

Muscles of the Upper Limb

- **Biceps brachii**— **supination** of forearm, **flexion** of elbow
- **Brachialis**— **elbow** flexion
- **Brachioradialis**— weak muscle of forearm
- **Triceps brachii**— elbow **extension** (antagonist to **biceps brachii**)

Muscles of the Lower Limb

- **Gluteus maximus**— hip **extension**
- **Gluteus medius**—hip **abduction**, steadies pelvis when walking
- **Iliopsoas**— hip flexion, keeps the upper body from falling backward when standing erect
- **Adductor muscles**— adduct the **thighs**

Anterior Muscles of Trunk, Shoulder, Arm

ANSWERS:

7. Clavicle

8. Deltoid

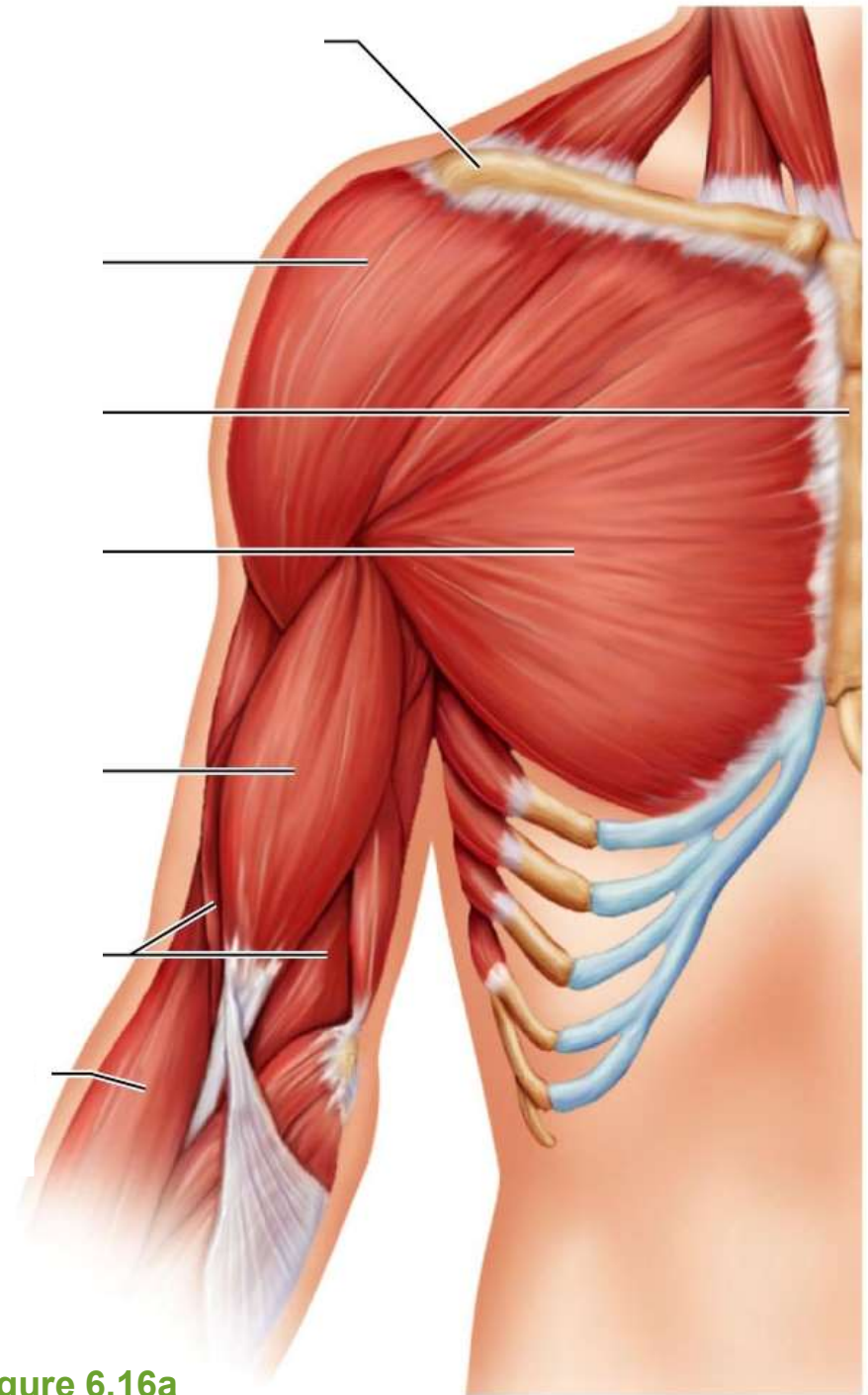
9. Sternum

10. Pectoralis major

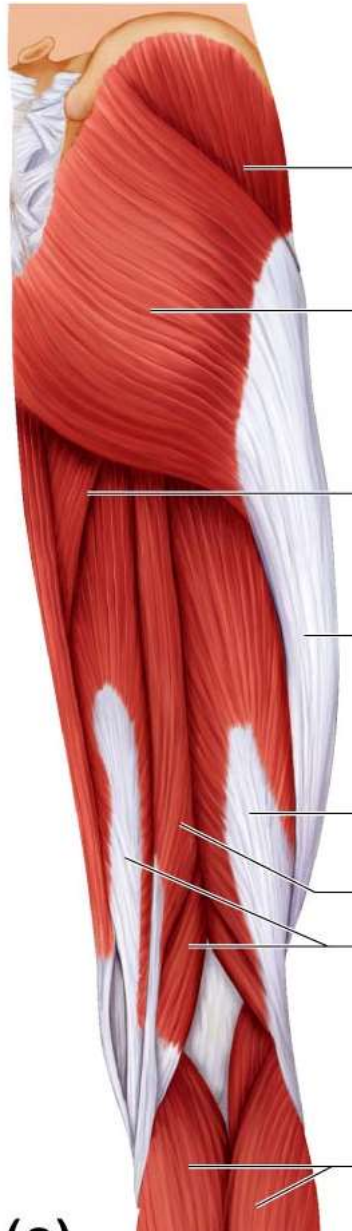
11. Biceps brachii

12. Brachialis

13. Brachioradialis



Muscles of the Pelvis, Hip, Thigh



Answers:

- 27. Gluteus medius
- 28. Gluteus maximus
- 29. Adductor magnus
- 30. Iliotibial tract
- 31. Hamstring group
- 32. Gastrocnemius

