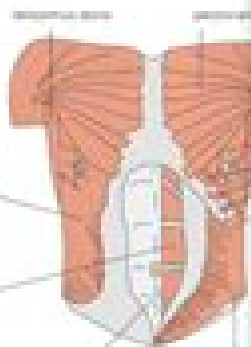
- **internal function**
- flexes vertebral column & compresses abdominal wall used in forced expiration

- **external function**
- raises rib cage & rotation around vertebral column

Internal oblique

- lies on either side of linea alba
- separated by aponeurosis

- **internal function**
- functions to flex trunk & aids in forced expiration



Transverse abdominis

- line of connective tissue deep inside of abdomen for muscle attachment

Rectus abdominis

- runs horizontally
- compresses abdominal wall
- **external function**

Axial Muscles

Neck & Back Muscles

- **trapezius**
- arises from nuchal ligament
- fibres run superiorly & inferiorly

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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

- **gluteus minimus**
- extends thigh

- **hamstrings**
- extends hip
- flexes knee

- **gastrocnemius**
- flexes foot (plantar flexion)
- superficial to soleus

- **soleus**
- flexes foot (plantar flexion)
- deep to gastrocnemius

- **peroneus**
- plantar flexion & eversion
- insert together to form Achilles tendon

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Muscles Study Guide Answer

**Susan Muller, Steven J. Keteyian, Merle
L. Foss**



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