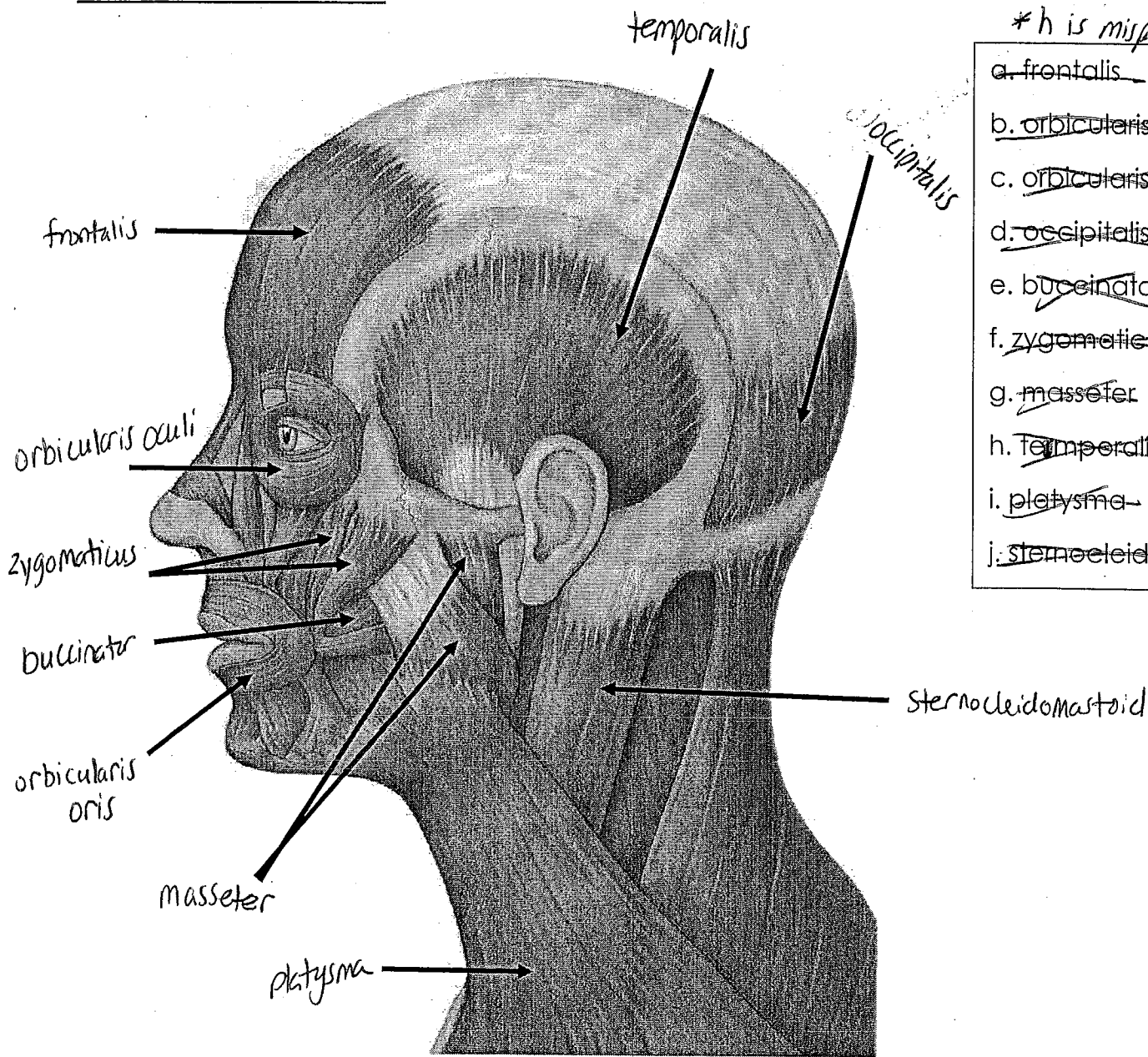


Anatomy & Physiology
Labeling Gross Anatomy of Skeletal Muscles

Instructions: Match the following muscles to their correct location.

