

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
 - flexing between ribs - rib expiration



MUSCLES OF THE ABDOMEN

External oblique

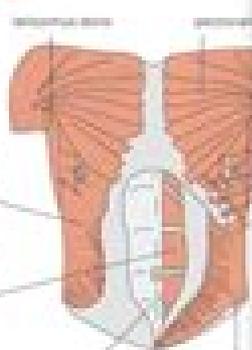
- most superficial of abdominal abdominal wall
 - flexes ribs anteriorly & inferiorly

- **Internal Oblique**
 flexes abdominal column & compresses abdominal wall used in forced expiration

- **Transverse Abdominis**
 spans 4 spaces & helps around umbilical column

Internal oblique
 - lies on either side of linea alba
 - separated by superficial transverse

- functions to flex trunk & aids in forced expiration



Linea alba

- line of connective tissue down middle of abdomen for muscle attachment

External oblique

- runs superiorly & inferiorly

- compresses abdominal wall used in forced expiration

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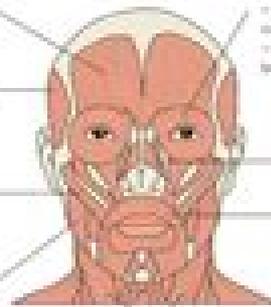
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FACE & NECK MUSCLES



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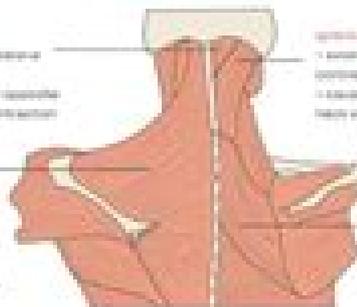
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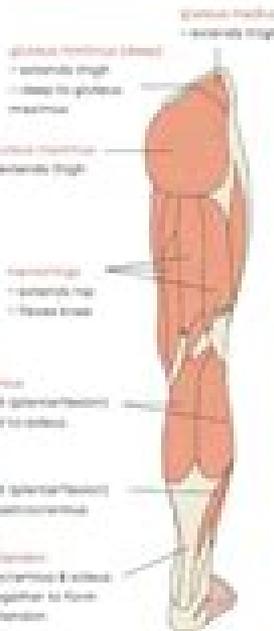
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Lower Limb Muscles

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

gastrocnemius
 - flexes foot (plantar flexion)
 - supinated to extend

soleus
 - flexes foot (plantar flexion)
 - deep to gastrocnemius

gastrocnemius
 - gastrocnemius & soleus meet together to form calcaneal tendon

Muscular System Study Guide Answers

VM Jensen



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