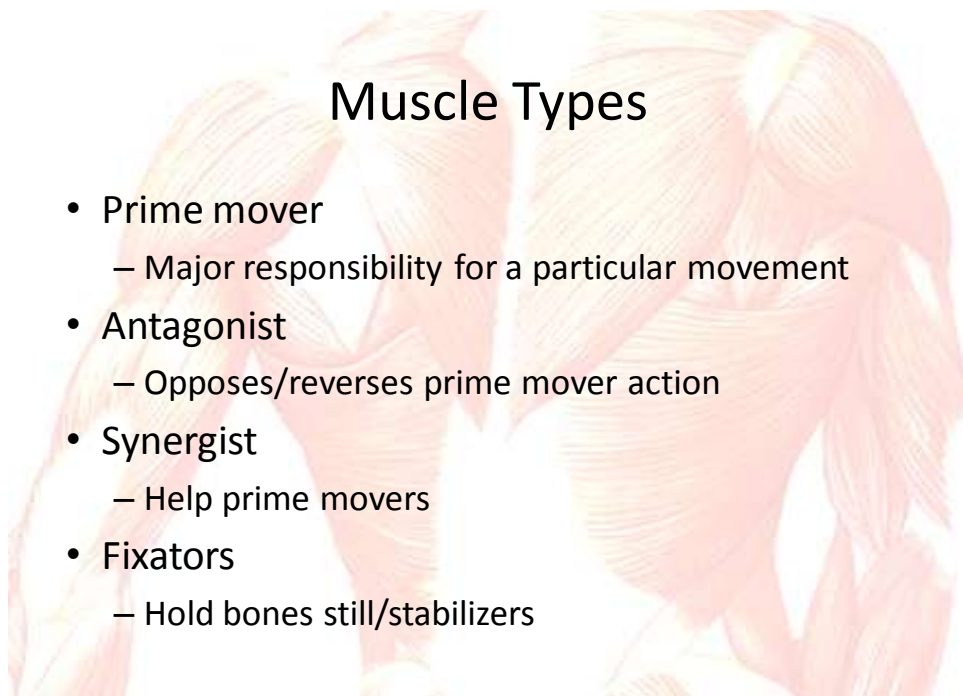




Skeletal Muscle



Muscle Types

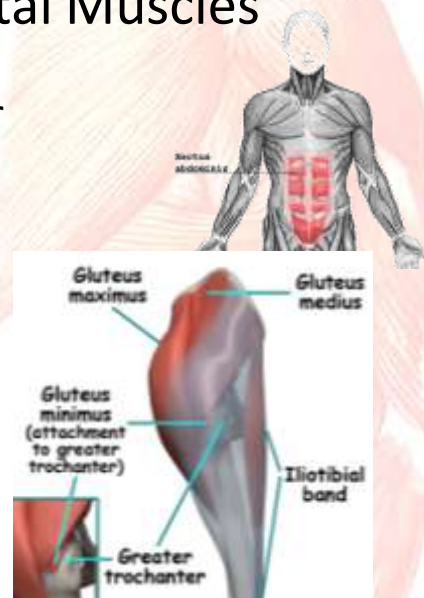
- Prime mover
 - Major responsibility for a particular movement
- Antagonist
 - Opposes/reverses prime mover action
- Synergist
 - Help prime movers
- Fixators
 - Hold bones still/stabilizers

Skeletal Muscle Movement

1. Flexion
2. Extension
3. Rotation
4. Abduction
5. Adduction
6. Circumduction
7. Dorsiflexion
8. Plantar flexion
9. Inversion
10. Eversion
11. Supination
12. Pronation
13. Opposition

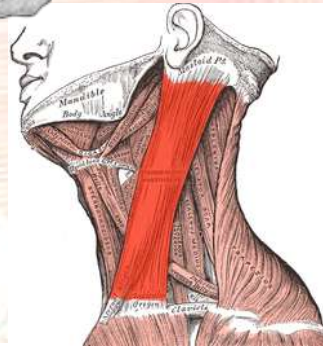
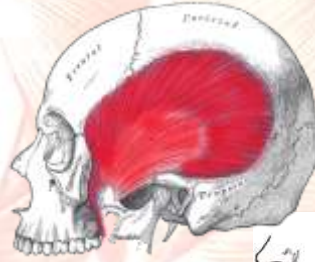
Naming Skeletal Muscles

- Direction of muscle fiber
 - Rectus = straight
 - Oblique = slanted
- Relative size
 - Maximus = largest
 - Minimus = smallest
 - Longus = long



Naming Skeletal Muscles

- Location
 - Bone
- # of origins
 - Bi
 - Tri
- Location of attachment sites
 - Origin
 - Insertion