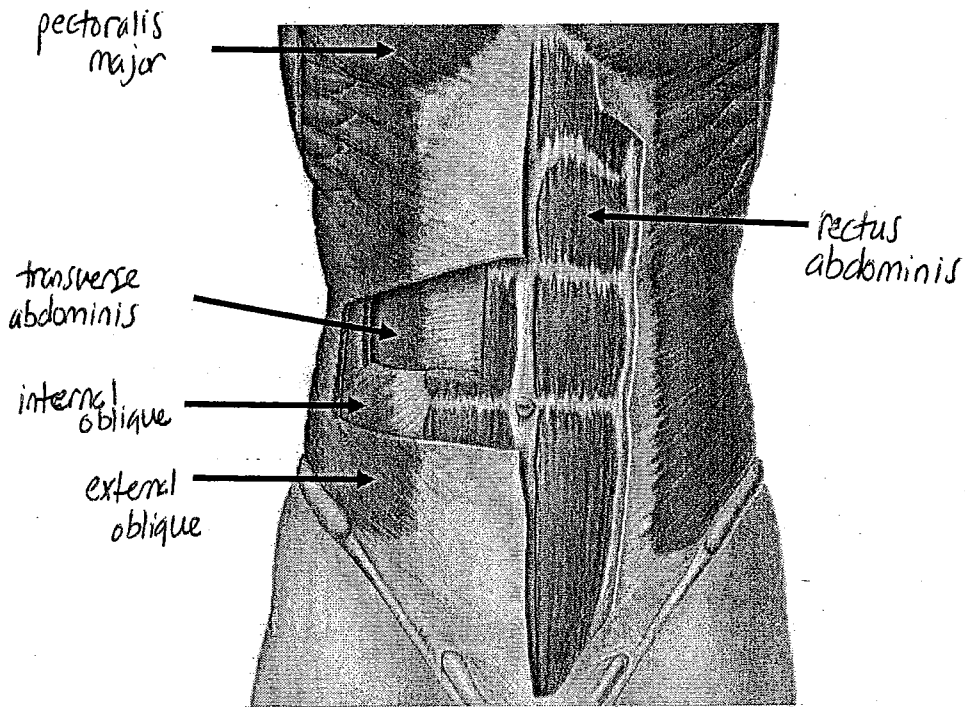
Head and Neck Muscles



* h is misspelled *

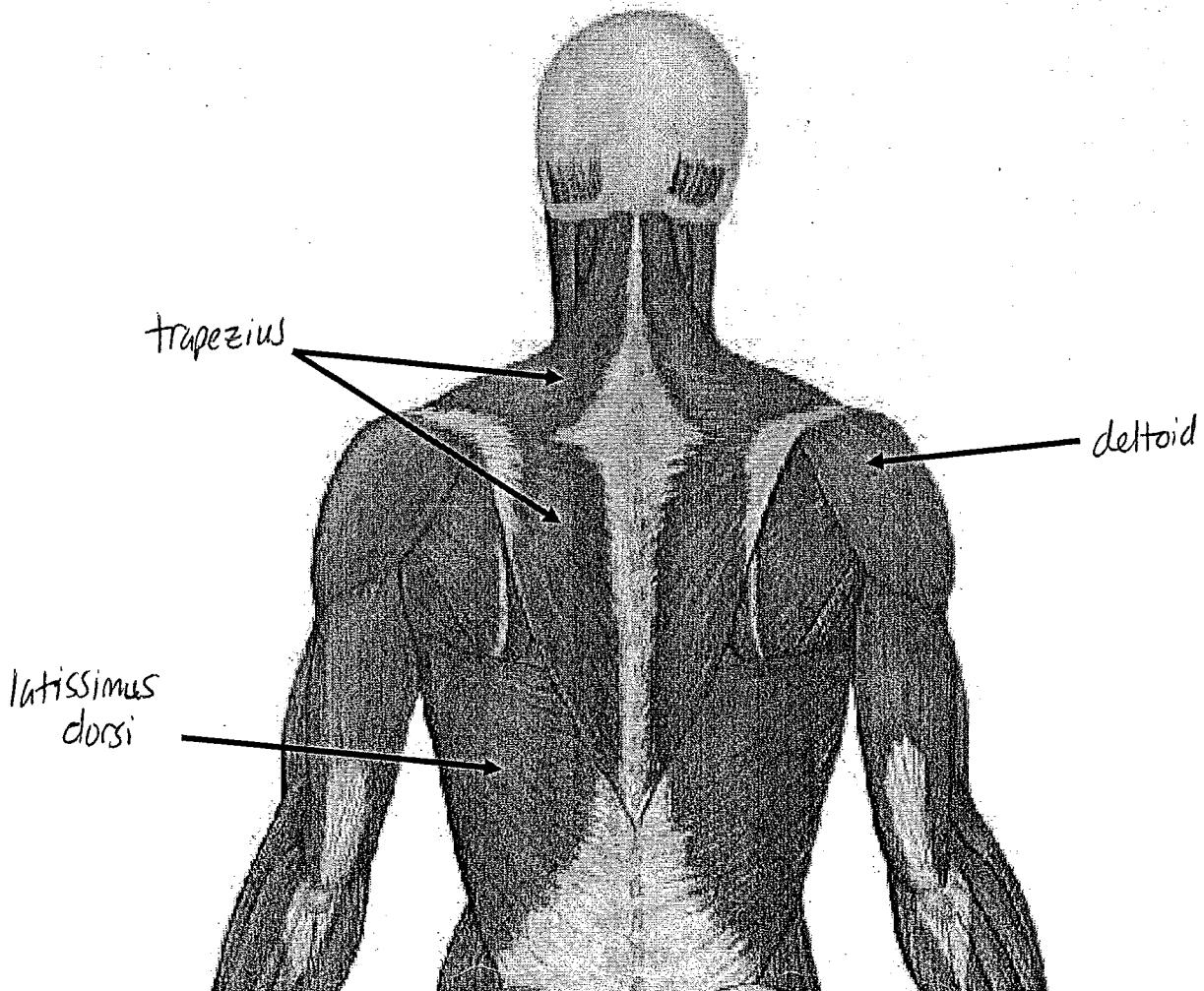
- a. frontalis
- b. orbicularis oculi
- c. orbicularis oris
- d. occipitalis
- e. buccinator
- f. zygomaticus
- g. masseter
- h. Temporalls
- i. platysma
- j. sternocleidomastoid

