

Muscular System

Locate the following structures on the appropriate model or diagram. Understand the function of each.

Muscles that move the face

_____	epicranius (frontalis, occipitalis)	elevates eyebrows/wrinkles forehead; pulls scalp backwards
_____	epicranial aponeurosis	
* _____	orbicularis oculi	closes eye
* _____	orbicularis oris	closes/protrudes lips
* _____	zygomaticus major	pulls corners of mouth up and laterally
* _____	depressor anguli oris	pulls corners of mouth down and laterally
* _____	risorius	pulls corners of mouth laterally
_____	buccinator	presses cheeks against teeth & lips
* _____	platysma	pulls lower lip back and down, depresses mandible

Muscles that move the mouth - chewing, swallowing, speech

_____	genioglossus	protracts tongue
_____	styloglossus	retracts tongue
_____	hyoglossus	depresses tongue
* _____	masseter	elevates mandible
* _____	temporalis	elevates mandible
_____	suprahyoid (digastric, mylohyoid, stylohyoid)	raise hyoid for swallowing
_____	infrahyoid (sternohyoid, omohyoid, thyrohyoid)	lower hyoid for swallowing

Muscles for movement at neck

* _____	sternocleidomastoid	rotates head (opposite side of contracting muscle), flexes head
* _____	splenius capitis	rotates head (same side), extends head
_____	scalene group	flex and rotate neck, elevate first two ribs

Muscles that move the pectoral girdle

* _____	trapezius	adducts, elevates scapula
* _____	rhomboideus major/minor	adducts scapula
_____	levator scapulae	elevates scapula
_____	serratus anterior	abducts scapula, rotates scapula upward
_____	pectoralis minor	draws scapula down; draws rib cage up

Muscles that move the arm (humerus at shoulder)

* _____	deltoid	abducts arm
* _____	latissimus dorsi	extends, adducts, & medially rotates arm
* _____	pectoralis major	adducts and medially rotates arm
_____	teres major	extends arm
_____	supraspinatus	rotates tendons form rotator cuff (with teres minor)
_____	subscapularis	rotates medially "
_____	infraspinatus	rotates laterally "

Muscles that move the forearm and hand

* _____	biceps brachii	flexes forearm
* _____	triceps brachii	extends forearm
* _____	brachialis	flexes pronated forearm
* _____	brachioradialis	flexes forearm
* _____	supinator	supinates
* _____	pronator teres	pronates
_____	pronator quadratus	pronates
_____	flexor carpi (radialis, ulnaris)	flexes and abducts/adducts hand
* _____	extensor carpi (radialis, ulnaris)	extends & abducts/adducts hand
_____	palmaris longus	weakly flexes hand
* _____	extensor digitorum	extends digits
_____	flexor digitorum superficialis	flexes digits

Muscles that move the abdominal wall, thoracic wall, and spine

* _____	external oblique (& aponeurosis)	compresses abdominal cavity, flexes vertebral column
_____	internal oblique	compresses abdominal cavity, flexes vertebral column
_____	transversus abdominis	compresses abdominal cavity
* _____	rectus abdominis (& linea alba)	flexes vertebral column, compresses abdominal cavity
* _____	external intercostals	elevate rib cage, used in inhalation
* _____	internal intercostals	depress rib cage, used in forced exhalation
_____	diaphragm	expands thoracic, compresses abdominal cavity

Muscles that move the thigh

* _____	psoas major	flexes thigh and vertebral column
* _____	iliacus	flexes thigh and vertebral column
* _____	gluteus maximus/ medius, minimus	extend & laterally rotates thigh/abducts thigh
_____	tensor fasciae latae	flex, abduct
_____	pectineus	flex, adduct
_____	adductor longus	"
_____	adductor magnus	"
_____	gracilis	adduct, flex
_____	sartorius	flexes and rotates thigh laterally, flexes leg

Muscles that move the leg

_____	hamstring group		
	* _____	biceps femoris	flex leg, extend thigh
	* _____	semitendinosus	"
	_____	semimembranosus	"
_____	quadriceps group		
	* _____	rectus femoris	extends leg, flexes thigh
	_____	vastus lateralis, intermedius, media	extend leg

Muscles that move the foot and toes

* _____	gastrocnemius	extends foot (plantar flexion)	
_____	soleus	"	
_____	plantaris	"	
_____	peroneal group	evert foot	
	_____	fibularis longus	
	_____	fibularis tertius	
	_____	fibularis brevis	
* _____	tibialis anterior	flexes foot (dorsiflexion)	
_____	tibialis posterior	inverts foot	
_____	extensor digitorum longus	extend toes	
_____	flexor digitorum longus	flex toes	
_____	popliteus		
_____	calcaneal tendon		