

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



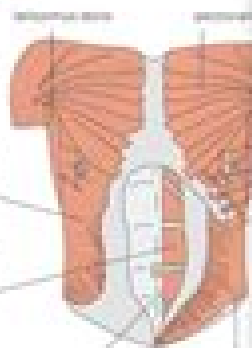
MUSCLES OF THE ABDOMEN

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
 spinal flexion & 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

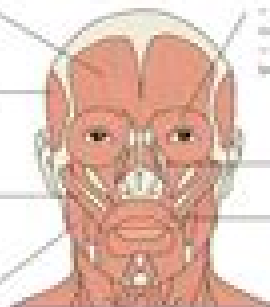
Levator palmarum
 - elevates hand from forearm causing hand to writh

Masseter
 - anterior from zygomatic bone of parietal bone to coronoid process of mandible
 - elevates & auto-innervates posteriorly

Suprahyoides - anterior from hyoid bone to anterior arch of hyoid, drawing it superiorly & posteriorly causing one to swallow

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

FACIAL & NECK MUSCLES



Orbicularis oculi
 - surrounds eye
 - forcefully closes eyes when contracted
 - originates on frontal & maxillary foramina

Orbicularis oris
 - compresses mouth
 - enables flexing of mouth

Orbicularis mentis
 - surrounds mouth
 - enables puckering of lip
 - originates on maxillary border of mandible

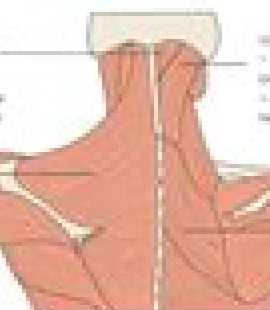
STERNOCLEIDOMASTOID

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

NECK & BACK MUSCLES

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

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



Scapular muscles
 - anterior neck with unilateral contraction
 - enables flexion & lateral rotation of head with unilateral participation

Latissimus
 - extends 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

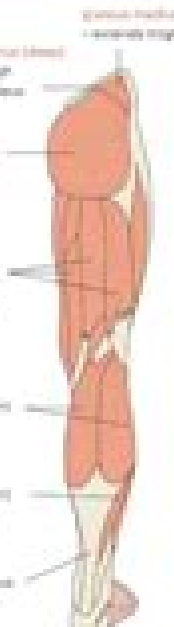
Hamstrings
 - extends hip
 - flexes knee

Peroneus
 - flexes foot (plantar flexion)
 - supinated to extend

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

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

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



Muscular System Study Guide Answer Sheet

Michael Rajnik



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Table of Contents Muscular System Study Guide Answer Sheet

1. Understanding the eBook Muscular System Study Guide Answer Sheet
 - The Rise of Digital Reading Muscular System Study Guide Answer Sheet
 - Advantages of eBooks Over Traditional Books
2. Identifying Muscular System Study Guide Answer Sheet
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Muscular System Study Guide Answer Sheet
 - User-Friendly Interface
4. Exploring eBook Recommendations from Muscular System Study Guide Answer Sheet
 - Personalized Recommendations
 - Muscular System Study Guide Answer Sheet User Reviews and Ratings
 - Muscular System Study Guide Answer Sheet and Bestseller Lists
5. Accessing Muscular System Study Guide Answer Sheet Free and Paid eBooks
 - Muscular System Study Guide Answer Sheet Public Domain eBooks
 - Muscular System Study Guide Answer Sheet eBook Subscription Services
 - Muscular System Study Guide Answer Sheet Budget-Friendly Options
6. Navigating Muscular System Study Guide Answer Sheet eBook Formats

- ePub, PDF, MOBI, and More
- Muscular System Study Guide Answer Sheet Compatibility with Devices
- Muscular System Study Guide Answer Sheet Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Muscular System Study Guide Answer Sheet
 - Highlighting and Note-Taking Muscular System Study Guide Answer Sheet
 - Interactive Elements Muscular System Study Guide Answer Sheet
- 8. Staying Engaged with Muscular System Study Guide Answer Sheet
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Muscular System Study Guide Answer Sheet
- 9. Balancing eBooks and Physical Books Muscular System Study Guide Answer Sheet
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Muscular System Study Guide Answer Sheet
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Muscular System Study Guide Answer Sheet
 - Setting Reading Goals Muscular System Study Guide Answer Sheet
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Muscular System Study Guide Answer Sheet
 - Fact-Checking eBook Content of Muscular System Study Guide Answer Sheet
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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