

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
 - flexing between ribs
 - rib inspiration



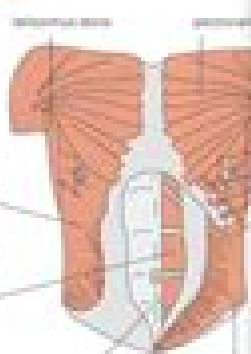
MUSCLES OF THE ABDOMEN

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

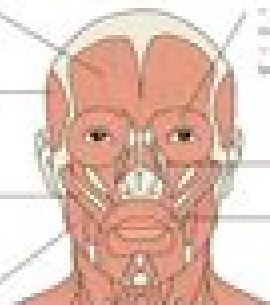
Levator palmarum
 - elevates hand from forearm causing forearm to extend

Suprahyoid
 - anterior from hyoid bone to anterior process of mandible
 - elevates & protrudes mandible anteriorly

Mylohyoid
 - anterior 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 oculi
 - surrounds orbit
 - forcibly closes eyes when contracted
 - originates on frontal & maxillary foramina

Orbicularis oris
 - compresses mouth
 - enables flexing of mouth

Masseter
 - surrounds mouth
 - elevates & protrudes of jaw
 - originates on maxillary foramen & mandible

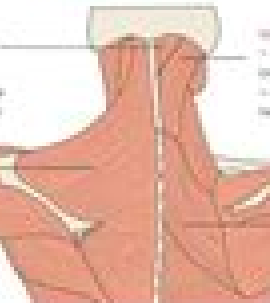
STERNOCLEIDOMASTOID

- flexes neck with lateral participation
 - rotates head for opposite side with unilateral contraction

NECK & BACK MUSCLES

Sternocleidomastoid
 - anterior neck with lateral participation
 - turns head slightly to opposite side with unilateral contraction

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



Scapular capitis
 - anterior neck with lateral participation
 - elevates head & lateral rotation of head with unilateral participation

Brachiocephalic
 - rotates the scapula into 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

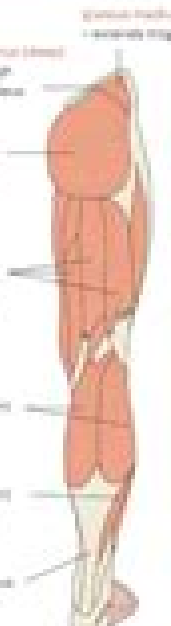
Hamstrings
 - extends hip
 - flexes knee

Popliteus
 - flexes knee & lateral rotation

Gastrocnemius
 - flexes foot & plantar flexion
 - superficial to soleus

Soleus
 - flexes foot & plantar flexion
 - deep to gastrocnemius

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



Mcgraw Hill Muscular System Study Guide Answers

Kathy A. Zahler



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