

The Muscular System

6 page study note

Axial Muscles

MUSCLES OF THE THORAX

External intercostals
 - lie deep, parallel to external intercostals
 - flexes ribs posteriorly & inferiorly
 - inspiration

Internal intercostals

- most superficial intercostal muscle
 - flexes ribs anteriorly & inferiorly
 - inhaling between ribs
 - rib elevation



MUSCLES OF THE ABDOMEN

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

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

Transverse abdominis
 spans 4th rib to pubis around umbilical column

Rectus abdominis
 - lies on either side of linea alba
 - separated by superficial transverse intersegmentary
 - functions to flex trunk & aids in forced expiration



Linea alba
 - site of connective tissue down middle of abdomen for muscle attachment

External oblique
 - runs superiorly & inferiorly

Internal oblique
 - runs superiorly & inferiorly

Transverse abdominis
 - runs superiorly & inferiorly

Axial Muscles

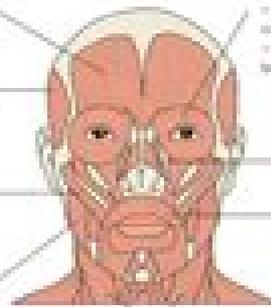
External neck muscles
 - extend from base of the skull to occipital condyles
 - flexion & extension

Internal neck muscles
 - extend from hyoid bone to cervical process of vertebrae
 - flexion & extension

External neck muscles
 - extend from hyoid bone to angle of mandible
 - elevation & depression of mandible

Internal neck muscles
 - power for muscles ascending from hyoid bone to angle of mandible
 - elevation & depression of mandible

FACE & NECK MUSCLES



External neck muscles
 - superficial neck
 - flexion & extension
 - inspiration of thorax & respiratory system

Internal neck muscles
 - deep neck
 - flexion & extension
 - elevation & depression of mandible

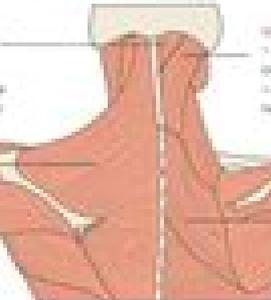
External neck muscles
 - superficial neck
 - elevation & depression of mandible
 - inspiration of thorax & respiratory system

Internal neck muscles
 - deep neck with anterior contraction
 - relative flexion to mandible side with anterior contraction for chewing

NECK & BACK MUSCLES

External neck muscles
 - anterior neck with anterior contraction
 - flexion & extension
 - lateral flexion slightly to opposite side with unilateral contraction

Internal neck muscles
 - posterior neck & lower the capsule
 - elevation & depression of mandible
 - flexion & extension
 - relative flexion to mandible side with anterior contraction



External neck muscles
 - anterior neck with anterior contraction
 - flexion & extension
 - lateral flexion & general rotation of neck with unilateral contraction

Internal neck muscles
 - posterior neck
 - elevation of mandible into the capsule
 - flexion & extension

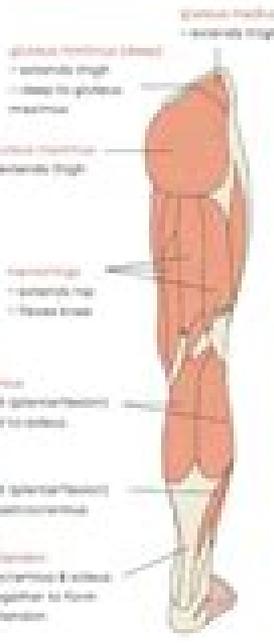
External neck muscles
 - relative flexion to mandible side with anterior contraction

Lower Limb Muscles

Quick note:

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

Peroneus
 - flexes foot (plantar flexion)
 - supination of foot

Gastrocnemius
 - flexes foot (plantar flexion)
 - deep to peroneus

Soleus
 - plantar flexion & adducts foot together to form walking tendon

Muscular System Anatomy Study Guide

Brigitte Niedzwiecki

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