Trunk Muscles



* letters off *

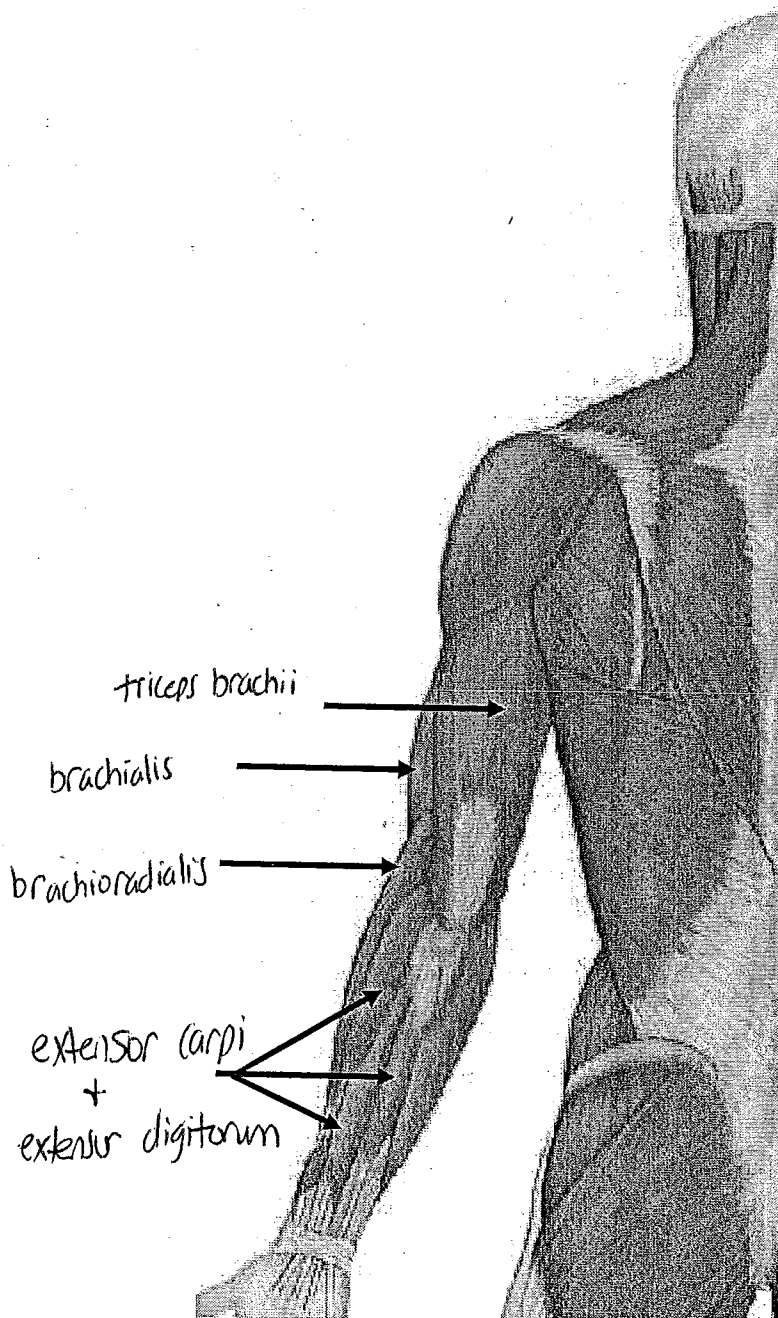
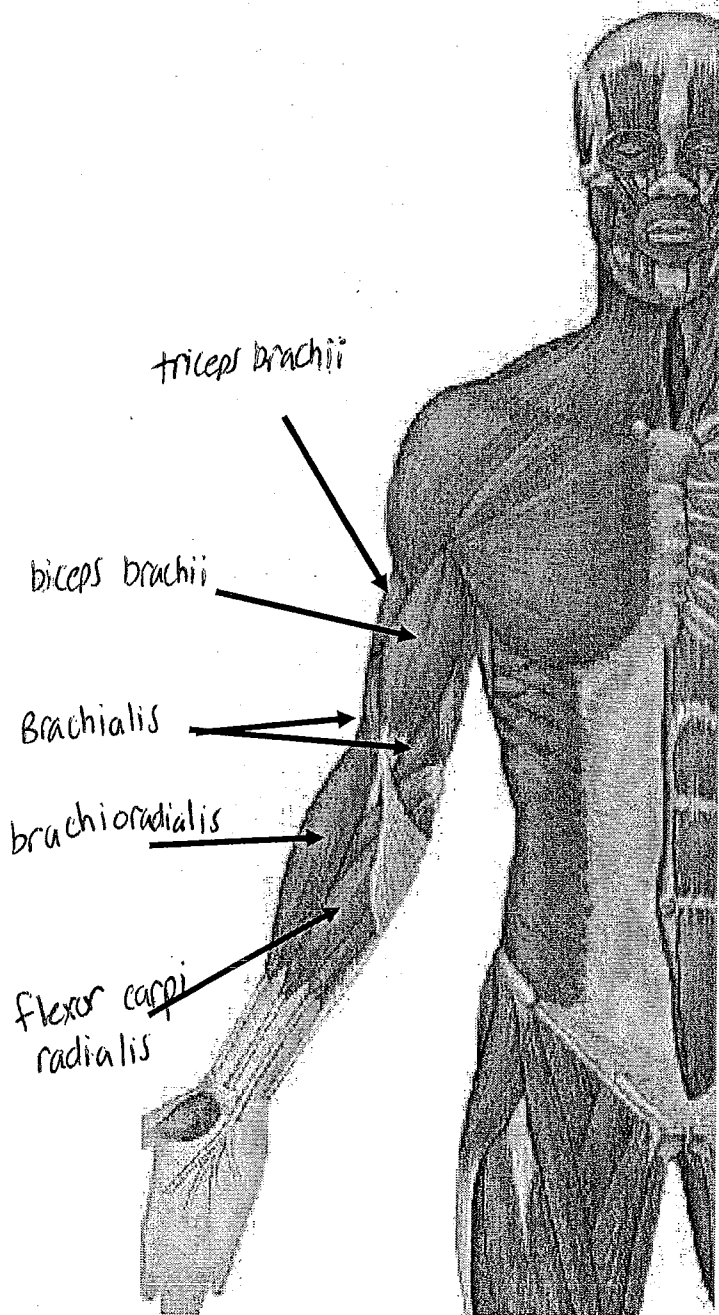
- a. ~~Pectoralis major~~
- c. ~~Rectus abdominis~~
- d. ~~External oblique~~
- e. ~~Internal oblique~~
- f. ~~Transverse abdominis~~
- g. ~~Trapezius~~
- h. ~~Latissimus Dorsi~~
- k. ~~Deltoid~~



