

Superficial Muscles: Anterior

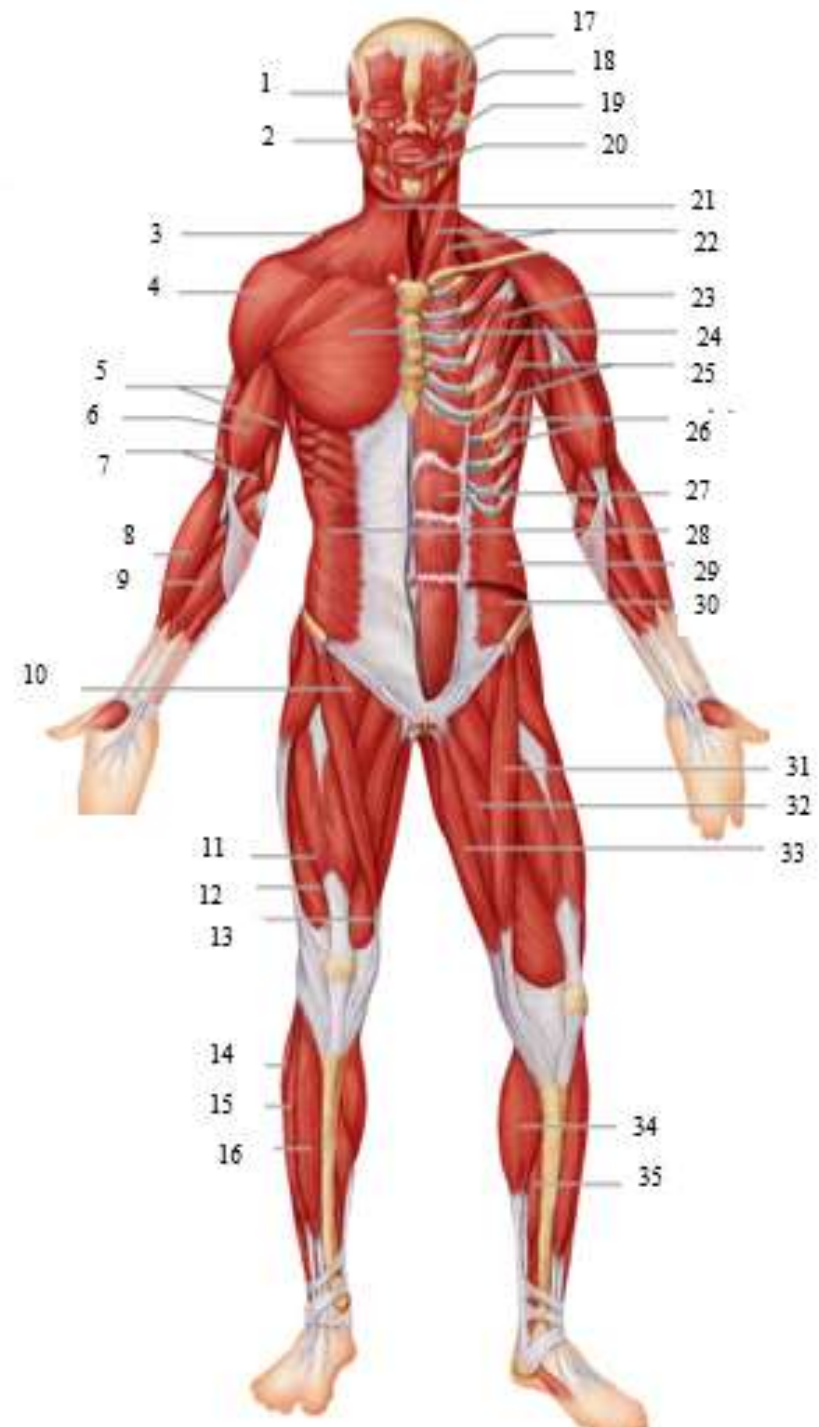


Figure 6.21

Superficial Muscles: Anterior