Figure 6.19a



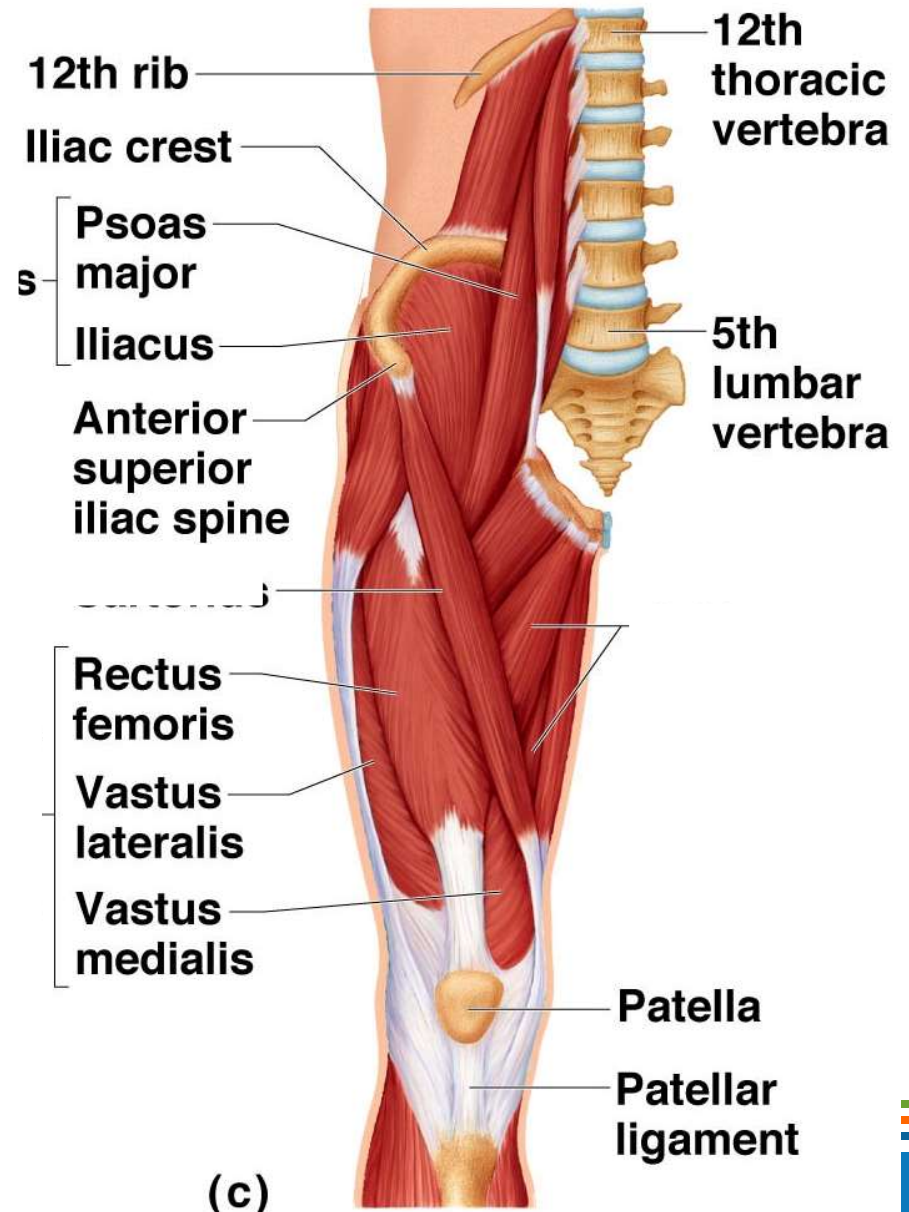
Muscles of the Pelvis, Hip, Thigh

Answers:

33. Sartorius

34. Quadriceps

35. Adductor group



Muscles of the Lower Limb

- Muscles causing movement at the knee joint
 - Hamstring group—thigh **extension** and knee **flexion**
 - Biceps femoris
 - Semimembranosus
 - Semitendinosus

Muscles of the Lower Limb

- Muscles causing movement at the knee joint
 - Sartorius—**flexes** the thigh
 - Quadriceps group—**extends** the knee
 - Rectus femoris (also **flexes** hip on thigh)
 - Vastus muscles (three)
 - Vastus medialis
 - Vastus lateralis
 - Vastus intermedius

