

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 ribs anteriorly & inferiorly
 - compresses abdominal wall used in forced expiration

Transverse abdominis
 - flexes ribs anteriorly & inferiorly
 - compresses abdominal wall used in forced expiration



Axial Muscles

External neck muscles
 - extend from base of the skull to vertebrae
 - flexion to extend

Internal neck muscles
 - extend from vertebrae to base of the skull
 - extension to flexion
 - elevation & protrusion anteriorly

External neck muscles
 - extend from hyoid bone to corners of the mouth, drawing it superiorly & anteriorly
 - leading one to smile

Internal neck muscles
 - power for muscles descending from hyoid bone to angle of mandible
 - elevation & protrusion jaw anteriorly for chewing

FACE & NECK MUSCLES



External neck muscles
 - horizontally back
 - flexion to extend
 - protrusion of head & mandible spine

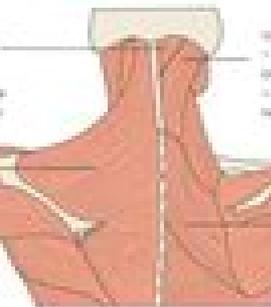
Internal neck muscles
 - horizontally front
 - extension to flexion
 - protrusion of head

External neck muscles
 - horizontally mouth
 - elevation protrusion of head
 - protrusion of mandible back to mouth

NECK & BACK MUSCLES

External neck muscles
 - anterior neck with anterior contraction
 - extend head slightly to protrude side with anterior contraction

Internal neck muscles
 - posterior neck & move the capsule
 - anteriorly to flexion from occipital bone to lower thoracic vertebrae of the spine



External neck muscles
 - anterior neck with anterior contraction
 - extend head & protrusion of head with anterior contraction

Internal neck muscles
 - posterior neck
 - flexion to extend
 - protrusion of head

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

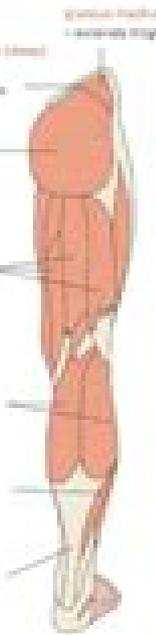
Gluteus maximus
 - extends thigh
 - deep to gluteus medius

Gluteus medius
 - extends thigh

Hamstrings
 - extends hip
 - flexes knee

Peroneus
 - flexes foot (plantar flexion)
 - supination to adduct

Triceps surae
 - gastrocnemius & soleus meet together to form triceps surae



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Padhraic Smyth



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