

Understanding Muscle Naming Conventions

Introduction

The structure and function of muscles can be intricate, but their naming follows a systematic convention that provides significant insights into their characteristics. This guide examines the various criteria used to name muscles, facilitating easier identification and understanding.

Naming Based on Origin and Insertion

- **Origin:** The fixed attachment point of a muscle, typically located near the midline or on the less movable part of the skeleton.
- **Insertion:** The end point where the muscle attaches to bone or tendon, often the more movable attachment.

Examples:

- **Sternocleidomastoid Muscle:** Named for its points of origin (sternum and clavicle) and insertion (mastoid process of the temporal bone).

Naming Based on Actions

Muscles are often named according to the action they perform.

Types of Actions:

- **Flexion:** Bending movement.
- **Extension:** Straightening movement.

Examples:

Muscle Naming And Movement Study Guide

Sylvia S. Mader



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Magill's Medical Guide ,1996 **Action of Muscles in Bodily Movement & Posture** Wilbur Pardon Bowen, 1912

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