

The Muscular System

6 page study note

Axial Muscles

MUSCLES OF THE THORAX

External intercostals
 - lie deep, parallel to external intercostals
 - flexes ribs posteriorly & laterally
 - 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 ribs anteriorly & inferiorly
 - compresses abdominal wall used in forced expiration

Transverse abdominis
 - flexes ribs anteriorly & inferiorly
 - compresses abdominal wall used in forced expiration



Axial Muscles

Levator scapulae
 - extends from transverse process of cervical vertebrae to scapula
 - elevates & adducts scapula

Rectus capitis anterior
 - extends from anterior tubercle of atlas to glabella
 - elevates & adducts head

Rectus capitis posterior
 - extends from posterior tubercle of atlas to glabella
 - elevates & adducts head

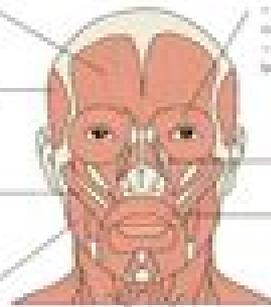
Longus capitis
 - extends from anterior tubercle of atlas to occipital condyles
 - elevates & adducts head

Longus colli
 - extends from anterior tubercle of atlas to transverse process of cervical vertebrae
 - elevates & adducts head

Longus cervicis
 - extends from transverse process of cervical vertebrae to transverse process of cervical vertebrae
 - elevates & adducts head

Longus thoracis
 - extends from transverse process of cervical vertebrae to transverse process of thoracic vertebrae
 - elevates & adducts head

FACE & NECK MUSCLES

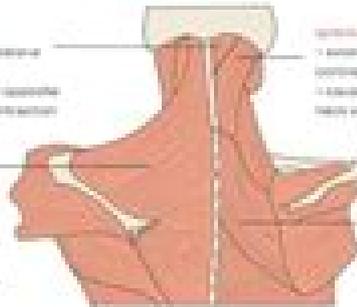


Levator scapulae
 - originates from
 - inserts into
 - innervation

Rectus capitis anterior
 - originates from
 - inserts into
 - innervation

Rectus capitis posterior
 - originates from
 - inserts into
 - innervation

NECK & BACK MUSCLES



Longus capitis
 - originates from
 - inserts into
 - innervation

Longus colli
 - originates from
 - inserts into
 - innervation

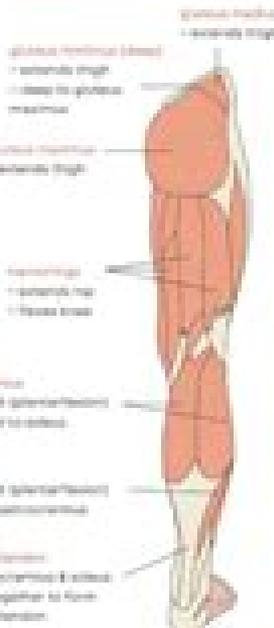
Longus cervicis
 - originates from
 - inserts into
 - innervation

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

Biceps femoris
 - extends thigh

Gastrocnemius
 - extends leg
 - flexes knee

Soleus
 - extends leg
 - flexes knee

Plantaris
 - extends leg
 - flexes knee

Peroneus
 - extends leg
 - flexes knee

Muscular System Study Guide

**Kathy Bonewit-West, Sue Hunt, Edith
Applegate**



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