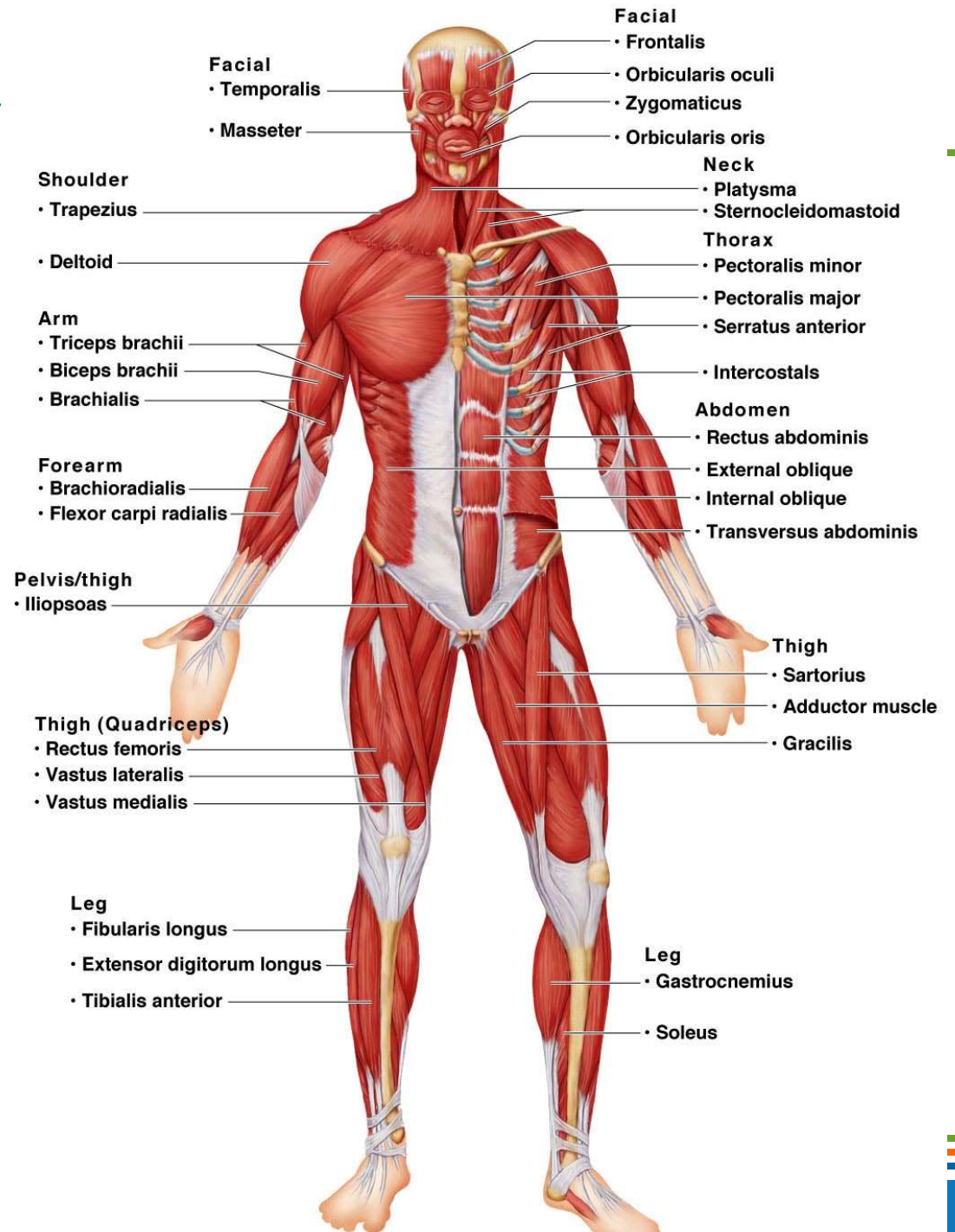


Figure 6.21

Superficial Muscles: Anterior

Answers:

1. Temporalis
2. Masseter
3. Trapezius
4. Deltoid
5. Triceps brachii
6. Biceps brachii
7. Brachialis
8. Brachioradialis
9. Flexor carpi ulnaris
10. Iliopsoas
11. Rectus femoris
12. Vastus lateralis

Answers:

13. Vastus medialis
14. Fibularis longus
15. Extensor digitorum longus
16. Tibialis Anterior
17. Frontalis
18. Orbicularis oculi
19. Zygomaticus
20. Orbicularis oris
21. Platysma
22. Sternocleidomastoid
23. Pectoralis minor
24. Pectoralis major

Answers:

25. Serratus anterior
26. Intercostals
27. Rectus abdominus
28. External oblique
29. Internal oblique
30. Transverse abdominus
31. Sartorius
32. Adductor muscle
33. Gracilis
34. Gastrocnemius
35. Soleus

Superficial Muscles: Posterior

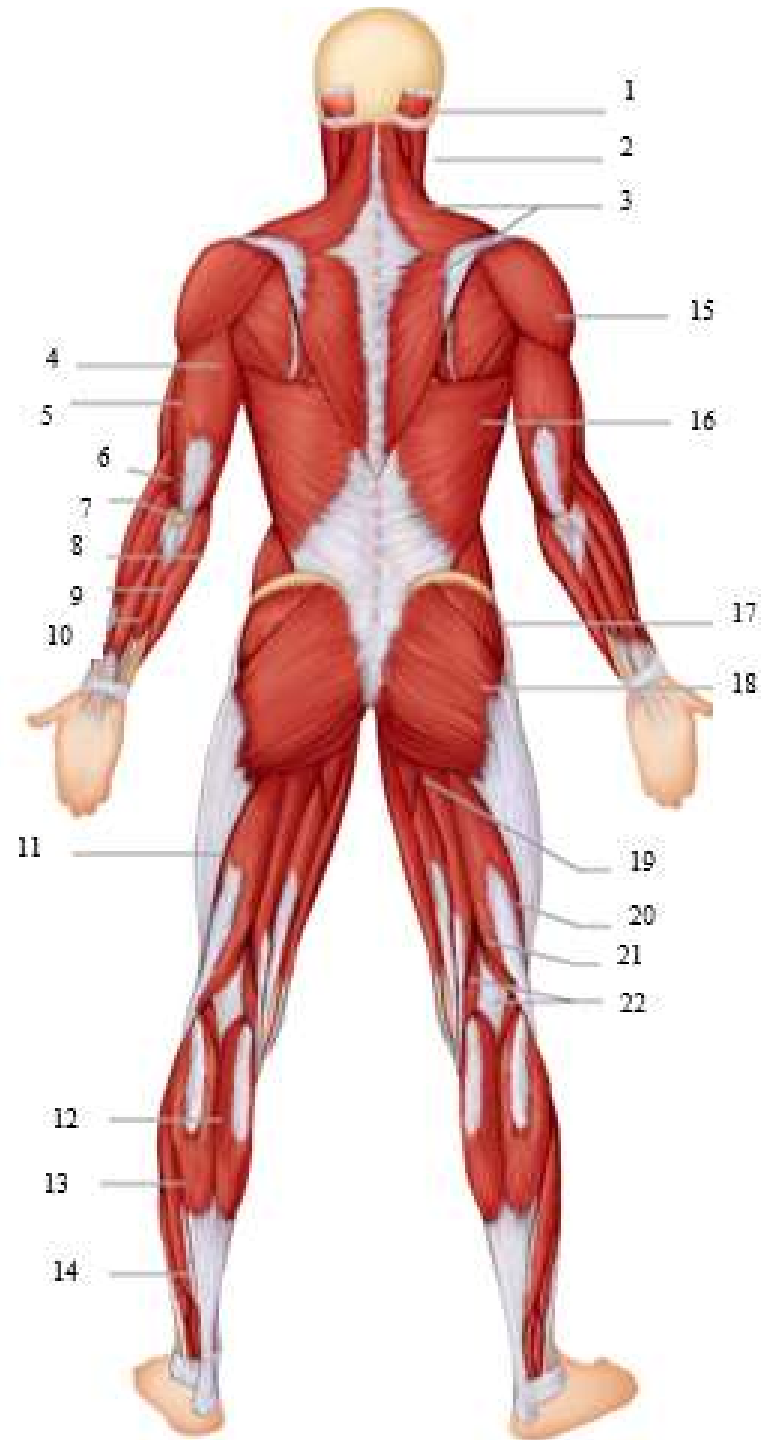


Figure 6.22

Superficial Muscles: Posterior

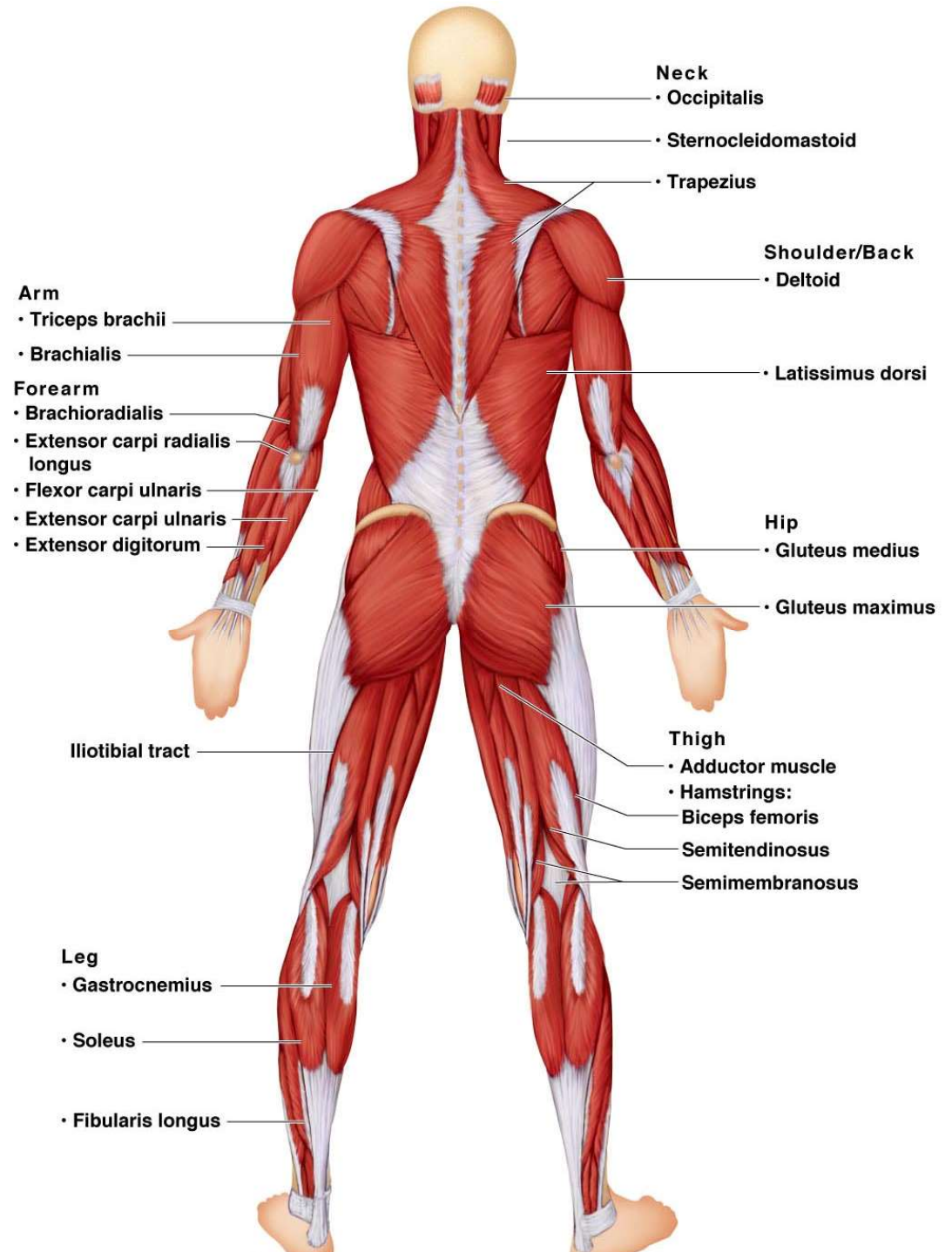


Figure 6.22

Superficial Muscles: Posterior

Answers:

1. Occipitalis
2. Sternocleidomastoid
3. Trapezius
4. Triceps brachii
5. Brachialis
6. Brachioradialis
7. Extensor carpi radialis longus
8. Flexor carpi ulnaris
9. Extensor carpi ulnaris
10. Extensor digitorum
11. Iliotibial tract
12. Gastrocnemius

Answers:

13. Soleus
14. Fibularis longus
15. Deltoid
16. Latissimus dorsi
17. Gluteus medius
18. Gluteus maximus
19. Adductor muscle
20. Biceps femoris