Muscles of the Lower Limb

- Muscles causing movement at ankle and foot
 - Tibialis anterior— **dorsiflexion** and foot inversion
 - Extensor digitorum longus— toe **extension** and dorsiflexion of the foot
 - Fibularis muscles— **plantar flexion** and **eversion** the foot
 - Soleus— **plantar flexion** of foot

Muscles of the Lower Leg

Answers:

- 36. **Fibularis longus**
- 37. **Fibularis brevis**
- 38. **Tibialis anterior**
- 39. **Extensor digitorum longus**
- 40. **Fibularis tertius**

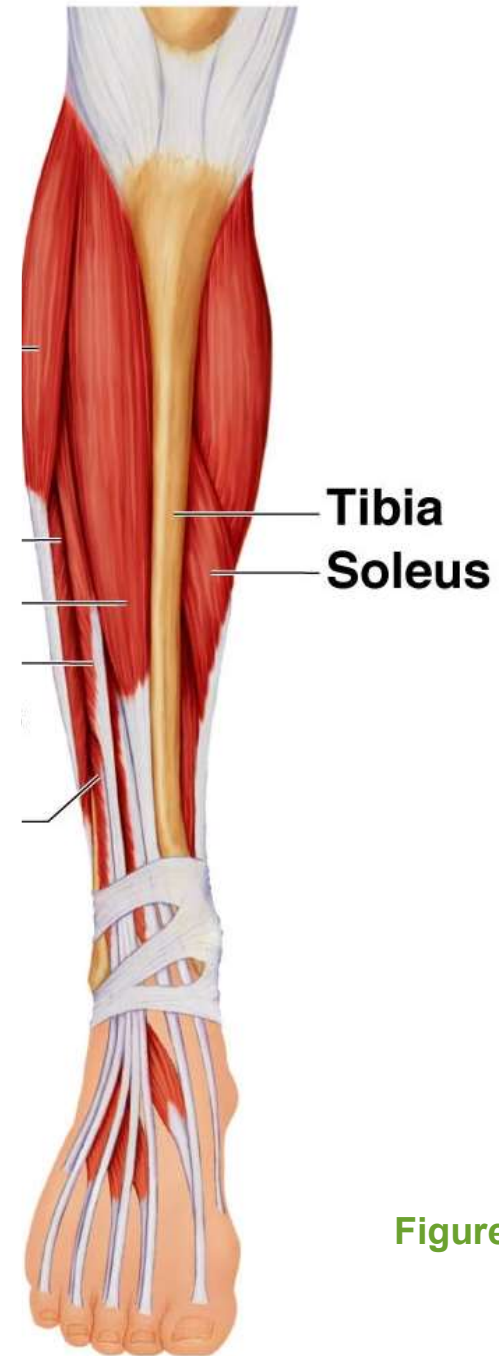


Figure 6.20a



Muscles of the Lower Leg

Answers:

41. **Gastrocnemius**

42. **Soleus**

Figure 6.20b