Naming Skeletal Muscles

- Shape
 - Deltoid = triangular
- Action
 - Flexor
 - Extensor
 - Adductor

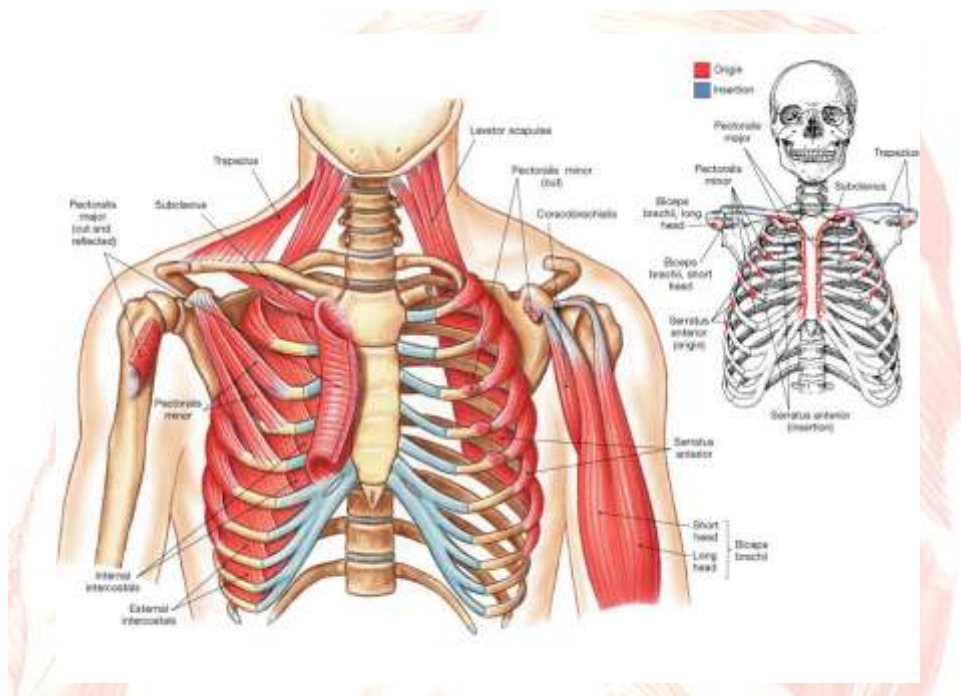
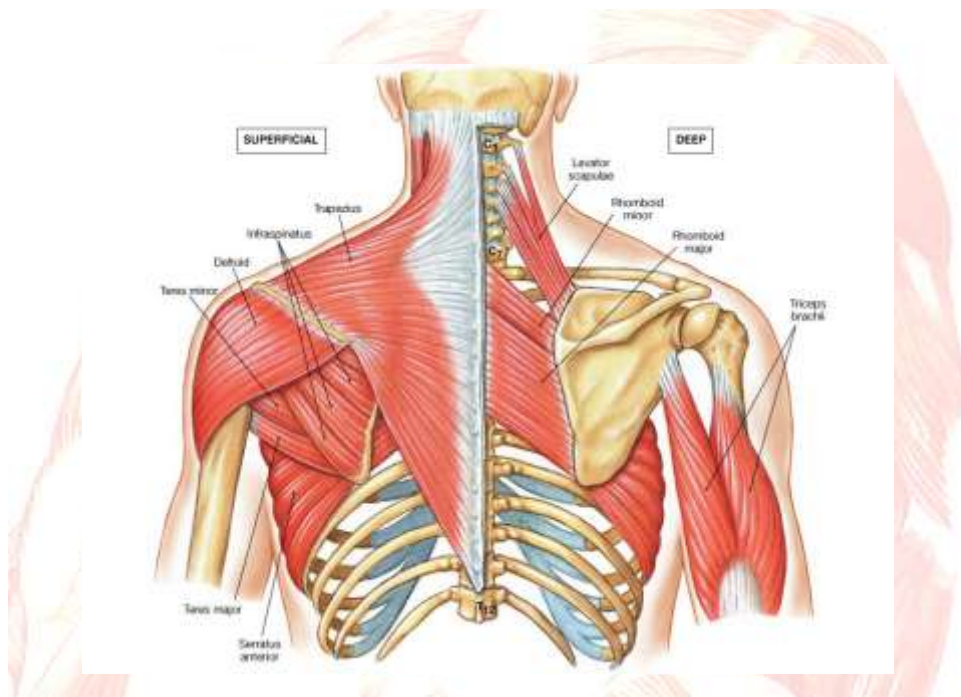


Muscles You Need to Know

- Origin
 - Bone attachment site
 - Bone does NOT move due to muscle contraction
- Insertion
 - Bone attachment site
 - Bone moves due to muscle contraction
- Action

