

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
 - flexing between ribs
 - rib expiration



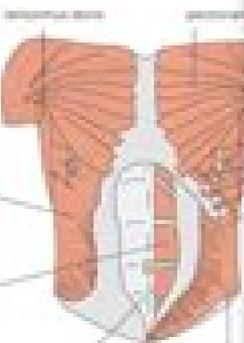
MUSCLES OF THE ABDOMEN

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 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

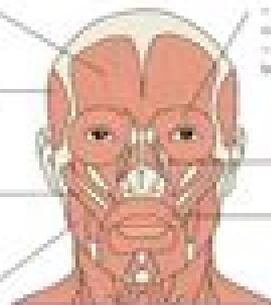
Levator scapulae
 - extends from base of the skull to scapula
 - flexes head to extend

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 & extends neck anteriorly

Longus cervicis
 - power for muscles extending from hyoid bone to angle of mandible
 - flexes & extends neck anteriorly for chewing

FACE & NECK MUSCLES



Levator scapulae
 - originates from
 - flexes & extends neck anteriorly

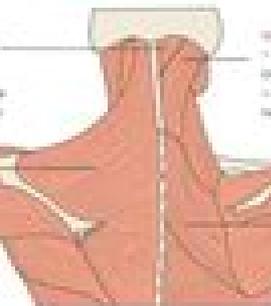
Longus colli
 - originates from hyoid bone
 - flexes & extends neck anteriorly

Longus capitis
 - originates from hyoid bone
 - flexes & extends neck anteriorly

NECK & BACK MUSCLES

Longus capitis
 - extends from hyoid bone to occipital condyles
 - flexes & extends neck anteriorly

Longus cervicis
 - originates from hyoid bone to angle of mandible
 - flexes & extends neck anteriorly



Longus cervicis
 - extends from hyoid bone to angle of mandible
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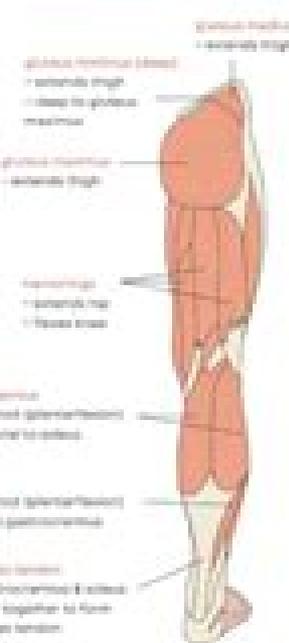
Longus colli
 - originates from hyoid bone to cervical process of vertebrae
 - flexes & extends neck anteriorly

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
 - flexes leg
 - deep to gastrocnemius

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

Muscle Study Guide With Answers

Xiang Xie



Muscle Study Guide With Answers:

Muscle Study Guide With Answers Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Muscle Study Guide With Answers**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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