

The Muscular System

6 page study note

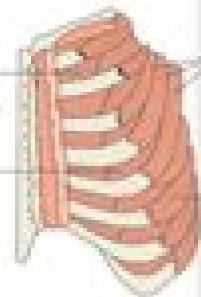
Axial Muscles

MUSCLES OF THE THORAX

Internal intercostals
 - lie deep, posterior to external intercostals
 - flexes ribs posteriorly & inferiorly
 - inspiration

External intercostals

- most superficial intercostal muscle
 - flexes ribs anteriorly & inferiorly
 - expiring between ribs
 - rib inspiration



MUSCLES OF THE ABDOMEN

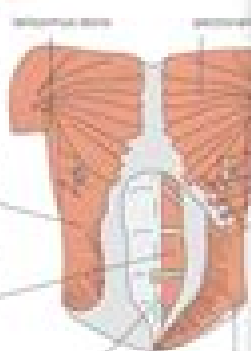
External oblique
 - most superficial of anterolateral abdominal wall
 - flexes ribs anteriorly & inferiorly

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

Transverse abdominis
 - deepest muscle & rotation around vertebral column

Rectus abdominis
 - lies on either side of linea alba
 - separated by tendinous intersections

Linea alba
 - line of connective tissue down middle of abdomen for muscle attachment
 - flexes trunk & aids in forced expiration



Axial Muscles

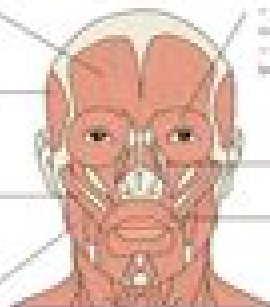
Trapezius
 - originates at cervical vertebrae & C12 superior causing backward to rotate

Levator scapulae
 - originates from superior angle of cervical vertebrae to acromion process of scapula
 - elevates & rotates scapula posteriorly

Suprahyoides
 - originates from hyoid bone to anterior arch of hyoid bone, drawing it superiorly & posteriorly causing neck to extend

Masseter
 - powerful muscle descending from zygomatic arch to angle of mandible
 - elevates & protrudes jaw anteriorly for chewing

FACIAL & NECK MUSCLES



Orbicularis oculi
 - surrounds orbit
 - forcibly closes eyes when contracted
 - originates on frontal & maxillary foramina

Orbicularis oris
 - compresses mouth
 - enables closing of mouth

Orbicularis mentis
 - surrounds mouth
 - elevates & protrudes lip
 - originates on maxillary foramen & mentum

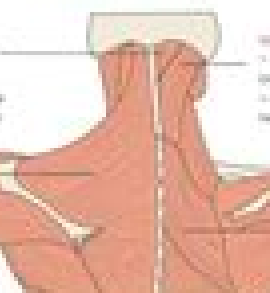
STERNOCLEIDOMASTOID

- flexes neck with lateral participation
 - rotates head for opposite side with unilateral contraction

NECK & BACK MUSCLES

Sternocleidomastoid
 - originates from sternum & clavicle
 - turns head slightly to opposite side with unilateral contraction

Trapezius
 - stabilizes & moves the scapula
 - extends vertically from cervical vertebrae to lower thoracic vertebrae of the spine



Spinotrapezius
 - originates from upper cervical vertebrae
 - elevates scapula & lateral rotation of head with unilateral participation

Spinocervicalis
 - rotates the vertebrae into the oblique
 - helps move vertebrae superiorly & inferiorly

Lower Limb Muscles

Quick notes:

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

Hamstrings
 - extends hip
 - flexes knee

Popliteus
 - flexes knee

Gastrocnemius
 - flexes foot (plantar flexion)
 - supinated to extend

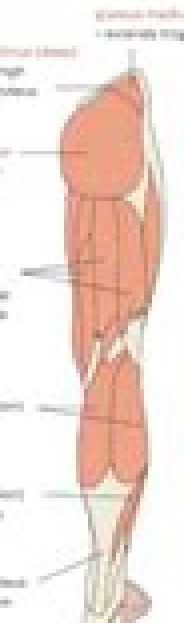
Soleus
 - flexes foot (plantar flexion)
 - deep to gastrocnemius

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

Peroneus
 - extends foot (dorsiflexion)

Tensor fasciae latae
 - extends hip
 - flexes knee

Rectus femoris
 - extends knee



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