

The Muscular System

6 page study note

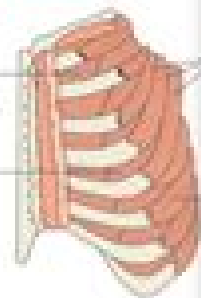
Axial Muscles

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 & inferiorly
 - expiring between ribs
 - rib inspiration



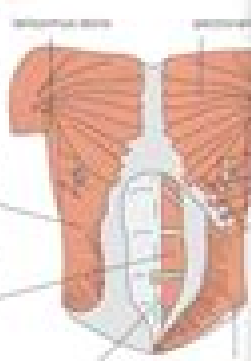
MUSCLES OF THE ABDOMEN

External oblique
 - most superficial of anterolateral abdominal wall
 - flexes hip anteriorly & inferiorly
 - lateral flexion

Internal oblique
 flexes vertebral column & compresses abdominal wall used in forced expiration

Transverse abdominis
 - flexes hip & 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

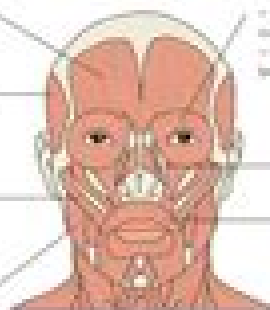
Masseter
 - elevates & protrudes lower jaw
 - elevates mandible causing forward to rotate

Temporalis
 - anterior front half of fan shape
 - elevates & protrudes lower jaw
 - elevates & protrudes lower jaw

Medial pterygoid
 - elevates & protrudes lower jaw
 - elevates & protrudes lower jaw

Lateral pterygoid
 - depresses mandible
 - elevates & protrudes lower jaw

FACIAL & NECK MUSCLES



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

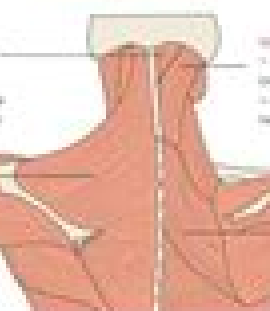
Nasalis
 - compresses nasal cartilage
 - widens flaring of nostrils

Orbicularis oris
 - squints mouth
 - compresses & puckering of lips
 - originates on maxillary & mandibular foramina

Neck & Back Muscles

Sternocleidomastoid
 - elevates head with ipsilateral contraction
 - bends head slightly to opposite side with unilateral contraction

Trapezius
 - stabilizes & moves the scapula
 - elevates scapula from acromioclavicular to lower thoracic vertebrae of the spine



Splenius capitis
 - elevates head with ipsilateral contraction
 - extends head & lateral rotation of head with unilateral contraction

Levator scapulae
 - elevates the scapula onto 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

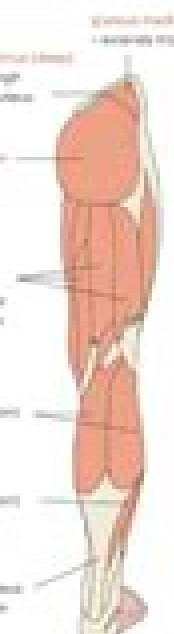
Hamstrings
 - extends hip
 - flexes knee

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

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

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

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



Muscular System Study Guide And Answers

Barbara Janson Cohen, Memmler



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