

13 REVIEW SHEET

EXERCISE

NAME _____

LAB TIME/DATE _____

Gross Anatomy of the Muscular System

Classification of Skeletal Muscles

1. Several criteria were given for the naming of muscles.

For each of the criteria below, list at least two muscles that are named for the given criterion.

1. Muscle location: (answers will vary) examples would be rectus femoris and biceps femoris

2. Muscle shape: (answers will vary) examples would be trapezius and deltoid

3. Muscle size: (answers will vary) examples would be gluteus maximus and adductor magnus

4. Direction of muscle fibers: (answers will vary) examples would be transverse abdominis and external oblique

5. Number of origins: (answers will vary) examples would be biceps femoris and triceps femoris

6. Location of attachments: (answers will vary) examples would be extensor carpi ulnaris and sternocleidomastoid

7. Muscle action: (answers will vary) examples would be adductor magnus and flexor digitorum superficialis

2. Match the key terms to the descriptions below.

Key: a. prime mover (agonist) b. antagonist c. synergist d. fixator

e. origin

f. insertion

a; prime mover

1. term for the biceps brachii during forearm flexion

c; synergist

2. term that describes the relation of brachioradialis to biceps brachii during forearm flexion

b; antagonist

3. term for the triceps brachii during forearm flexion

f; insertion

4. term for the more movable muscle attachment

e; origin

5. term for the more fixed muscle attachment

d; fixator

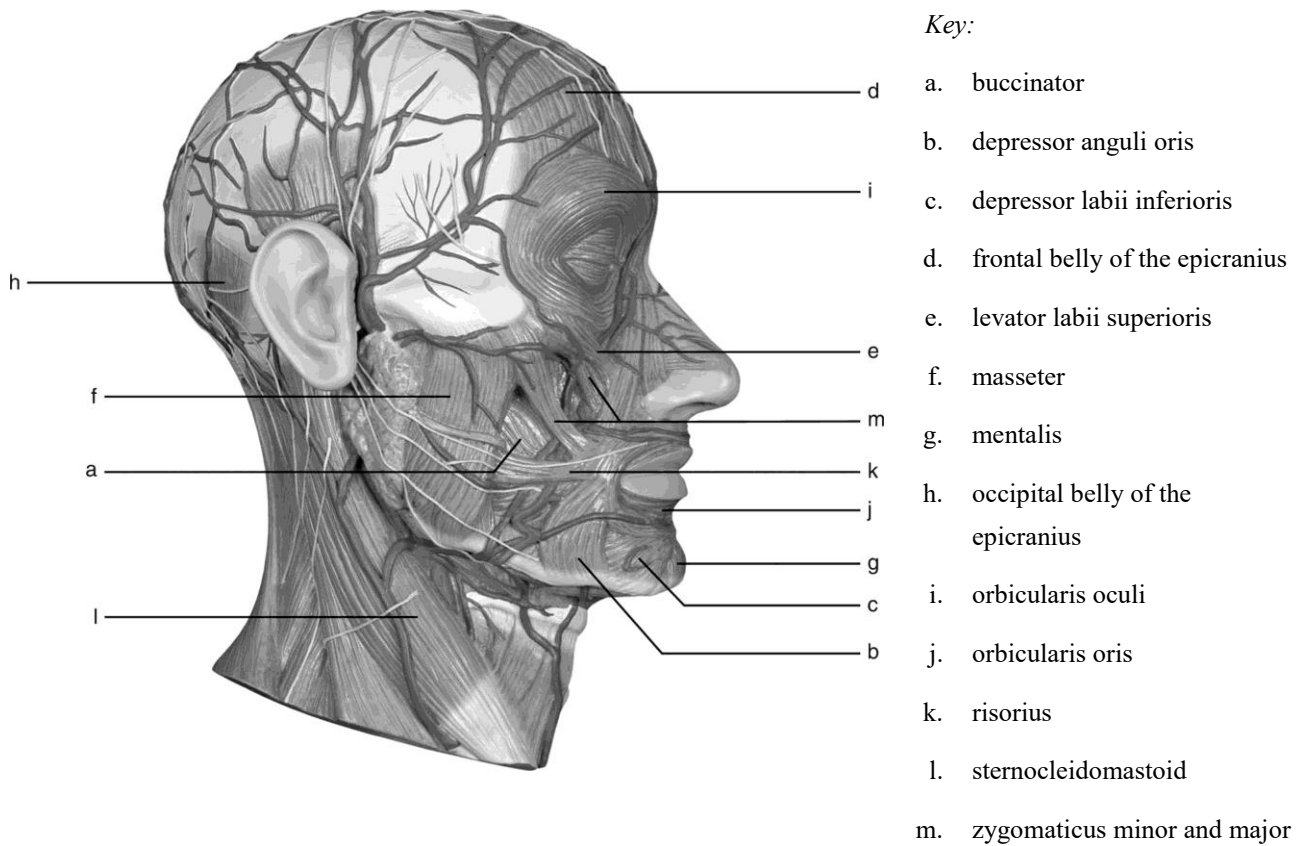
6. term for the rotator cuff muscles and deltoid when the forearm is flexed and the hand grabs