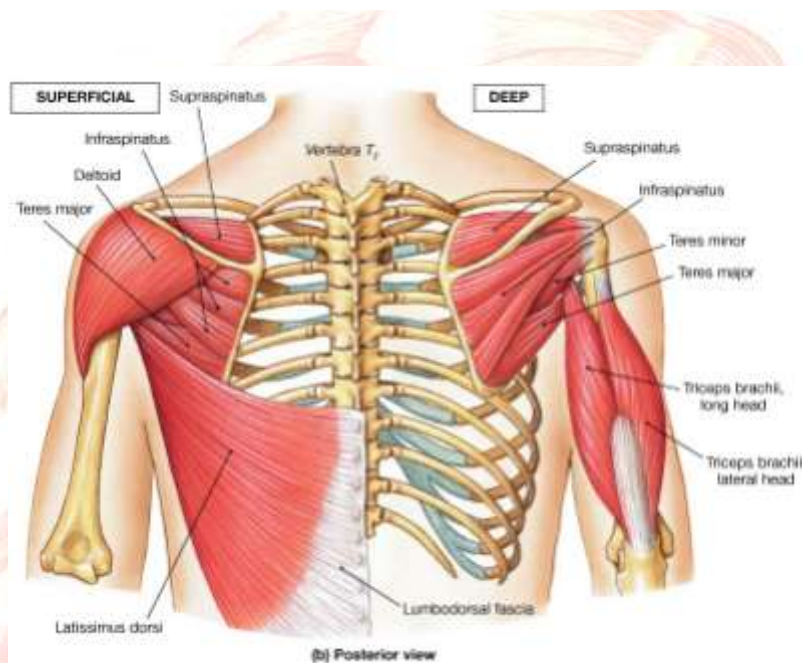
Muscles that move the Pectoral Girdle

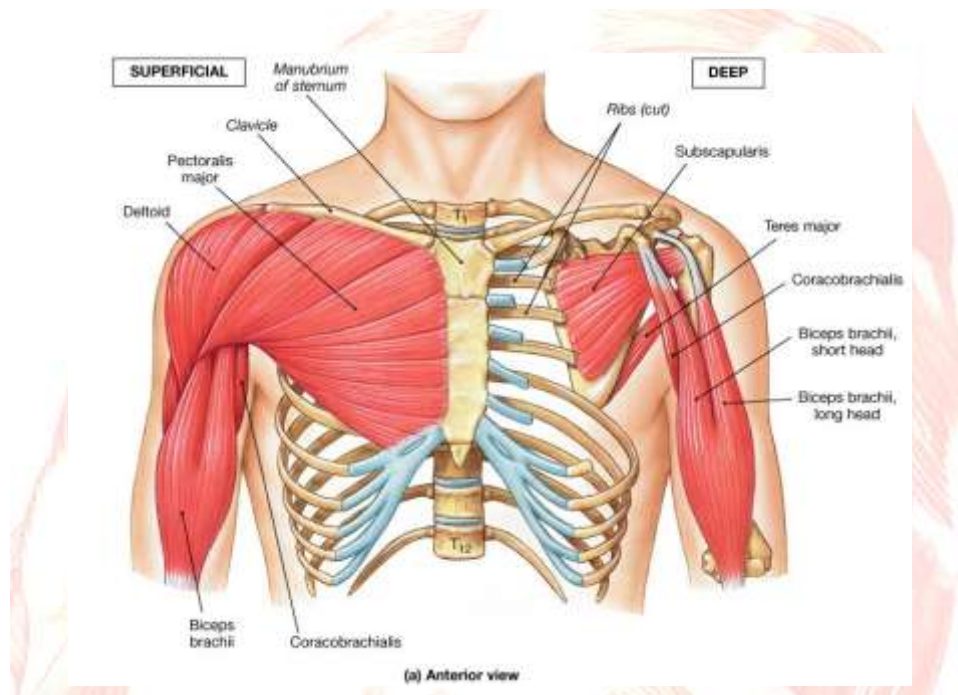
- Pectoralis minor
- Trapezius
- Rhomboid(eus) major
- Serratus anterior



Muscles that move the Brachium

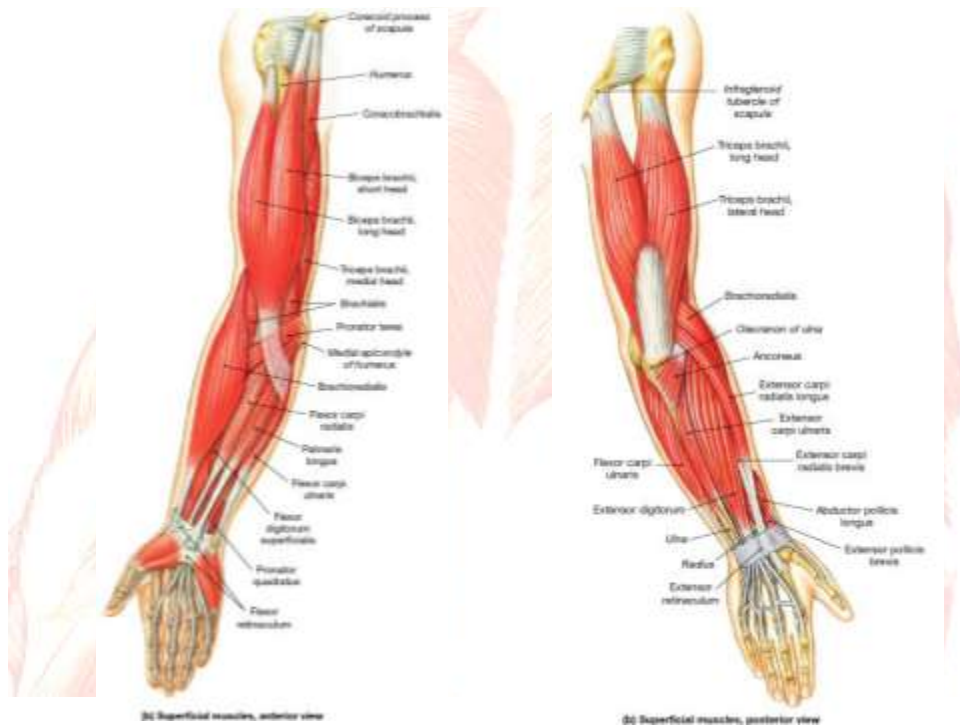
- Pectoralis major
- Latissimus dorsi
- Deltoid
- Infraspinatus
- Teres major
- Teres minor





