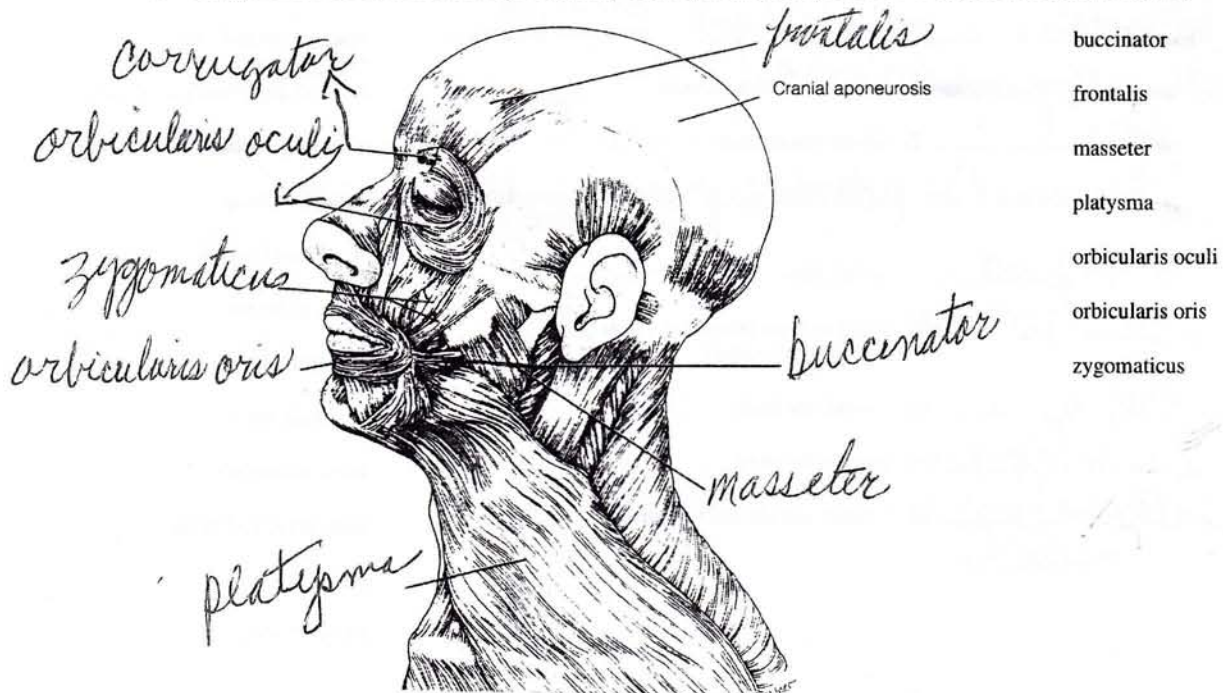


Gross Anatomy of the Muscular System

Muscles of the Head and Neck

1. Using choices from the list at the right, correctly identify the muscles provided with leader lines on the diagram.



2. Using the terms provided above, identify the muscles described next.

- zygomaticus 1. used to grin
- buccinator 2. important muscle to a saxophone player
- orbicularis oculi 3. used in blinking and squinting
- depressor anguli oris 4. used to pout (pulls the corners of the mouth downward)
- frontalis 5. raises your eyebrows for a questioning expression
- orbicularis oris 6. your "kisser"
- masseter 7. allows you to "bite" that carrot stick
- platysma 8. tenses skin of the neck during shaving

Review Sheet

Muscles of the Trunk and Upper Limb

1. Using choices from the key, identify the major muscles described next:

- rectus abdominus 1. a major spine flexor
- latissimus dorsi 2. prime mover for pulling the arm posteriorly
- triceps brachii 3. elbow extender
- rectus abdominus transverse abdominus 4. help form the abdominal girdle (four pairs of muscles)
- external oblique internal oblique
- extensor carpi ~~radialis~~ ulnaris 5. extends and adducts wrist
- deltoid 6. allows you to raise your arm laterally
- latissimus dorsi pectoralis major 7. shoulder adductors (two muscles)
- biceps brachii 8. flexes elbow; supinates the forearm
- external intercostals small muscles between the ribs; elevate the ribs during breathing
- trapezius 10. extends the head
- erector spinalis 11. extends the spine
- extensor carpi ~~radialis~~ radialis 12. extends and abducts the wrist

