

Lesson 6

Naming Skeletal Muscles

- Types of Muscles**
- Naming Muscles**
- Head and Neck Muscles**

Types of Muscles

- Prime mover—muscle with the **major responsibility** for a certain movement
- Antagonist—muscle that **opposes or reverses** a prime mover
- Synergist—muscle that aids a prime mover in a movement and helps **prevent rotation**
- Fixator—**stabilizes** the **origin** of a prime mover

Naming Skeletal Muscles

- By **direction** of muscle fibers
 - **Example:** *Rectus* (straight), *Oblique* (diagonal)
- By relative **size** of the muscle
 - **Example:** *Maximus* (largest), *Longus* (long)
- By **location** of the muscle
 - **Example:** *Temporalis* (on temporal bone)
- By number of **origins**
 - **Example:** *Biceps* (2 heads), *Triceps* (3 heads)



Naming Skeletal Muscles

- By location of the muscle's **origin and insertion**
 - **Example:** *Sternocleidomastoid* (on the sternum, clavicle, and mastoid process)
- By **shape** of the muscle
 - **Example:** *Deltoid* (triangular)
- By **action** of the muscle
 - **Example:** *Flexor* and *extensor* (flexes or extends a bone)

Arrangement of Fascicles

Unipennate – oblique fibers from 1 side of tendon

Bipennate – oblique fibers into opposite side of tendon

Multipennate – oblique fibers into several sides

Circular – concentric rings

Convergent – converge toward tendon; fan shaped

Fusiform – spindle shape with expanded midsection

Parallel – strap like

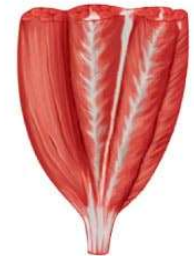
Pectoralis major



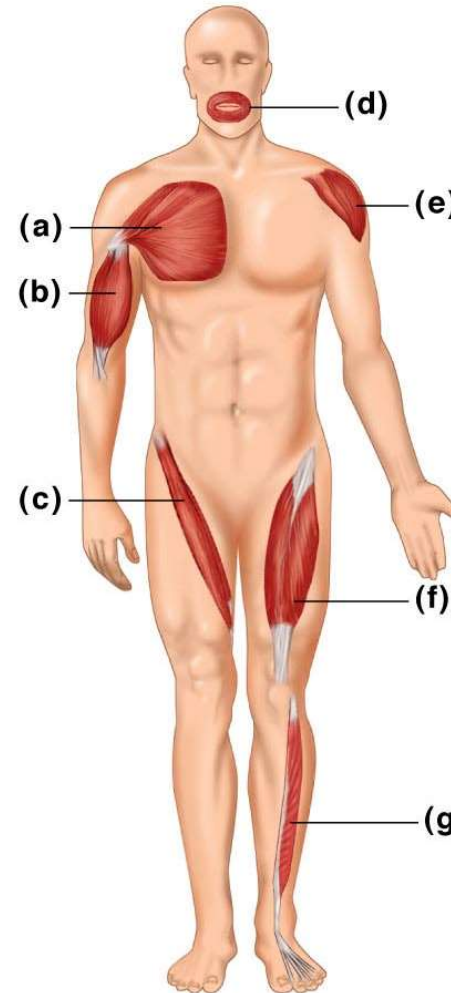
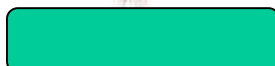
Orbicularis oris



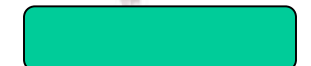
Deltoid



Biceps brachii



Rectus femoris



Sartorius



Extensor digitorum lon



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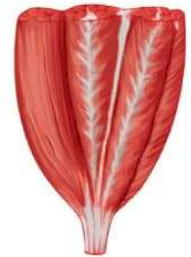
(a) Convergent

Orbicularis oris



(d) Circular

Deltoid

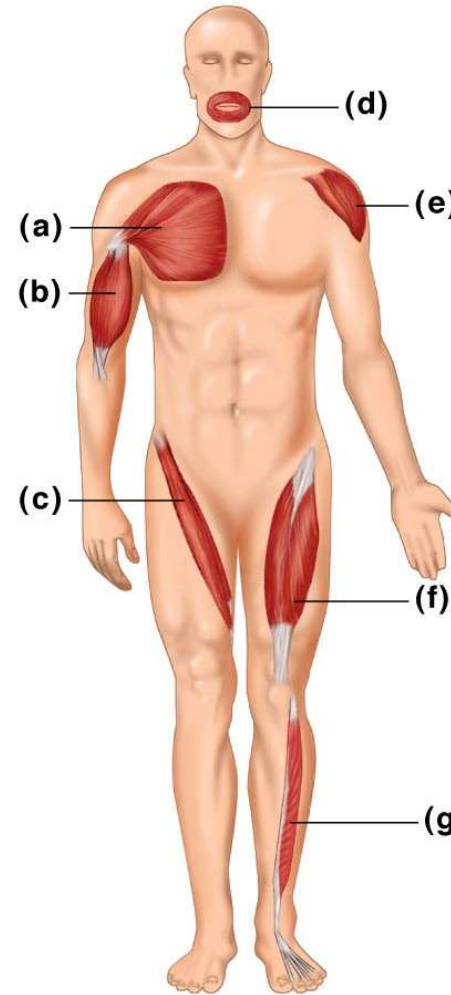


(e) Multipennate

Biceps brachii



(b) Fusiform



Rectus femoris



(f) Bipennate

Sartorius



(c) Parallel

Extensor digitorum lon



(g) Unipennate