

The Muscular System

6 page study note

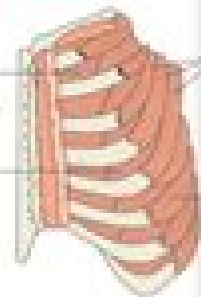
Axial Muscles

MUSCLES OF THE THORAX

Internal intercostals
 - lie deep, posterior to external intercostals
 - flexes ribs posteriorly & inferiorly
 - expiration

External intercostals

- most superficial intercostal muscle
 - flexes ribs anteriorly & inferiorly
 - inhaling



MUSCLES OF THE ABDOMEN

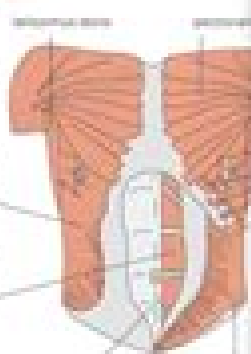
External oblique
 - most superficial of anterolateral abdominal wall
 - flexes ribs anteriorly & inferiorly

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



Axial Muscles

Levator palmarum
 - elevates hand from forearm
 - flexes forearm

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 - elevates hand from forearm
 - flexes forearm

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FACIAL & NECK MUSCLES

Levator palmarum
 - elevates hand from forearm
 - flexes forearm

Levator palmarum
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 - flexes forearm

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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

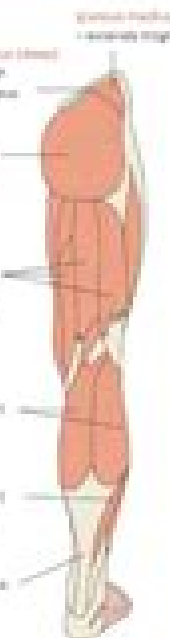
Gluteus medius
 - extends thigh

Hamstrings
 - extends hip
 - flexes knee

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

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

Gastrocnemius
 - gastrocnemius & soleus meet together to form Achilles tendon



Muscular System Study Guide Answers

Johnson, Judith Stewart



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