

# 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 & separates around umbilical column

**Rectus abdominis**  
 - lies on either side of linea alba  
 - separated by tendinous intersections  
 - functions to flex trunk & aids in forced expiration



**Linea alba**  
 - site of connective tissue down middle of abdomen for muscle attachment

## Axial Muscles

**Levator scapulae**  
 - extends from base of the skull to scapula  
 - flexes head to extend

**Rectus capitis anterior**  
 - extends from sphenoid bone to anterior process of atlas  
 - flexes & extends head anteriorly

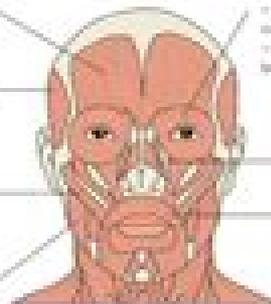
**Rectus capitis posterior**  
 - extends from occipital condyles to spinous process of atlas  
 - flexes & extends head

**Longus capitis**  
 - powerful muscle extending from hyoid bone to angle of mandible  
 - flexes & extends, jaw anteriorly for chewing

**Longus colli**  
 - anterior neck with extensive contraction  
 - tucks head slightly to rotate side with unilateral contraction

**Longus cervicis**  
 - stabilizes & moves the cranium  
 - extends vertically from occipital bone to lower thoracic vertebrae of the spine

### FACE & NECK MUSCLES

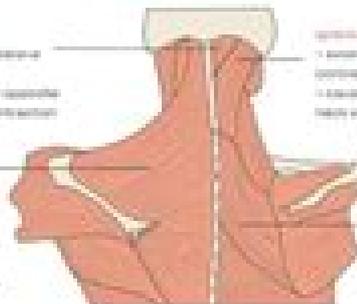


**Levator scapulae**  
 - originates from  
 - flexes head to extend

**Rectus capitis anterior**  
 - originates from sphenoid bone to anterior process of atlas  
 - flexes & extends head anteriorly

**Rectus capitis posterior**  
 - originates from occipital condyles to spinous process of atlas  
 - flexes & extends head

### NECK & BACK MUSCLES



**Longus colli**  
 - anterior neck with extensive contraction  
 - tucks head slightly to rotate side with unilateral contraction

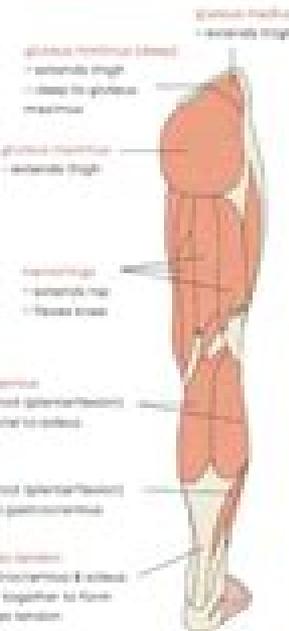
**Longus cervicis**  
 - stabilizes the cranium into the skull  
 - helps move cranium anteriorly & inferiorly

## 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

**Biceps femoris**  
 - extends thigh

**Gastrocnemius**  
 - extends leg  
 - flexes knee

**Soleus**  
 - flexes foot (plantar flexion)  
 - stabilizes to extend

**Gastrocnemius**  
 - flexes foot (plantar flexion)  
 - deep to gastrocnemius

**Plantaris**  
 - gastrocnemius & soleus meet together to form Achilles tendon

# Answers To The Muscular System Study Guide

**R Bogdan**



## **Answers To The Muscular System Study Guide:**

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In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Answers To The Muscular System Study Guide** a literary masterpiece penned by a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting impact on the hearts and minds of those that partake in its reading experience.

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