

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

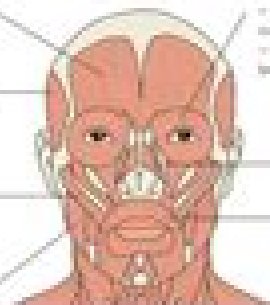
Levator palmarum
 - elevates hand from forearm
 - flexes wrist

Supinator
 - extends from posterior base of parietal bone to coronoid process of ulna
 - rotates & supinates forearm

Brachioradialis
 - extends from supracondylar process of humerus to radius
 - flexes forearm at elbow

Biceps brachii
 - power for muscle originating from scapula & humerus
 - flexes & pronates forearm

FACIAL & NECK MUSCLES



Orbicularis oculi
 - surrounds eye
 - forcibly closes eyes when contracted
 - originates on frontal & maxillary foramina

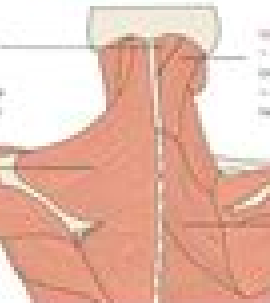
Orbicularis oris
 - surrounds mouth
 - closes & puckering of lips
 - originates on maxillary & mandibular foramina

Masseter
 - compresses mandible
 - enables biting of food

NECK & BACK MUSCLES

Sternocleidomastoid
 - extends from sternum to mastoid
 - turns head slightly to opposite side with unilateral contraction

Trapezius
 - stabilizes & moves the scapula
 - extends vertically from cervical base to lower thoracic vertebrae of the spine



Splenius capitis
 - extends from cervical vertebrae to occipital bone
 - extends head & lateral rotation of head with unilateral contraction

Latissimus dorsi
 - extends the humerus into the thorax
 - helps move humerus 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

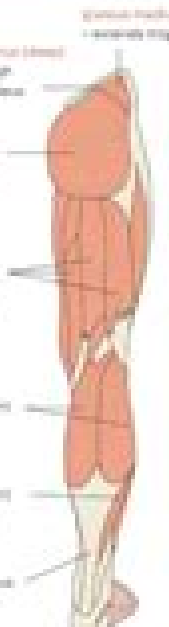
Hamstrings
 - extends hip
 - flexes knee

Popliteus
 - flexes knee & lateral rotation

Gastrocnemius
 - flexes foot & plantar flexion
 - superficial to soleus

Soleus
 - flexes foot & plantar flexion
 - deep to gastrocnemius

Plantar flexion
 - gastrocnemius & soleus work together to push against ground



Muscular System Study Guide With Color

Lucy Gregor Brown



Muscular System Study Guide With Color:

Study Guide for The Anatomy and Physiology Learning System Edith Applegate, 2010-03-30 Designed to accompany The Anatomy and Physiology Learning System 4th Edition by Edith Applegate this study guide helps you learn and review basic A P concepts Each chapter emphasizes medical terminology with a set of key terms word parts clinical terms and abbreviations and then adds a variety of fun filled learning exercises review questions a quiz and a word puzzle The study guide corresponds to the textbook chapter for chapter Chapter learning objectives help you focus on the most important material Key concepts are defined on the first page of each chapter in the workbook Learning exercises for each chapter include short answer matching and diagrams to label and color Self quizzes allow you to measure your progress and understanding Fun and Games features end each chapter with a variety of engaging puzzles covering words and concepts A chapter summary provides a brief review of each chapter A chapter review provides questions for reinforcement and review of the concepts in each chapter

Aehlert's EMT-basic Study Guide Barbara Aehlert, 1998-01-01 The author a well known and respected specialist in the field provides the reader with authoritative coverage of what the EMT needs to know perfectly balanced between the question bank and the more comprehensive traditional text The presentation is clear and concise making the text an excellent addition to the EMT student s resources as well as a perfect tool to use in reviewing for refresher courses

The Muscular System Manual Joseph E. Muscolino, 2005 A full color atlas of the muscles of the human body this text provides in depth coverage of skeletal muscles An easy to understand format organizes the material by body region moving from head to extremities For each region there is an overview of the muscles of the region as a whole with information on how muscles in that region function together and large drawings of the muscles of that entire region Then each particular muscle in that region is described with name the origin of that name Greek and Latin derivations pronunciation attachments actions a drawing with an arrow showing the muscle s line of pull innervation to two levels of detail and arterial supply to two levels of detail That overview is followed by a practical step by step guide to palpating that muscle a group muscle illustration to show the muscle s anatomical relationship to nearby muscles the methodology for learning muscle actions and clinically useful information for that muscle Instructor s resources available

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Phlebotomy Essentials Ruth E. McCall,Cathee M. Tankersley,2011-02-14 Designed to be used in combination with the fifth edition of the Phlebotomy essentials textbook as a valuable learning resource that will help the student master the principles of phlebotomy by reinforcing key concepts and procedures covered in the textbook Pref *Human Anatomy and Physiology Coloring Workbook and Study Guide* Paul D. Anderson,1990 *A Practical guide for making post-mortem examinations, and for the study of morbid anatomy* Amos Russell Thomas,1873 *Instructor's Manual and Study Guide Answers for the Human Body in Health and Disease* Barbara Janson Cohen,Memmler,1996 Mosby's Comprehensive Review of Radiography - E-Book William J. Callaway,2016-07-05 Prepare for success on the ARRT certification exam Mosby's Comprehensive Review of Radiography The Complete Study Guide Career Planner 7th Edition offers a complete outline style review of the major subject areas covered on the ARRT exam in radiography Each review section is followed by a set of questions testing your knowledge of that subject area Two mock ARRT exams are included in the book and over 1 400 online review questions may be randomly combined to generate a virtually limitless number of practice exams From noted radiography educator and lecturer William J Callaway this book is also an ideal study guide for the classroom and an expert resource for use in launching your career Over 2 400 review questions are provided in the book and online offering practice in a multiple choice format similar to the ARRT exam Outline style review covers the major subject areas covered on the ARRT exam and helps you focus on the most important information Coverage of digital imaging reflects the increased emphasis of this topic on the Registry exam Career planning advice includes examples of resumes and cover letters interviewing tips a look at what employers expect online submission of applications salary negotiation career advancement and continuing education requirements Online mock exams let you answer more than 1 400 questions in study mode with immediate feedback after each question or in exam mode with feedback only after you complete the entire test Key Review Points are included in every chapter highlighting the need to know content for exam and clinical success Rationales for correct and incorrect answers are included in the appendix Electronic flashcards are available online to help you memorize formulas key terms and other key information Online test scores are date stamped and stored making it easy to track your progress UPDATES reflect the latest ARRT exam changes providing the content that you need to know in order to pass the exam NEW Image labeling exercises prepare you for the labeling questions on the ARRT exam NEW Colorful design highlights essential information and makes the text easier to read *Student Study Guide to Accompany Human Biology* Sylvia S. Mader,2003-08 This best selling text emphasizes the relationship between humans and other living things Intended for an introductory course this text provides students with a firm grasp of how their bodies function and how the human

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