

The Muscular System

6 page study note

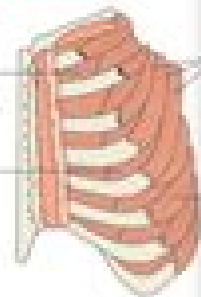
Axial Muscles

MUSCLES OF THE THORAX

External intercostal
 - lies deep, posterior to external intercostal
 - flexes rib posteriorly & inferiorly
 - inspiration

Internal intercostal

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



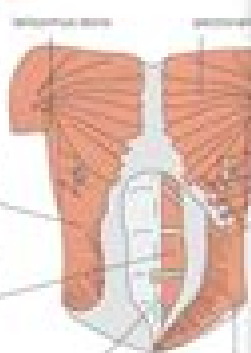
MUSCLES OF THE ABDOMEN

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

flexes vertebral column & compresses abdominal wall used in forced expiration

Internal oblique
 - flexes hip & 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



Axial Muscles

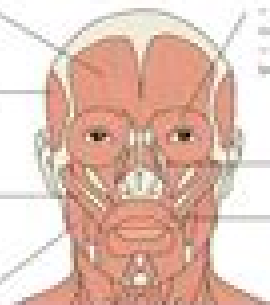
Masseter
 - elevates & retracts mandible
 - flexes head to extend

Temporalis
 - anterior from horizontal ridge of parietal bone to coronoid process of mandible
 - elevates & retracts mandible posteriorly

Mylohyoid
 - extends from hyoid bone to angle of mandible
 - elevates & protrudes mandible anteriorly

Digastric
 - powerful muscle descending from hyoid bone to angle of mandible
 - elevates & protrudes jaw anteriorly for chewing

FACIAL & NECK MUSCLES



Orbicularis oris
 - surrounds mouth
 - forcibly closes lips when contracted
 - originates on mental & maxillary foramina

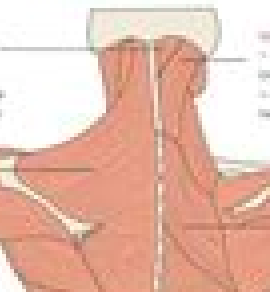
Orbicularis oculi
 - surrounds eye
 - closes eyelids

Orbicularis oris
 - surrounds mouth
 - closes & protrudes lips
 - originates on maxillary foramen & mental foramen

NECK & BACK MUSCLES

Sternocleidomastoid
 - extends from sternum to mastoid process
 - turns head slightly to opposite side with unilateral contraction

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



Splenius capitis
 - extends from upper cervical vertebrae to mastoid process
 - extends head & lateral rotation of head with unilateral contraction

Levator scapulae
 - elevates the scapula onto 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

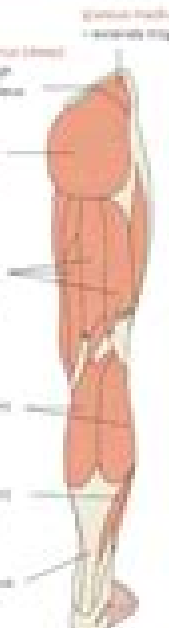
Hamstrings
 - extends hip
 - flexes knee

Popliteus
 - flexes knee & lateral rotation

Gastrocnemius
 - flexes foot & plantar flexion
 - superficial to soleus

Soleus
 - flexes foot & plantar flexion
 - deep to gastrocnemius

Plantar flexion
 - gastrocnemius & soleus work together to flex plantar flexion



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Emile Gaston Boutmy



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