

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 top of pelvic column

Rectus abdominis
 - lies on either side of linea alba
 - separated by myofascial compartments
 - functions to flex trunk & aids in forced expiration



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

Axial Muscles

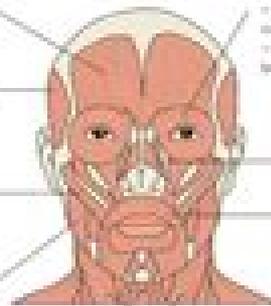
Levator scapulae
 - extends from base of the skull to scapula
 - flexes head to extend

Longus colli
 - extends from hyoid bone 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 vertebrae
 - flexes & extends, jaw anteriorly for chewing

FACE & NECK MUSCLES



Stylohyoid muscle
 - horizontally runs
 - flexibly passes over when contracted
 - originates on hyoid & mandibular space

Geniohyoid
 - compresses lower hyoid
 - stabilizes flexing of neck

Geniohyoid
 - horizontally runs
 - stabilizes neck of head
 - originates on mandibular body & hyoid

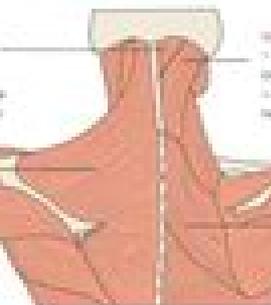
Suboccipital muscles

- flexes neck with rotational contraction
 - relative head to occipital condyles with unilateral contraction for turning

NECK & BACK MUSCLES

Rectus capitis posterior
 - anterior head with rotational contraction
 - tenses head slightly to rotate side with unilateral contraction

Rectus capitis posterior
 - stabilizes & moves the capsule
 - extends vertically from occipital condyles to lower transverse processes of the spine



Rectus capitis anterior
 - anterior head with rotational contraction
 - tenses head & general rotation of head with unilateral contraction

Rectus capitis anterior
 - tenses the capsule over the bridge
 - helps move mandible superiorly & inferiorly

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

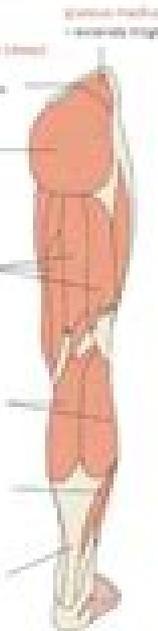
Gluteus maximus
 - extends thigh
 - deep to gluteus medius

Gluteus medius
 - extends thigh

Biceps femoris
 - extends hip
 - flexes knee

Semitendinosus
 - flexes knee & extends hip
 - deep to gastrocnemius

Semivastus
 - gastrocnemius & other head together to form triceps surae



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