a

tabletop to lift the table

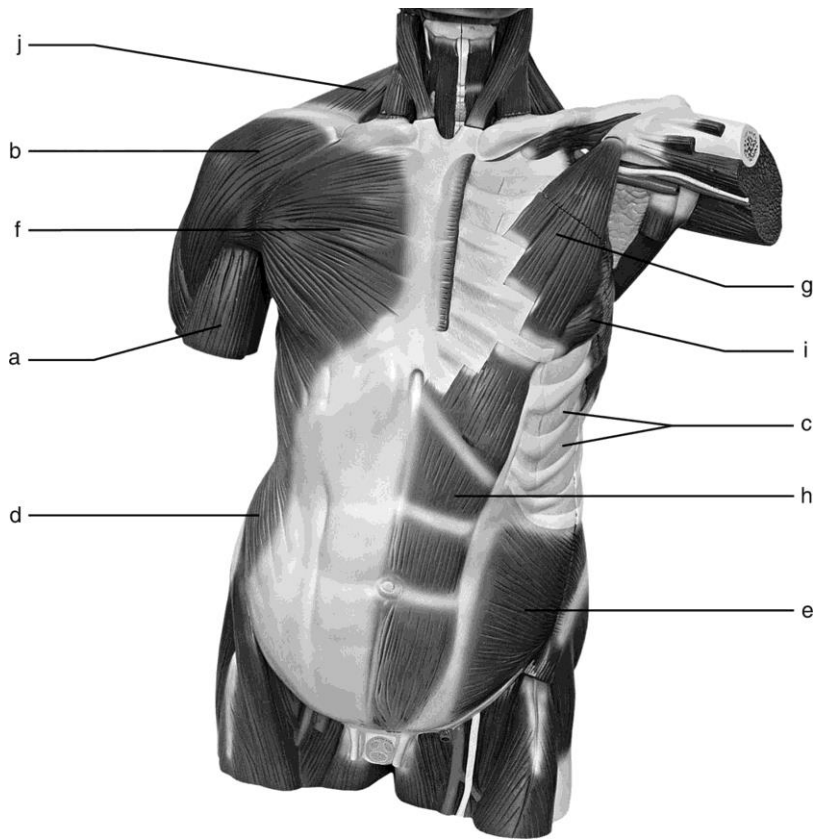
Muscles of the Head and Neck

3. Using choices from the key at the right, correctly identify muscles provided with leader lines on the illustration.



Muscles of the Trunk

5. Correctly identify both intact and transected (cut) muscles depicted in the illustration, using the key given at the right.