Muscles of the Upper Limb

Anterior

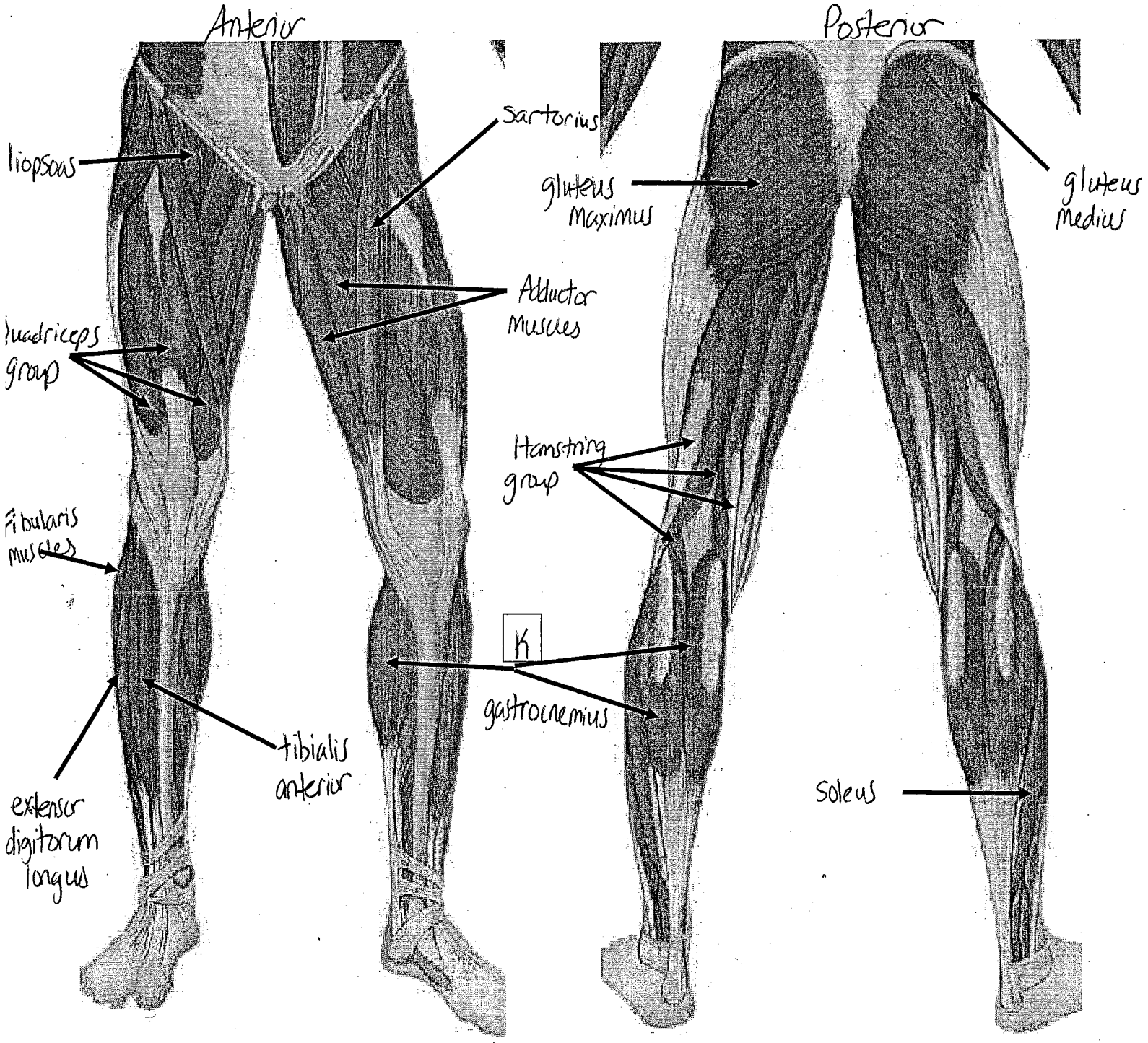
Posterior



* Spelling error on C*

- a. ~~Biceps brachii~~
- b. ~~Brachialis (anterior & posterior view)~~
- c. ~~Brackioradiellis (anterior & posterior view)~~
- d. ~~Triiceps brachii (anterior & posterior view)~~
- e. ~~Flexor carpi radialis~~
- f. ~~Extensor carpi & extensor digitorum~~

Muscles of the Lower Limb



- | | | |
|--|------------------------------|-------------------------------------|
| a. <u>Gluteus maximus</u> | b. <u>Gluteus medius</u> | c. <u>Iliopsoas</u> |
| d. <u>Adductor muscles (anterior view)</u> | e. <u>Hamstring group</u> | f. <u>Sartorius</u> |
| g. <u>Quadriceps group</u> | h. <u>Fibularis anterior</u> | i. <u>Extensor digitorum longus</u> |
| j. <u>Fibularis muscles (anterior)</u> | k. <u>Gastrocnemius</u> | l. <u>Soleus</u> |

Anatomy & Physiology
Gross Anatomy of Skeletal Muscles

Instructions: Match the following muscles to their correct description using by placing the correct letter in the blank.

Head and Neck Muscles

- | | |
|---|--|