Key:

- biceps brachii
- deltoid
- erector spinae
- extensor carpi radialis
- extensor carpi ulnaris
- extensor digitorum superficialis
- external intercostals
- external oblique
- flexor carpi radialis
- internal oblique
- latissimus dorsi
- pectoralis major
- rectus abdominis
- transversus abdominis
- trapezius
- triceps brachii

Muscles of the Lower Limb

1. Use the key terms to respond to the descriptions below.

- fibularis longus* 1. lateral compartment muscle that plantar flexes and everts the ankle
gluteus maximus 2. forms the buttock
gastrocnemius 3. a prime mover of ankle plantar flexion
~~tibialis anterior~~ *tibialis anterior* 4. a prime mover of ankle dorsiflexion
adductor group 5. allow you to grip a horse's back with your thighs
Vastus muscles rectus femoris 6. muscles that insert into the tibial tuberosity (two choices)
Rectus femoris 7. muscle that extends knee and flexes thigh

Key:

adductor group
 biceps femoris
 gastrocnemius
 gluteus maximus
 fibularis longus
 rectus femoris
 semimembranosus
 semitendinosus
 tibialis anterior
 tibialis posterior
 vastus muscles

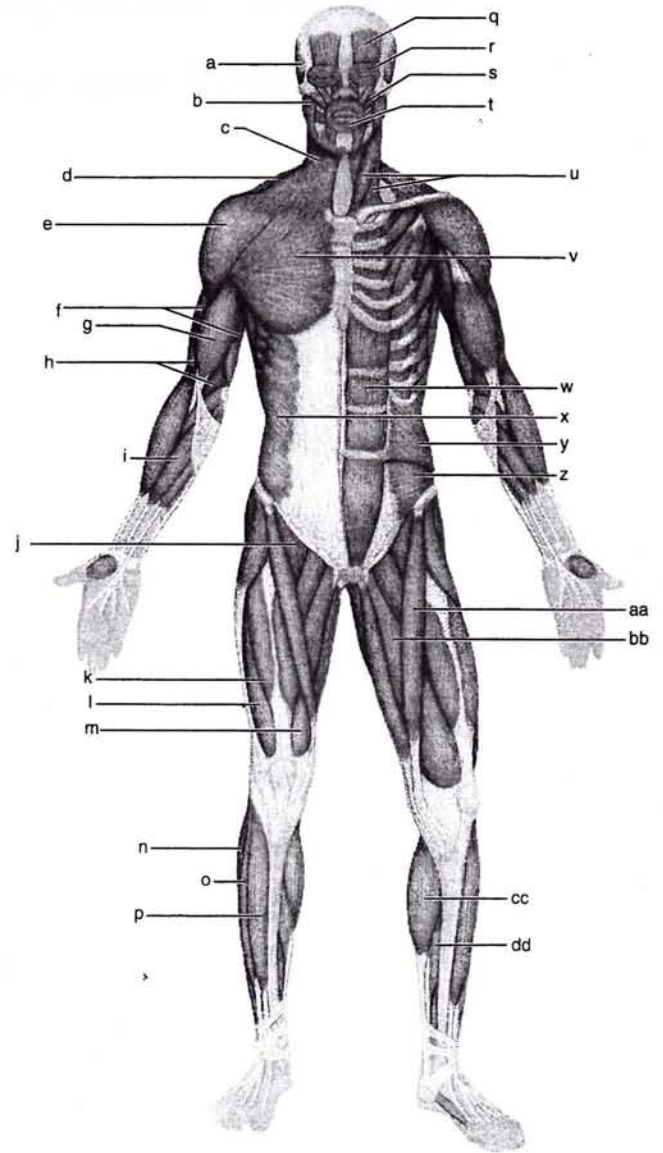
Review Sheet

General Review: Muscle Recognition

1. Identify the lettered muscles in the diagram of the human anterior superficial musculature by matching the letter with one of the following muscle names:

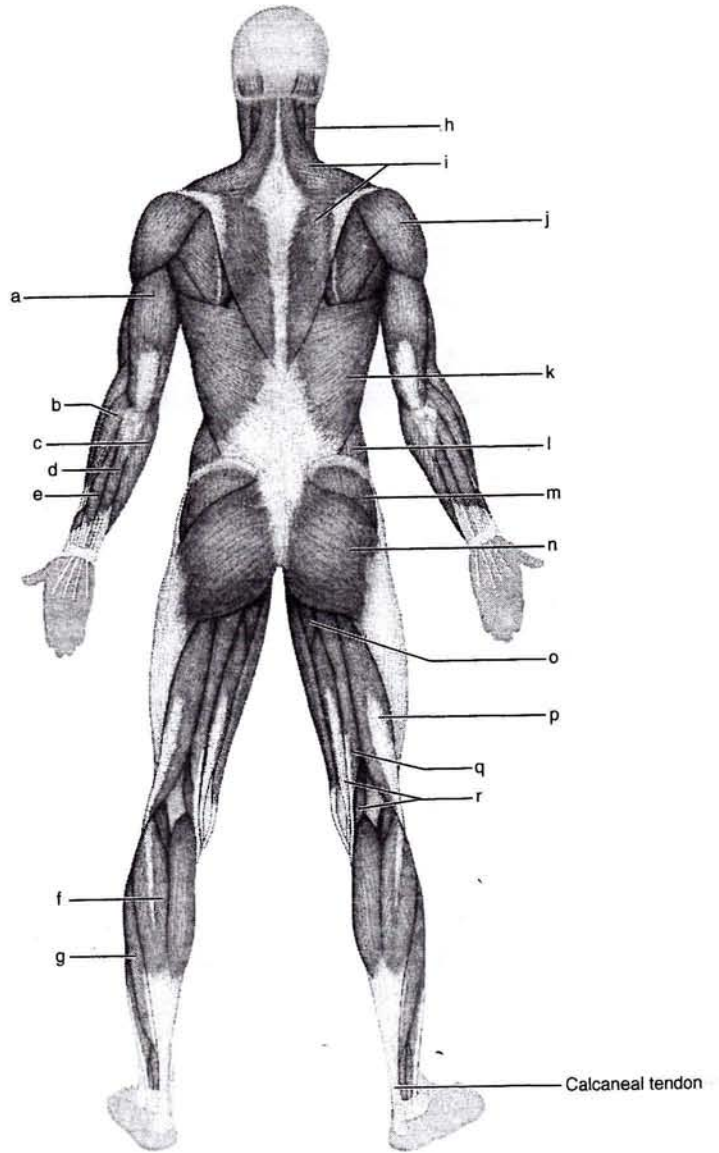
- t 1. orbicularis oris
- v 2. pectoralis major
- x 3. external oblique
- u 4. sternocleidomastoid
- g 5. biceps brachii
- e 6. deltoid
- l 7. vastus lateralis
- q 8. frontalis
- k 9. rectus femoris
- w 10. rectus abdominis
- aa 11. sartorius
- c 12. platysma
- i 13. flexor carpi radialis
- r 14. orbicularis oculi
- cc 15. gastrocnemius
- b 16. masseter
- d 17. trapezius
- p 18. tibialis anterior
- bb 19. adductors
- m 20. vastus medialis
- z 21. transversus abdominis
- n 22. fibularis longus
- s 23. iliopsoas
- a 24. temporalis
- s 25. zygomaticus
- f 26. triceps brachii

- h 27. brachialis
- o 28. extensor digitorum longus
- y 29. internal oblique
- dd 30. soleus



2. Identify each of the lettered muscles in this diagram of the human posterior superficial musculature by matching the letter to one of the following muscle names:

- AAAN 1. gluteus maximus
- π 2. semimembranosus
- f 3. gastrocnemius
- k 4. latissimus dorsi
- J 5. deltoid
- g 6. semitendinosus
- i 7. trapezius
- p 8. biceps femoris
- a 9. triceps brachii
- l 10. external oblique
- m 11. gluteus medius
- c 12. flexor carpi ulnaris
- d 13. extensor carpi ulnaris
- e 14. extensor digitorum
- b 15. extensor carpi radialis
- h 16. sternocleidomastoid
- o 17. adductor magnus
- g 18. soleus



Credits

ILLUSTRATION

2, 3. Raychel Ciemma/Kristin Mount