21. Semitendinosus
22. Semimembranosus

Superficial Anterior Muscles of the Body

TABLE 6.3

Superficial Anterior Muscles of the Body (See Figure 6.21)

Name	Origin	Insertion	Primary action(s)
Head/Neck Muscles			
Frontalis	Cranial aponeurosis	Skin of eyebrows	Raises eyebrows
Orbicularis oculi	Frontal bone and maxilla	Tissue around eyes	Blinks and closes eyes
Orbicularis oris	Mandible and maxilla	Skin and muscle around mouth	Closes and protrudes lips
Temporalis	Temporal bone	Mandible	Closes jaw
Zygomaticus	Zygomatic bone	Skin and muscle at corner of lips	Raises corner of mouth
Masseter	Temporal bone	Mandible	Closes jaw
Buccinator	Maxilla and mandible near molars	Orbicularis oris	Compresses cheek as in whistling and sucking; holds food between teeth during chewing
Sternocleidomastoid	Sternum and clavicle	Temporal bone (mastoid process)	Flexes neck; rotates head
Platysma	Connective tissue covering of superior chest muscles	Tissue around mouth	Pulls corners of mouth inferiorly

Superficial Anterior Muscles of the Body

TABLE 6.3
Superficial Anterior Muscles of the Body (See Figure 6.21) *(continued)*

Name	Origin	Insertion	Primary action(s)
Trunk Muscles			
Pectoralis major	Sternum, clavicle, and first to sixth ribs	Proximal humerus	Adducts and flexes humerus