| <p><u>d</u> 1. Covers posterior part of the skull and pulls scalp posteriorly</p> <p><u>g</u> 2. Covers the lower angle of the low jaw. Muscle closes jaw by elevating the mandible</p> <p><u>e</u> 3. Runs horizontally across the cheek. Flattens the cheek for whistling or blowing a trumpet. Holds food while eating.</p> <p><u>i</u> 4. Single, sheetlike muscles that covers the anterolateral neck. Pulls corners of mouth inferiorly (sad face)</p> <p><u>j</u> 5. Two-headed muscles found on each side of the neck. They flex your neck. "Prayer muscle". Rotates face to shoulder. Tilts head.</p> <p><u>f</u> 6. Extends from corner of mouth to the cheekbone. Raises corner of the mouth into a smile.</p> <p><u>a</u> 7. Covers the frontal bone. Allows you to raise your eyebrows and wrinkle your forehead.</p> <p><u>c</u> 8. Circular muscle of the lips. Closes mouth and protrudes the lips</p> <p><u>h</u> 9. Fan-shaped muscle overlying the temporal bone. Acts as a synergist to close the jaw.</p> <p><u>b</u> 10. The fibers of this muscle run in circles around the eyes and allows you to close your eyes, squint, blink, and wink.</p> | <p>d frontalis</p> <p>b orbicularis oculi</p> <p>e orbicularis oris</p> <p>d occipitalis</p> <p>e buccinator</p> <p>f zygomaticus</p> <p>g. masseter</p> <p>f temporalis</p> <p>e platysma</p> <p>j sternocleidomastoid</p> |
|---|--|