Muscles that move the Antebrachium

- Biceps brachii
- Brachialis
- Triceps brachii
- Brachioradialis

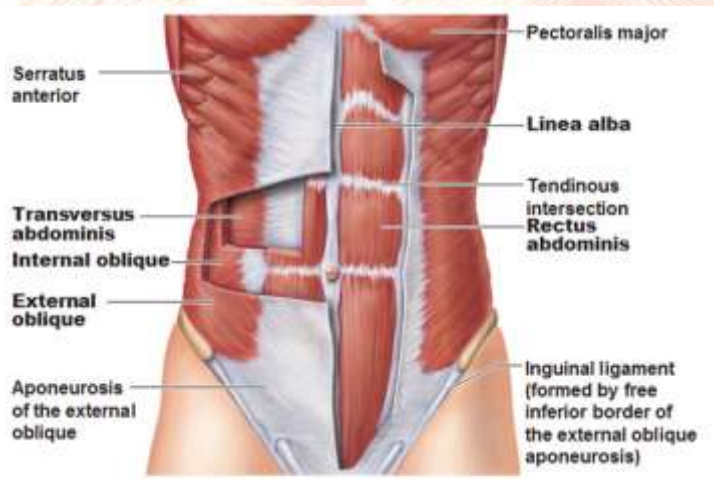


Muscles that move the Wrist, Hand, Fingers

- Flexor carpi radialis
- Flexor carpi ulnaris
- Extensor carpi radialis
- Extensor carpi ulnaris
- Extensor digitorum

