

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



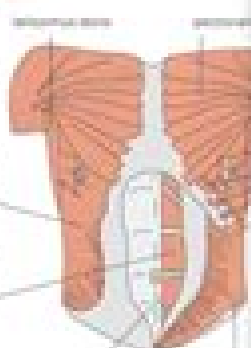
MUSCLES OF THE ABDOMEN

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 with lateral contraction
 - adducts & pronates jaw anteriorly for chewing

Masseter
 - powerful muscle descending from zygomatic arch to angle of mandible
 - elevates & pronates jaw anteriorly for chewing

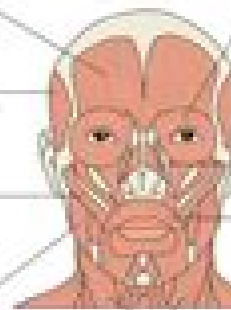
Temporalis
 - elevates & pronates jaw anteriorly for chewing

Mylohyoid
 - elevates & pronates jaw anteriorly for chewing

Geniohyoid
 - elevates & pronates jaw anteriorly for chewing

Genioglossus
 - depresses & retracts the tongue
 - elevates & retracts from prepalatal bone to lower incisor
 - retracts the tongue

FACIAL & NECK MUSCLES



Orbicularis oculi
 - squints eyes
 - forcibly 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



Longus capitis
 - extends neck with anterior contraction
 - extends head & lateral rotation of neck with unilateral contraction

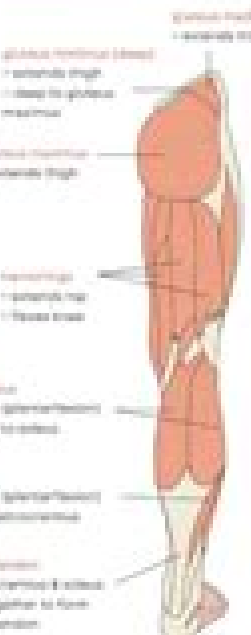
Longus cervicis
 - extends the neck
 - extends the neck
 - helps move head anteriorly & laterally

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

Semitendinosus
 - extends hip
 - flexes knee

Semimembranosus
 - flexes knee & plantar flexion
 - superficial to soleus

Gastrocnemius
 - flexes foot & plantar flexion
 - deep to semimembranosus

Soleus
 - flexes foot & plantar flexion
 - deep to gastrocnemius

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

Muscular System Study Guide Answer Sheet

James Gow



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