Rectus abdominis	Pubis	Sternum and fifth to seventh ribs	Flexes vertebral column
External oblique	Lower eight ribs	Iliac crest	Flexes and rotates vertebral column
Arm/Shoulder Muscles			
Biceps brachii	Scapula of shoulder girdle	Proximal radius	Flexes elbow and supinates forearm
Brachialis	Distal humerus	Proximal ulna	Flexes elbow
Deltoid	See Table 6.4		Abducts arm

Superficial Anterior Muscles of the Body

TABLE 6.3 Superficial Anterior Muscles of the Body (See Figure 6.21) *(continued)*

Name	Origin	Insertion	Primary action(s)
Hip/Thigh/Leg Muscles			
Iliopsoas	Ilium and lumbar vertebrae	Femur (lesser trochanter)	Flexes hip
Adductor muscles	Pelvis	Proximal femur	Adduct thigh
Sartorius	Ilium	Proximal tibia	Flexes thigh on hip
Quadriceps group (vastus medialis, inter- medius, and lateralis; and the rectus femoris)	Vasti: Femur Rectus femoris: Pelvis	Tibial tuberosity via patellar ligament Tibial tuberosity via patellar ligament	All extend knee; rectus femoris also flexes hip on thigh
Tibialis anterior	Proximal tibia	First cuneiform (tarsal) and first metatarsal of foot	Dorsiflexes and inverts foot
Extensor digitorum longus	Proximal tibia and radius	Distal toes 2–5	Extends toes and dorsiflexes foot
Fibularis muscles	Fibula	Metatarsals of foot	Plantar flex and evert foot