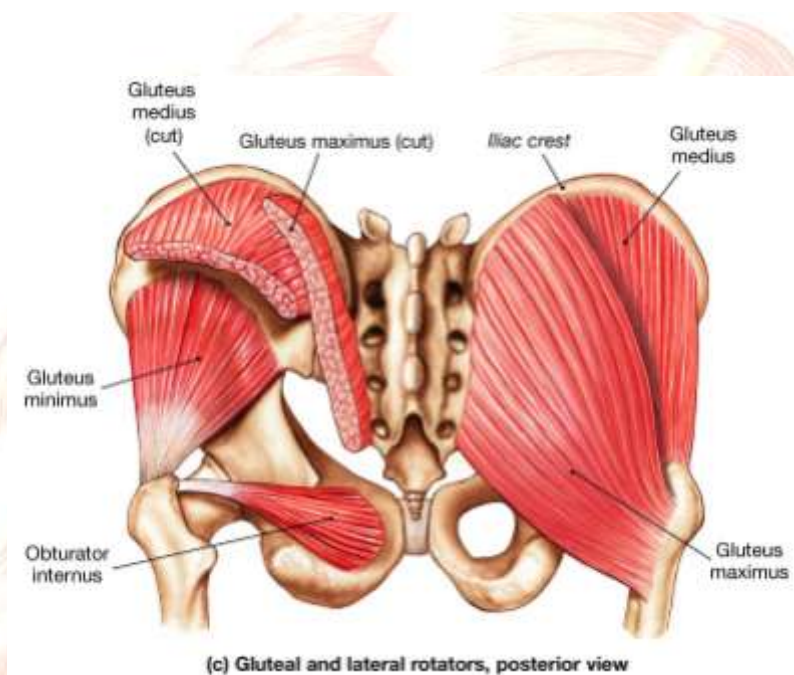
Muscles of the Abdominal Wall

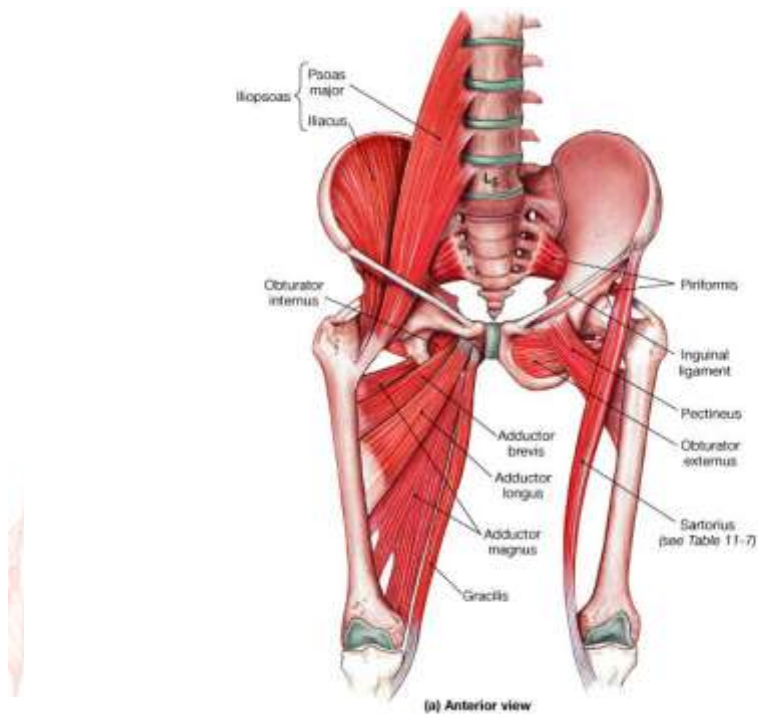
- Rectus abdominis
- External oblique
- Internal oblique
- Transversus abdominis



Muscles that move the Thigh

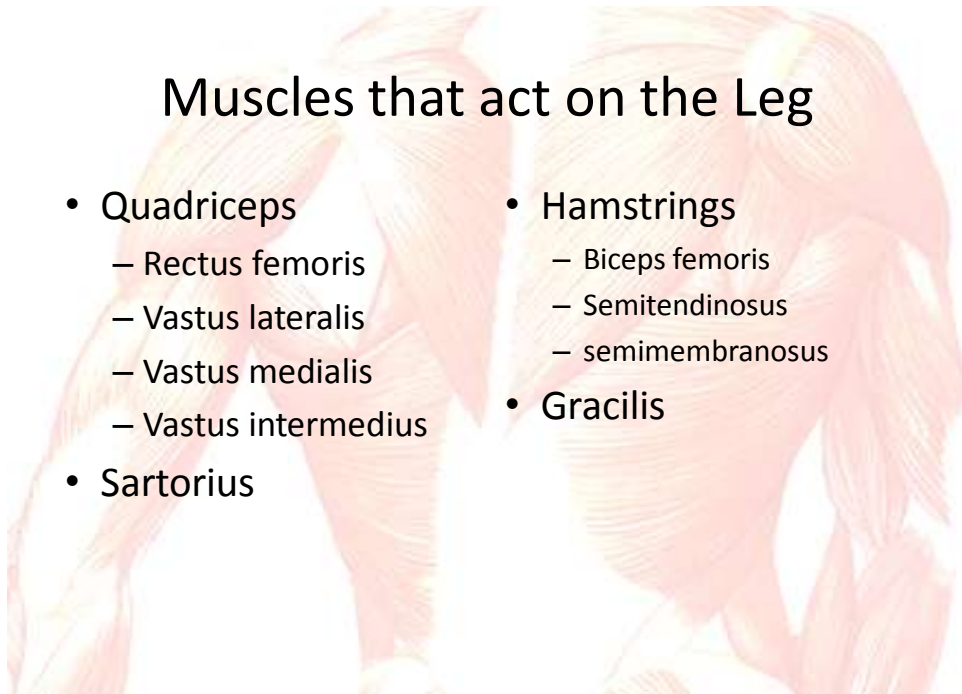
- Gluteus maximus
- Gluteus medius
- Gluteus minimus
- Iliopsoas
- Adductor magnus
- Adductor brevis
- Adductor longus

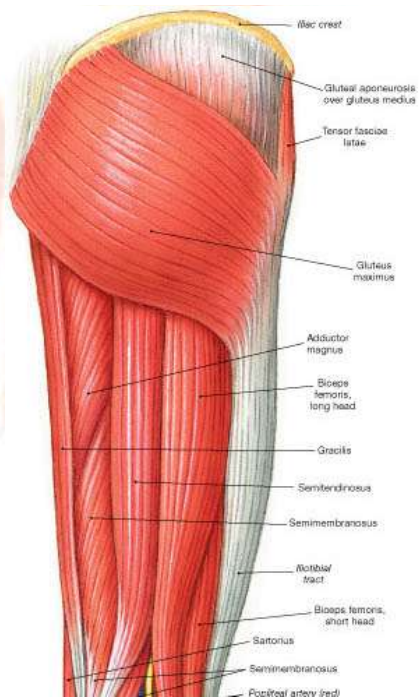
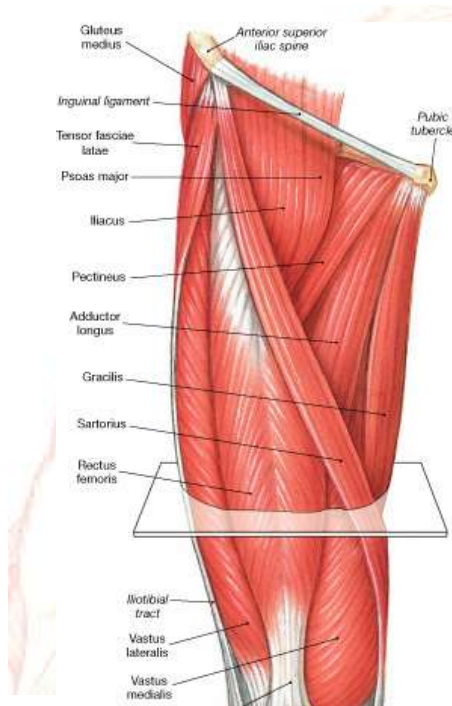




