

# The Muscular System

6 page study note

## Axial Muscles

### MUSCLES OF THE THORAX

**External intercostals**  
 - lie deep, parallel to external intercostals  
 - flexes ribs posteriorly & inferiorly  
 - inspiration

### Internal intercostals

- most superficial intercostal muscle  
 - flexes ribs anteriorly & inferiorly  
 - inhaling between ribs  
 - rib elevation



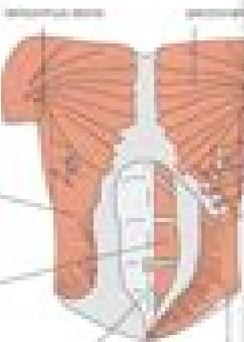
### MUSCLES OF THE ABDOMEN

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

**Internal oblique**  
 flexes abdominal column & compresses abdominal wall used in forced expiration

**Transverse abdominis**  
 spans 4th rib to pubis around umbilical column

**Rectus abdominis**  
 - lies on either side of linea alba  
 - separated by superficial transverse lines  
 - functions to flex trunk & aids in forced expiration



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

**External oblique**  
 - runs superiorly

**Internal oblique**  
 - runs inferiorly

**Transverse abdominis**  
 - compresses abdominal wall

## Axial Muscles

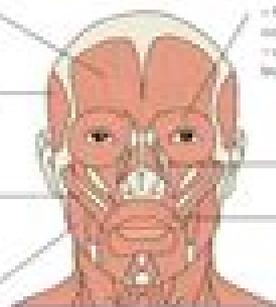
**Levator scapulae**  
 - extends from base of the skull to scapula  
 - flexes head to extend

**Longus colli**  
 - extends from vertebrae to cervical process of vertebrae  
 - flexes & extends neck anteriorly

**Longus capitis**  
 - extends from hyoid bone to occipital condyles  
 - flexes head, drawing it superiorly & posteriorly, leading one to smile

**Longus cervicis**  
 - powerful muscle extending from hyoid bone to angle of mandible  
 - flexes & extends, jaw anteriorly for chewing

### FACE & NECK MUSCLES



**Levator scapulae**  
 - originates from  
 - inserts into scapula  
 - flexes head to extend

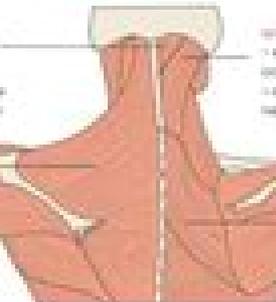
**Longus colli**  
 - originates from vertebrae  
 - inserts into cervical process of vertebrae

**Longus capitis**  
 - originates from hyoid bone  
 - inserts into occipital condyles

### NECK & BACK MUSCLES

**Longus capitis**  
 - extends head with anterior contraction  
 - leads head slightly to rotate side with unilateral contraction

**Longus cervicis**  
 - stabilizes & moves the scapula  
 - extends neck from occipital base to lower thoracic vertebrae of the spine



**Longus cervicis**  
 - extends neck with anterior contraction  
 - leads head & scapula rotation of head with unilateral contraction

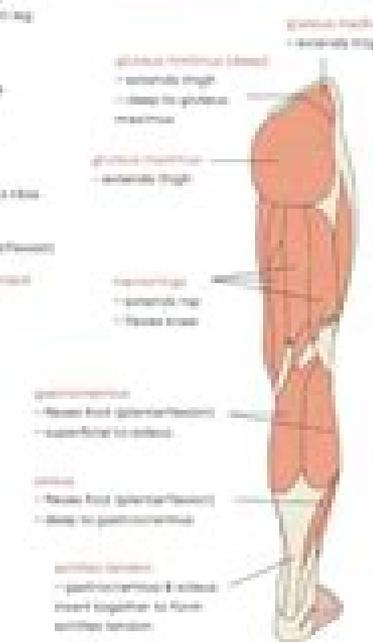
**Longus thoracis**  
 - extends the scapula into the thorax  
 - helps move scapula superiorly & medially

## Lower Limb Muscles

### Quick note:

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  
 - leads to gluteus maximus

**Biceps femoris**  
 - extends thigh

**Gastrocnemius**  
 - extends leg  
 - flexes knee

**Soleus**  
 - flexes foot (plantar flexion)  
 - leads to gastrocnemius

**Plantaris tendon**  
 - gastrocnemius & soleus meet together to form Achilles tendon

# Muscular System Study Guide And Answers

**Sylvia S. Mader**



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