

The Muscular System

6 page study note

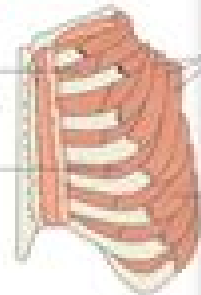
Axial Muscles

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



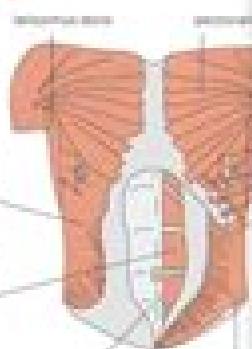
MUSCLES OF THE ABDOMEN

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
 spinal flexion & 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

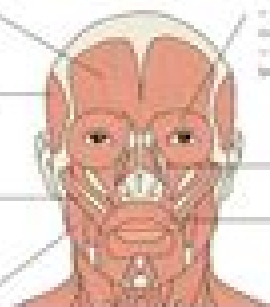
Levator palmarum
 - elevates hand from floor to assist in walking

Masseter
 - anterior from zygomatic bone to coronoid process of mandible
 - elevates & auto-innervates posteriorly

Superficial masseter
 - anterior from zygomatic bone to coronoid process of mandible
 - elevates & auto-innervates posteriorly

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

FACIAL & NECK MUSCLES



Levator palmarum
 - elevates hand
 - flexes hand when contracted
 - originates on humerus & clavicular spine

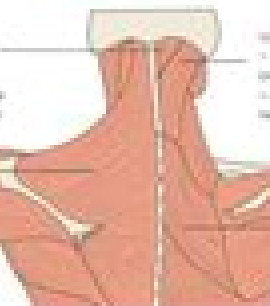
Masseter
 - compresses meat cartilage
 - enables flexing of jawline

Superficial masseter
 - elevates mouth
 - elevates protruding of jaw
 - originates on mandible backside

Neck & Back Muscles

Longus capitis
 - anterior neck with posterior contraction
 - holds head slightly to opposite side with unilateral contraction

Longus colli
 - stabilises & moves the hyoid
 - elevates vertebrae from cervical base to lower thoracic vertebrae of the spine



Longus capitis
 - anterior neck with anterior contraction
 - elevates head & cervical rotation of head with unilateral contraction

Longus colli
 - returns the vertebrae into the thorax
 - helps move vertebrae 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

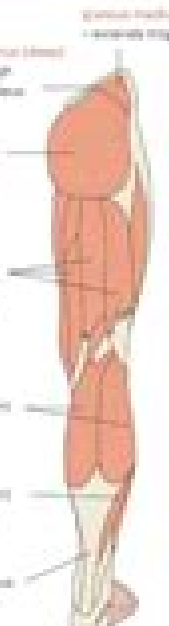
Hamstrings
 - extends hip
 - flexes knee

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

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

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

Plantar flexion
 - gastrocnemius & soleus work together to form Achilles tendon



Muscular System Study Guide And Answers

Stephen C. Jefferies



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