

## 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

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|---|--|
| <p>_____ 1. Covers posterior part of the skull and pulls scalp posteriorly</p> <p>_____ 2. Covers the lower angle of the lower jaw. Muscle closes jaw by elevating the mandible</p> <p>_____ 3. Runs horizontally across the cheek. Flattens the cheek for whistling or blowing a trumpet. Holds food while eating.</p> <p>_____ 4. Single, sheetlike muscles that covers the anterolateral neck. Pulls corners of mouth inferiorly (sad face)</p> <p>_____ 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>_____ 6. Extends from corner of mouth to the cheekbone. Raises corner of the mouth into a smile.</p> <p>_____ 7. Covers the frontal bone. Allows you to raise your eyebrows and wrinkle your forehead.</p> <p>_____ 8. Circular muscle of the lips. Closes mouth and protrudes the lips</p> <p>_____ 9. Fan-shaped muscle overlying the temporal bone. Acts as a synergist to close the jaw.</p> <p>_____ 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>a. frontalis</p> <p>b. orbicularis oculi</p> <p>c. orbicularis oris</p> <p>d. occipitalis</p> <p>e. buccinator</p> <p>f. zygomaticus</p> <p>g. masseter</p> <p>h. temporalis</p> <p>i. platysma</p> <p>j. sternocleidomastoid</p> |
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#### Trunk Muscles

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

- \_\_\_\_\_ 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
- \_\_\_\_\_ 8. Two large, flat muscles that cover the lower back. Extends and adducts the humerus; important in swimming or striking a blow
- \_\_\_\_\_ 9. Most superficial muscles of the abdomen; function to flex the vertebral column; compress abdominal contents during defecation and childbirth; forced breathing
- \_\_\_\_\_ 10. Form posterior abdominal wall; flexes spine laterally; extend lumbar spine
- \_\_\_\_\_ 11. Deepest muscle of the abdominal wall. Fibers run horizontally across abdomen; compresses abdominal contents.

### **Muscles of the Upper Limb**

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

- a. Biceps brachii  
b. Brachialis  
c. Brachioradialis  
d. Triceps brachii  
e. Flexor carpi & flexor digitorum  
f. Extensor carpi & extensor digitorum

### **Muscles of the Lower Limb**

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

- a. Gluteus maximus  
b. Gluteus medius  
c. Iliopsoas  
d. Adductor muscles  
e. Hamstring group  
f. Sartorius  
g. Quadriceps group  
h. Tibialis anterior  
i. Extensor digitorum longus  
j. Fibularis muscles  
k. Gastrocnemius  
l. Soleus

Name \_\_\_\_\_

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