Superficial Posterior Muscles of the Body

TABLE 6.4

Superficial Posterior Muscles of the Body (Some Forearm Muscles Also Shown) (See Figure 6.22)

Name	Origin	Insertion	Primary action(s)
Neck/Trunk/Shoulder Muscles			
Trapezius	Occipital bone and all cervical and thoracic vertebrae	Scapular spine and clavicle	Extends neck and adducts scapula
Latissimus dorsi	Lower spine and iliac crest	Proximal humerus	Extends and adducts humerus
Erector spinae*	Iliac crests, ribs 3–12, and vertebrae	Ribs, thoracic and cervical vertebrae	Extends back
Quadratus lumborum	Iliac crest, lumbar fascia	Transverse processes of upper lumbar vertebrae	Flexes spine laterally; extends spine
Deltoid	Scapular spine and clavicle	Humerus (deltoid tuberosity)	Abducts humerus

*Erector spinae and quadratus lumborum are deep muscles and not shown in Figure 6.22.

†Although its name indicates that it is a superficial muscle, the flexor digitorum superficialis lies deep to the flexor carpi radialis and is not visible in a superficial view.

Superficial Posterior Muscles of the Body

TABLE 6.4

Superficial Posterior Muscles of the Body (Some Forearm Muscles Also Shown) (See Figure 6.22) (continued)

Name	Origin	Insertion	Primary action(s)
Arm/Forearm Muscles			
Triceps brachii	Shoulder girdle and proximal humerus	Olecranon process of ulna	Extends elbow
Flexor carpi radialis	Distal humerus	Second and third metacarpals	Flexes wrist and abducts hand (see Figure 6.21)
Flexor carpi ulnaris	Distal humerus and posterior ulna	Carpals of wrist and fifth metacarpal	Flexes wrist and adducts hand
Flexor digitorum superficialis [†]	Distal humerus, ulna and radius	Middle phalanges of second to fifth fingers	Flexes wrist and fingers
Extensor carpi radialis	Humerus	Base of second and third metacarpals	Extends wrist and abducts hand
Extensor digitorum	Distal humerus	Distal phalanges of second to fifth fingers	Extends fingers and wrist

*Erector spinae and quadratus lumborum are deep muscles and not shown in Figure 6.22.

[†]Although its name indicates that it is a superficial muscle, the flexor digitorum superficialis lies deep to the flexor carpi radialis and is not visible in a superficial view.

Superficial Posterior Muscles of the Body

TABLE 6.4

Superficial Posterior Muscles of the Body (Some Forearm Muscles Also Shown) (See Figure 6.22) (*continued*)

Name	Origin	Insertion	Primary action(s)
Hip/Thigh/Leg Muscles			
Gluteus maximus	Sacrum and ilium	Proximal femur (gluteal tuberosity)	Extends hip (when forceful extension is required)
Gluteus medius	Ilium	Proximal femur	Abducts thigh; steadies pelvis during walking
Hamstring muscles (semitendinosus, semimembranosus, biceps femoris)	Ischial tuberosity	Proximal tibia (head of fibula in the case of biceps femoris)	Flex knee and extend hip
Gastrocnemius	Distal femur	Calcaneus (heel via calcaneal tendon)	Plantar flexes foot and flexes knee
Soleus	Proximal tibia and fibula	Calcaneus	Plantar flexes foot

*Erector spinae and quadratus lumborum are deep muscles and not shown in Figure 6.22.

†Although its name indicates that it is a superficial muscle, the flexor digitorum superficialis lies deep to the flexor carpi radialis and is not visible in a superficial view.