Trunk Muscles

- | | |
|--|---|
| <p><u>e</u> 1. Fiber runs at right angles to external obliques; same function as external obliques.</p> <p><u>b</u> 2. Found deep between the ribs; helps in breathing</p> <p><u>i</u> 3. Prime move of back extension; helps control bending over at the waist</p> <p><u>d</u> 4. Make up lateral walls of abdomen. Run diagonal from last eight ribs to ilium. Flex vertebral column; rotate trunk; bend trunk laterally</p> <p><u>R</u> 5. Triangle-shaped muscle that form the rounded shape of our shoulders; prime movers of arm abduction</p> <p><u>a</u> 6. Large fan-shaped muscle covering the upper part of the chest. Acts to adduct and flex the arm.</p> | <p>d Pectoralis major</p> <p>e Intercostal muscles</p> <p>e Rectus abdominis</p> <p>f External oblique</p> <p>e Internal oblique</p> <p>f Transverse abdominis</p> <p>e Trapezius</p> <p>f Latissimus Dorsi</p> <p>e Erector Spinae</p> <p>j. Quadratus Lumborum</p> <p>f Deltoid</p> |
|--|---|

- g 7. Most superficial muscles of posterior neck and upper trunk; diamond or kite shaped muscle; extend the head; elevate, depress, adduct, and stabilize the scapula
- h 8. Two large, flat muscles that cover the lower back. Extends and adducts the humerus; important in swimming or striking a blow
- C 9. Most superficial muscles of the abdomen; function to flex the vertebral column; compress abdominal contents during defecation and childbirth; forced breathing
- j 10. Form posterior abdominal wall; flexes spine laterally; extend lumbar spine
- f 11. Deepest muscle of the abdominal wall. Fibers run horizontally across abdomen; compresses abdominal contents.

Muscles of the Upper Limb

- d 1. Only muscle fleshing out the posterior humerus; prime mover in elbow extension; deliver a strong jab in boxing
- a 2. Bulges when you flex your elbow; powerful prime mover for flexion of forearm and acts to supinate the forearm.
- b 3. Lies deep; prime mover in elbow flexion; lifts the ulna
- e 4. Found anterior aspect of forearm and flexes the wrist and fingers
- c 5. Weak muscle that arises on humerus and inserts into forearm; resides mainly in forearm.
- f 6. Found on the lateral and posterior aspect of forearm and extends the wrist and fingers

- Biceps brachii
- Brachialis
- Brachioradialis
- Triceps brachii
- Flexor carpi & flexor digitorum
- Extensor carpi & extensor digitorum

Muscles of the Lower Limb

- a 1. Superficial muscle of the hip and forms most of the flesh of the buttock; powerful hip extensor; climbing stairs and jumping
- d 2. Muscle mass of medial side of each thigh; adduct (press) thighs together; often becomes flabby easily since gravity does most of their work
- i 3. Prime mover is toe extension
- h 4. Superficial muscle on anterior leg that arises from tibia; acts to dorsiflex and invert the foot
- f 5. Thin, straplike muscle and most superficial muscle of thigh. Runs obliquely and weak thigh flexor; helps sit cross legged
- b 6. Hip abductor and important in steadying the pelvis during walking
- l 7. Arises on tibia and fibula; inserts into calcaneal muscle; strong plantar flexor like the gastrocnemius
- k 8. Two-bellied muscle that forms the curved calf of posterior leg. Prime mover for plantar flexion of the foot; dancers toe
- j 9. Contains three muscles and form lateral part of the lower leg; as a whole plantar flexes and everts the foot

- Gluteus maximus
- Gluteus medius
- Iliopsoas
- Adductor muscles
- Hamstring group
- Sartorius
- Quadriceps group
- Tibialis anterior
- Extensor digitorum longus
- Fibularis muscles
- Gastrocnemius
- Soleus

Name Ray

- e 10. Consists of three muscles; prime movers of thigh extension and knee flexion; you can feel tendons on back of knee
- g 11. Consists of four muscles; acts to extend knee powerfully as when kicking a soccer ball; flex the hip
- c 12. Composed of two muscles (iliacus and psoas major). Prime mover of hip flexion; keeps upper body from falling backwards

