

Muscular System

6 page study note

Axial Muscles

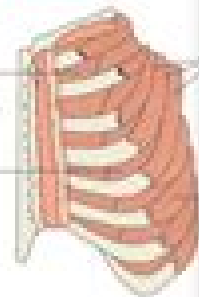
MUSCLES OF THE THORAX

External intercostal

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

Internal intercostal

- most superficial intercostal muscle
- flexes rib anteriorly & elevating anteriorly into 1st rib inspiration



MUSCLES OF THE ABDOMEN

External oblique

- most superficial of anterolateral abdominal wall
- flexes hip anteriorly & inferiorly

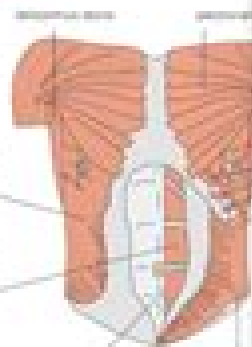
- internal function: flexes vertebral column & compresses abdominal wall used in forced expiration

- internal function: rotate trunk & rotation around vertebral column

Internal oblique

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

- functions to flex trunk & aids in forced expiration



Transverse abdominis

- one of deepest muscle deep inside of abdomen for muscle attachment

Rectus abdominis

- runs horizontally
- compresses abdominal wall

Axial Muscles

- levator scapulae
- elevates scapula & flexes neck to rotate head to right

Longissimus

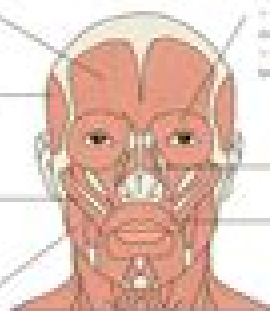
- extends from transverse process of cervical vertebrae to transverse process of lumbar vertebrae
- elevates & extends head

- semispinalis
- extends from spinous process to angle of mandible
- extends & laterally rotates head to right

Spinalis

- powerful muscle extending from spinous process to angle of mandible
- elevates & extends head anteriorly for chewing

Facial & Neck Muscles



Levator scapulae

- surrounds eye
- forcefully closes eye when contracted
- originates on transverse process

Orbicularis

- compresses orbital cartilage
- enables blinking of eyelids

Protractor

- surrounds mouth
- depresses lower lip of foot
- originates on maxillary bone & mandible

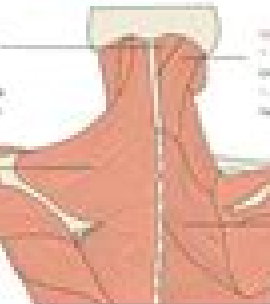
Neck & Back Muscles

Longissimus capitis

- extends neck with extension
- turns head slightly to opposite side with unilateral contraction

Longissimus

- protracts & moves the scapula
- extends vertebrae from occipital bone to lower thoracic vertebrae of the spine



Spinalis capitis

- extends neck with extension
- elevates head & lateral rotation of head with unilateral contraction

Trapezius

- extends the scapula into the thorax
- helps move scapula anteriorly & medially

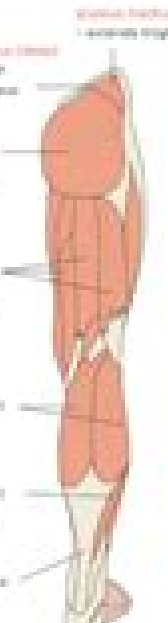
Lower Limb Muscles

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
- biceps femoris
- extends hip
- flexes knee
- gastrocnemius
- flexes foot (plantar flexion)
- superficial to soleus
- soleus
- flexes foot (plantar flexion)
- deep to gastrocnemius
- posterior tendon
- gastrocnemius & soleus meet together to form Achilles tendon



Muscles Study Guide Answer

Maurice Henry Lindsay Gibson

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

Muscles Study Guide Answer:

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