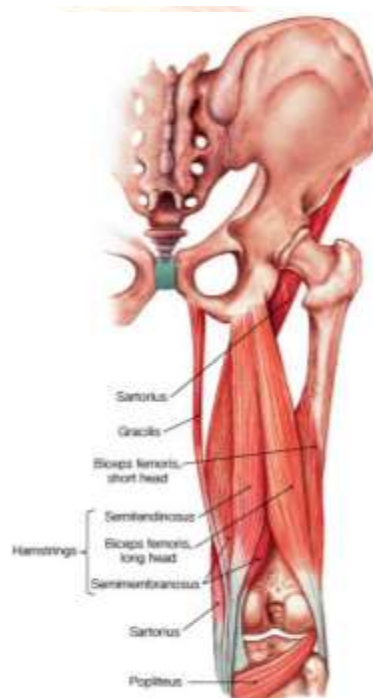
Muscles that act on the Leg

- Quadriceps
 - Rectus femoris
 - Vastus lateralis
 - Vastus medialis
 - Vastus intermedius
- Sartorius
- Hamstrings
 - Biceps femoris
 - Semitendinosus
 - semimembranosus
- Gracilis





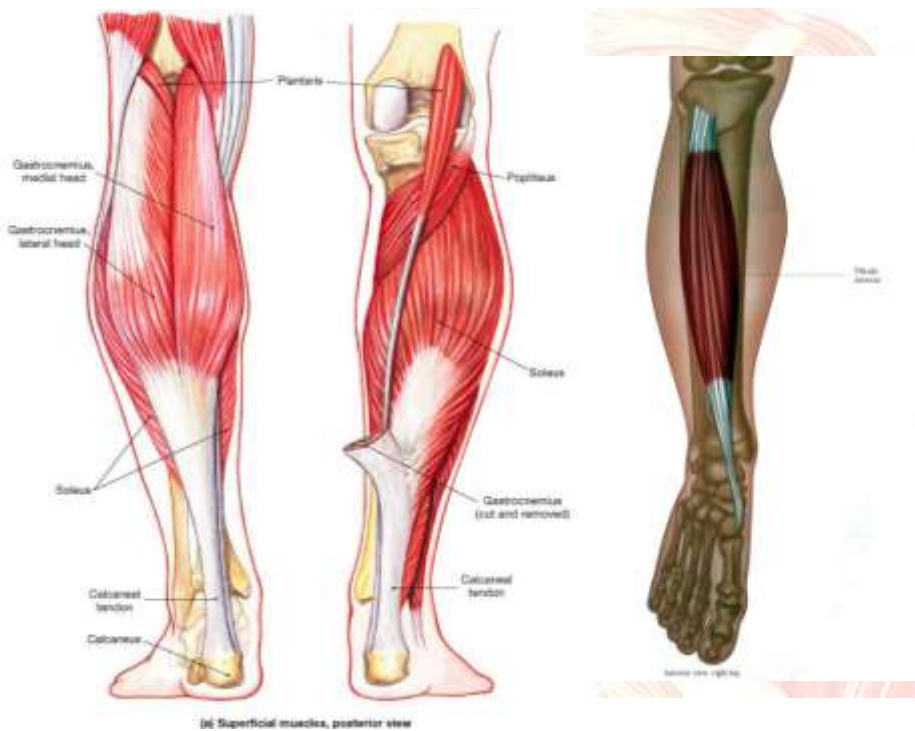
(b) Lateral view



(c) Posterior view

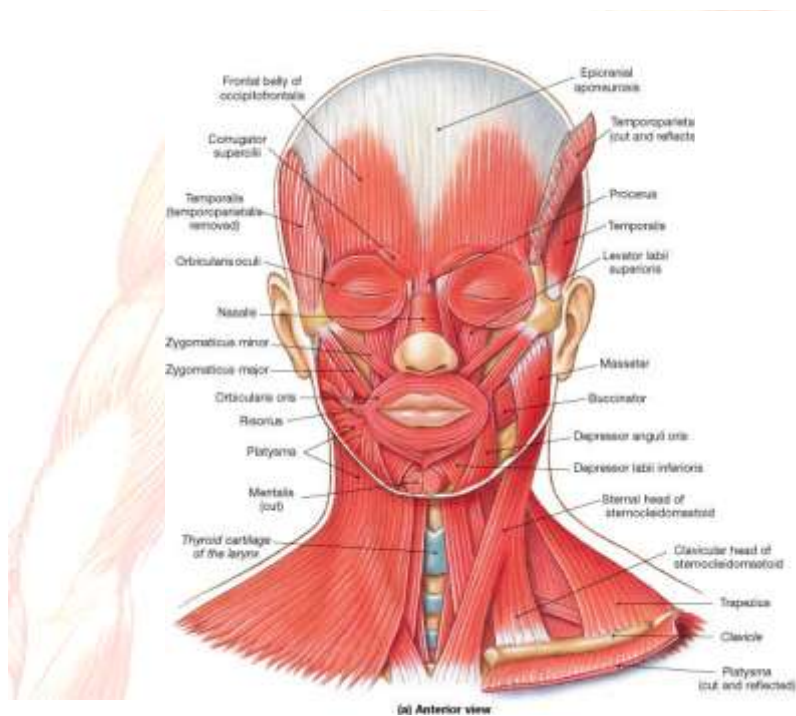
