

# 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  
 - expiration

### External intercostals

- most superficial intercostal muscle  
 - flexes ribs anteriorly & inferiorly  
 - inhaling



### MUSCLES OF THE ABDOMEN

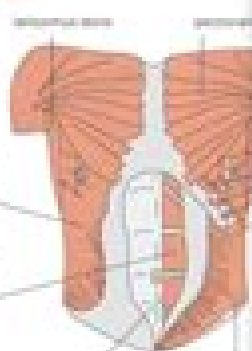
**External oblique**  
 - most superficial of anterolateral abdominal wall  
 - flexes ribs anteriorly & inferiorly

**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



## Axial Muscles

**Trapezius**  
 - originates at cervical vertebrae & the scapulae causing flexion & extension

**Levator scapulae**  
 - originates from transverse process of cervical vertebrae & scapula  
 - elevates & rotates scapula posteriorly

**Suprahyoid**  
 - originates from hyoid bone & inserts into the thyroid gland  
 - elevates & protrudes hyoid anteriorly

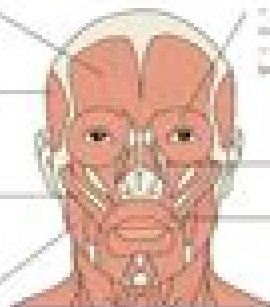
**Geniohyoid**  
 - originates from hyoid bone & inserts into the thyroid gland  
 - elevates & protrudes hyoid anteriorly

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### FACIAL & NECK MUSCLES



**Masseter**  
 - originates from zygomatic arch & inserts into the mandible  
 - elevates & protrudes mandible

**Temporalis**  
 - originates from temporal fossa & inserts into the mandible  
 - elevates & protrudes mandible

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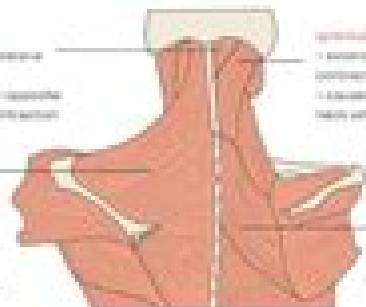
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### NECK & BACK MUSCLES



**Geniohyoid**  
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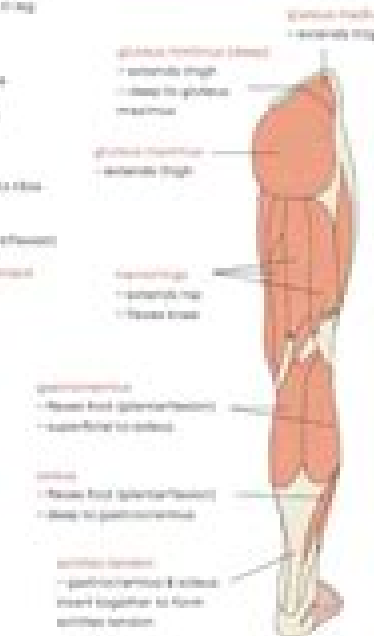
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## Lower Limb Muscles

### 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



**Biceps femoris**  
 - extends thigh  
 - deep to gluteus maximus

**Semitendinosus**  
 - extends thigh

**Semimembranosus**  
 - extends thigh

**Gastrocnemius**  
 - extends thigh

**Soleus**  
 - extends thigh

**Plantaris**  
 - extends thigh

**Popliteus**  
 - extends thigh

**Tensor fasciae latae**  
 - extends thigh

**Gluteus maximus**  
 - extends thigh

**Gluteus medius**  
 - extends thigh

**Gluteus minimus**  
 - extends thigh

# Mcgraw Hill Muscular System Study Guide Answers

**Joseph E. Muscolino**



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