

The Muscular System

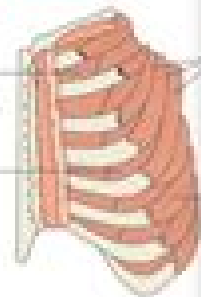
6 page study note

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



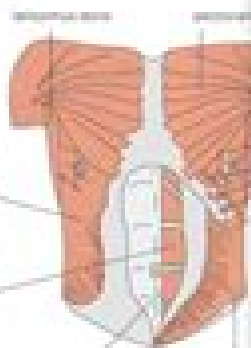
MUSCLES OF THE ABDOMEN

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
 - 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



Linea alba
 - line of connective tissue down middle of abdomen for muscle attachment

Axial Muscles

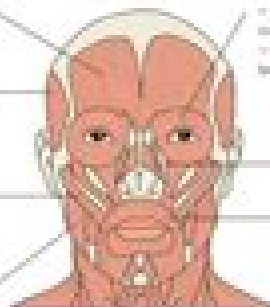
Trapezius
 - originates at cervical vertebrae & C12 superior causing backward to rotate

Levator scapulae
 - originates from transverse process of cervical vertebrae to scapular process of scapula
 - elevates & rotates scapula posteriorly

Splenius cervicis
 - extends from upper thoracic vertebrae to the corner of the mouth, drawing it superiorly & posteriorly causing head to rotate

Splenius capitis
 - powerful muscle extending from upper thoracic vertebrae to angle of mandible
 - elevates & posteriorly rotate head for chewing

FACIAL & NECK MUSCLES



Masseter
 - horizontally runs
 - forcefully closes jaws when contracted
 - originates on framed & mandibular foramen

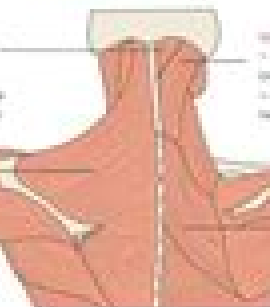
Mylohyoid
 - compresses lower jawbone
 - enables flexing of jawbone

Anterior digastric
 - horizontally runs
 - elevates & posteriorly of head
 - originates on mandibular foramen & mandible

Neck & Back Muscles

Longus capitis
 - extends from anterior cervical vertebrae
 - tucks head slightly to opposite side with unilateral contraction

Longus cervicis
 - stabilises & moves the cranium
 - extends vertically from cervical vertebrae to lower thoracic vertebrae of the spine



Splenius capitis
 - extends from anterior cervical vertebrae
 - elevates head & causes rotation of head with unilateral contraction

Rectus capitis posterior
 - extends the occipital into the skull
 - helps move occipital superiorly & inferiorly

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

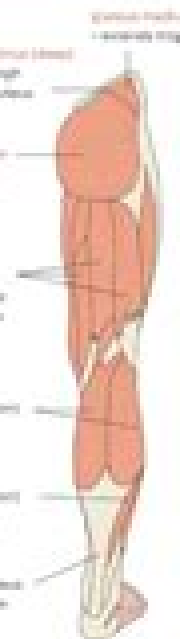
Gluteus medius
 - extends thigh

Hamstrings
 - extends hip
 - flexes knee

Popliteus
 - flexes knee & posteriorly
 - superficial to adductor

Semiotendinosus
 - flexes knee & posteriorly
 - deep to gastrocnemius

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



Muscular System Anatomy Study Guide

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