Muscles that move the Foot

- Tibialis anterior
- Gastrocnemius
- Soleus



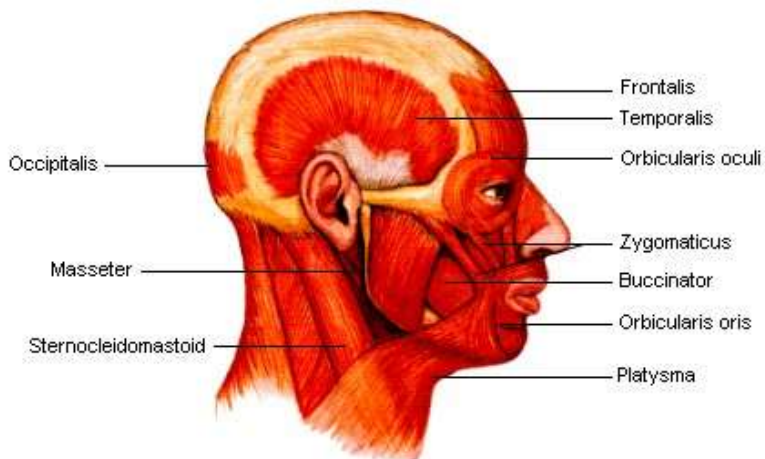
Muscles of Facial Expression

- Frontalis
- Orbicularis oris
- Buccinator
- Platysma
- Orbicularis oculi



Muscles that move the Head and Jaw

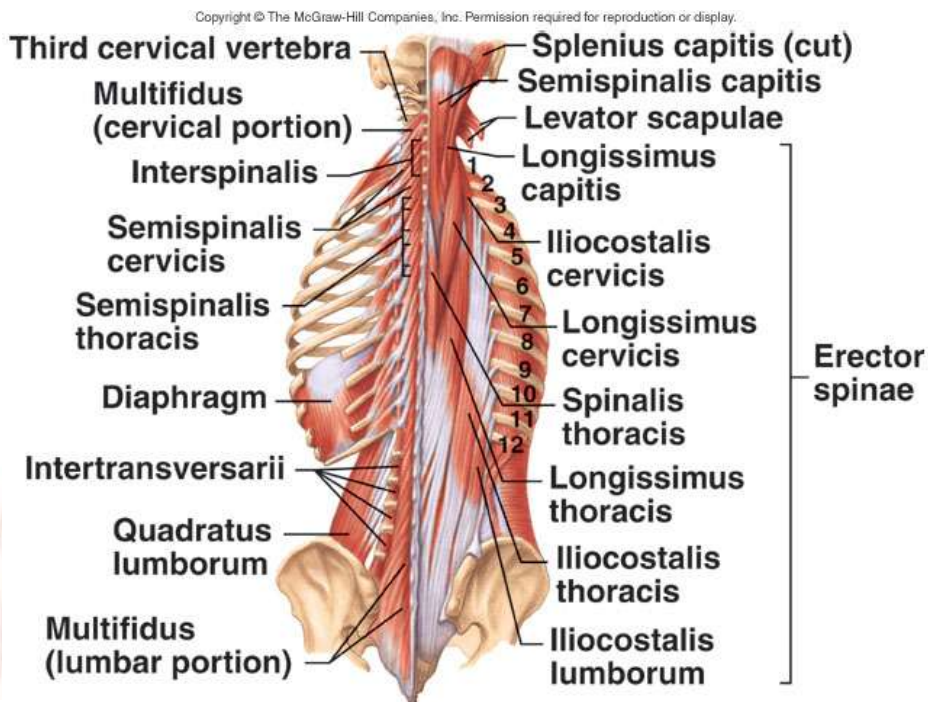
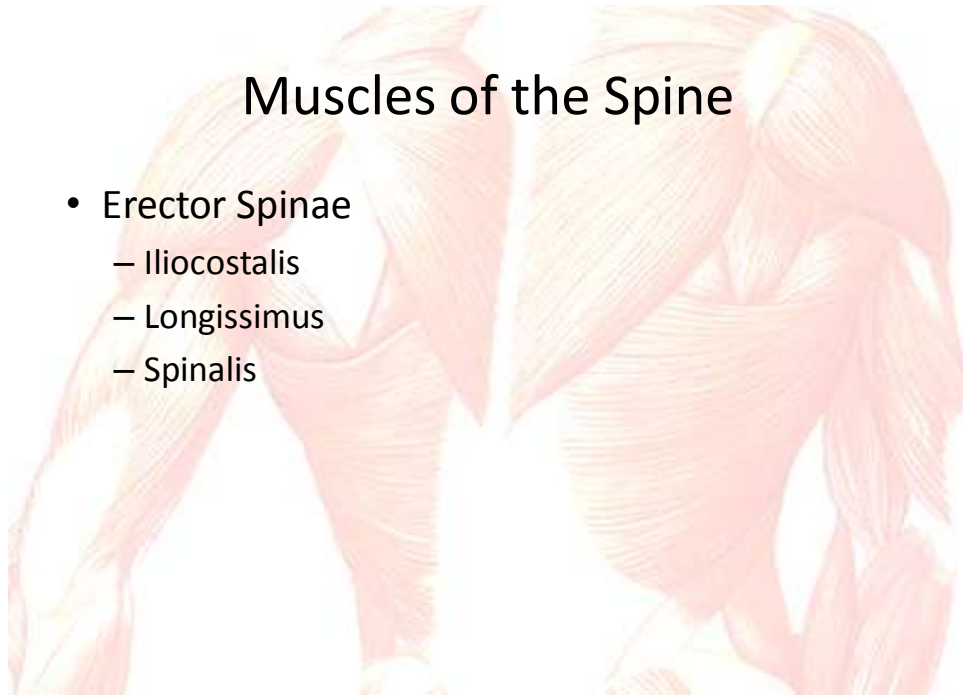
- Masseter
- Temporalis
- Sternocleidomastoid

