

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 hip anteriorly & inferiorly

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

Transverse abdominis
 spans 4 spaces & separates around umbilical circumference

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



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

Axial Muscles

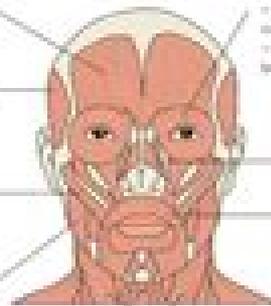
Levator scapulae
 - extends from base of the skull to scapula
 - flexes head to extend

Longus capitis
 - extends from hyoid bone to cervical process of vertebrae
 - flexes & extends neck anteriorly

Longus colli
 - extends from hyoid bone to vertebrae
 - flexes head to extend

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

FACE & NECK MUSCLES



Masseter
 - horizontally runs
 - forcefully closes jaw when contracted
 - originates on zygomatic & mandibular foramen

Orbicularis oris
 - surrounds mouth
 - closes surrounding of lip
 - originates on mandibular foramen

Orbicularis oculi
 - surrounds eye
 - closes surrounding of eye
 - originates on mandibular foramen

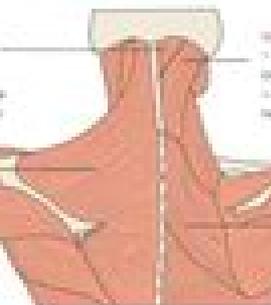
STERNOCLEIDOMASTOID

- flexes neck with unilateral contraction
 - extends head to rotate side with unilateral contraction for chewing

NECK & BACK MUSCLES

Longus capitis
 - extends head with unilateral contraction
 - tucks head slightly to rotate side with unilateral contraction

Longus cervicis
 - stabilizes & moves the scapula
 - extends vertically from occipital bone to lower thoracic vertebrae of the spine



Longus colli
 - extends neck with bilateral contraction
 - extends flexion & general rotation of head with unilateral contraction

Longus thoracis
 - extends the scapula into the thorax
 - helps move scapula anteriorly & 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
 - deep to gluteus medius

Gluteus medius
 - extends thigh

Biceps femoris
 - extends hip
 - flexes knee

Semitendinosus
 - flexes knee
 - deep to gastrocnemius

Semimembranosus
 - gastrocnemius & other deep together to form triceps surae



Muscles Study Guide Answer

Mike Jess



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