

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
 - deepest muscle & 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 forearm
 - flexes wrist

Supinator
 - extends from scapula to olecranon process of ulna
 - rotates & supinates forearm

Brachioradialis
 - extends from humerus to radius
 - flexes forearm at elbow

Brachialis
 - powerful muscle originating from humerus
 - flexes forearm at elbow

Brachioradialis
 - extends from humerus to radius
 - flexes forearm at elbow

Brachialis
 - originates & inserts the humerus
 - extends the forearm from pronated to supinated position of the forearm

FACIAL & NECK MUSCLES

Levator palmarum
 - elevates hand from forearm
 - flexes wrist

Supinator
 - extends from scapula to olecranon process of ulna
 - rotates & supinates forearm

Brachioradialis
 - extends from humerus to radius
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Brachioradialis
 - extends from humerus to radius
 - flexes forearm at elbow

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

Peroneus
 - extends foot
 - plantar flexion

Gastrocnemius
 - flexes foot (plantar flexion)
 - superficial to soleus

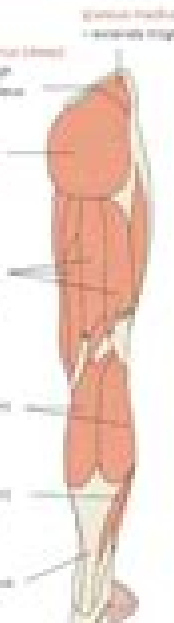
Soleus
 - flexes foot (plantar flexion)
 - deep to gastrocnemius

Plantaris
 - gastrocnemius & soleus insert together to form Achilles tendon

Achilles tendon
 - gastrocnemius & soleus insert together to form Achilles tendon

Peroneus
 - extends foot
 - plantar flexion

Gluteus maximus
 - extends thigh
 - deep to gluteus medius



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Maurice Henry Lindsay Gibson



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