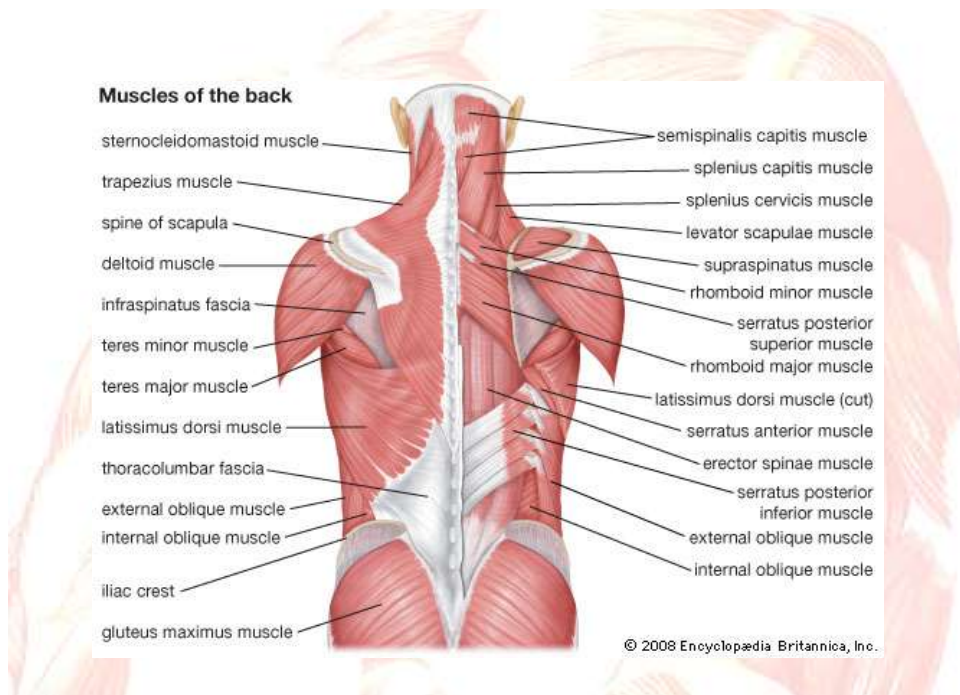


Muscles of Facial Expression and Mastication

Muscles of the Spine

- Erector Spinae
 - Iliocostalis
 - Longissimus
 - Spinalis





Muscle Chart

- This portion of the chart is due Wednesday.

Muscle	Origin	Insertion	Action	Type

- Flexor carpi radialis
- Flexor carpi ulnaris
- Extensor carpi radialis
- Extensor carpi ulnaris
- Extensor digitorum
- Gluteus maximus
- Gluteus medius
- Gluteus minimus
- Iliopsoas
- Adductor magnus
- Adductor brevis
- Adductor longus
- Rectus femoris
- Vastus lateralis
- Vastus medialis
- Vastus intermedius
- Sartorius
- Biceps femoris
- Semitendinosus
- semimembranosus
- Gracilis
- Tibialis anterior
- Gastrocnemius
- Soleus