

The Muscular System

6 page study note

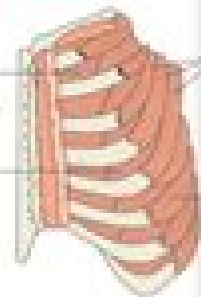
Axial Muscles

MUSCLES OF THE THORAX

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

External intercostals

- most superficial intercostal muscle
 - flexes ribs anteriorly & inferiorly
 - inhaling



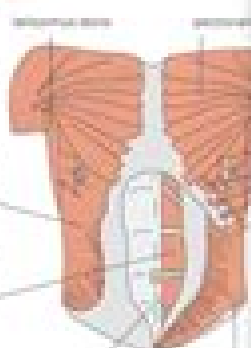
MUSCLES OF THE ABDOMEN

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
 - functions to flex trunk & aids in forced expiration



Axial Muscles

Levator palmarum
 - elevates hand with lateral contraction
 - adducts & pronates jaw anteriorly for chewing

Masseter
 - anterior front oblique plate of parietal bone to coronoid process of mandible
 - elevates & adducts mandible posteriorly

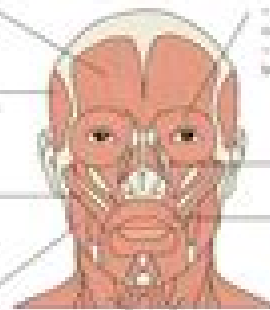
Temporalis
 - anterior plate oblique plate of parietal bone to coronoid process of mandible
 - elevates & adducts mandible posteriorly

Orbicularis oris
 - power for muscle surrounding mouth
 - elevates & pronates jaw anteriorly for chewing

Orbicularis oculi
 - closes eye with lateral contraction
 - adducts & pronates jaw anteriorly for chewing

Frontalis
 - elevates & moves the eyebrows
 - elevates scalp from occipital bone to lower forehead
 - wrinkles of the scalp

FACIAL & NECK MUSCLES



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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

Gluteus minimus
 - extends thigh

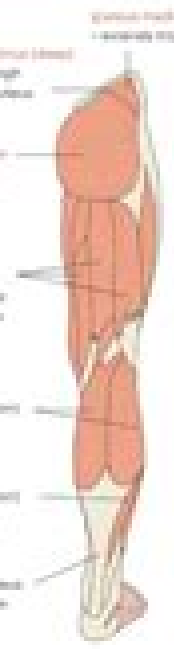
Hamstrings
 - extends hip
 - flexes knee

Semimembranosus
 - flexes knee & adducts thigh
 - superficial to adductor

Semitendinosus
 - flexes knee & adducts thigh
 - deep to semimembranosus

Biceps femoris
 - gastrocnemius & soleus insert together to form Achilles tendon

Gastrocnemius
 - plantar flexion



Study Guide For Muscular System

Kalyani Premkumar



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