Key:

- a. biceps brachii (cut)
- b. deltoid
- c. external intercostals
- d. external oblique
- e. internal oblique
- f. pectoralis major
- g. pectoralis minor
- h. rectus abdominis
- i. serratus anterior
- j. trapezius

6. Using the key provided in question 5 above, identify the major muscles described below.

h 1. a major flexor of the vertebral column

g 6. with ribs fixed, pulls scapula forward and downward

a 2. prime mover for forearm flexion

i 7. moves the scapula forward and rotates scapula upward

f 3. prime mover for arm flexion

c 8. small, inspiratory muscles between the ribs; elevate the rib cage

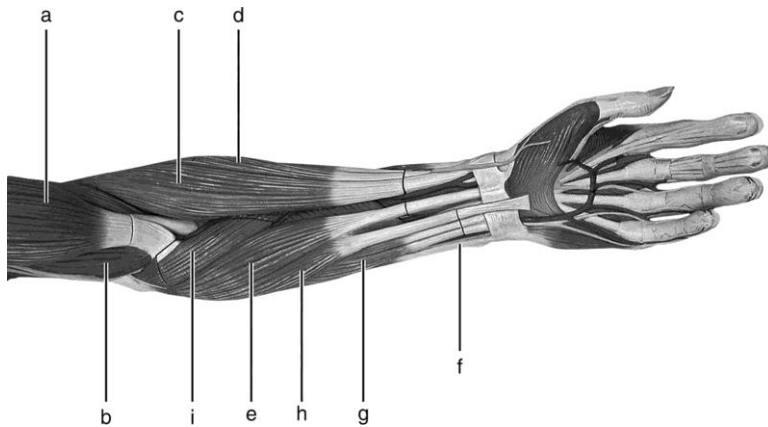
h, d, e 4. assume major responsibility for forming the abdominal wall (three pairs of muscles)

j 9. extends the head

b 5. prime mover of arm abduction

Muscles of the Upper Limb

7. Using terms from the key on the right, correctly identify all muscles provided with leader lines in the illustration.



Key:

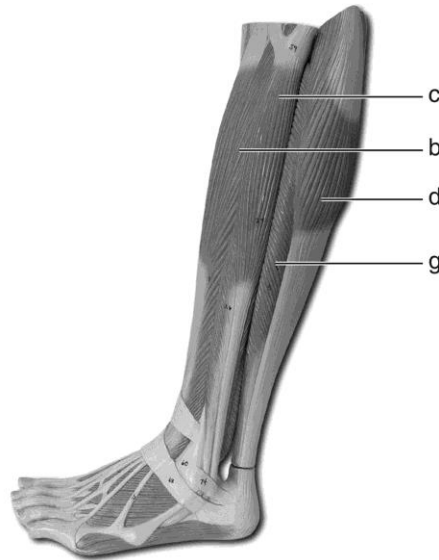
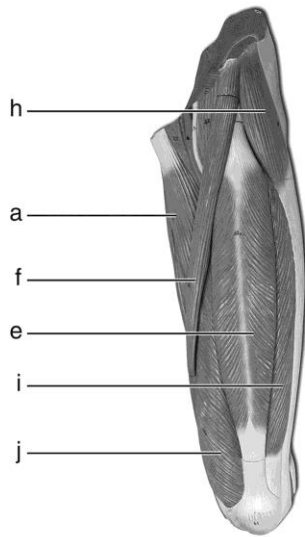
- a. biceps brachii
- b. brachialis
- c. brachioradialis
- d. extensor carpi radialis longus
- e. flexor carpi radialis
- f. flexor carpi ulnaris
- g. flexor digitorum superficialis
- h. palmaris longus
- i. pronator teres

8. Use the key provided in question 7 to identify the muscles described below. (Some choices from the key will be used more than once.)

- | | |
|--|--|
| <u> a </u> 1. flexes and supinates the forearm | <u> g </u> 6. flexes the hand and middle phalanges |
| <u> g </u> 2. muscle located in the posterior compartment of the forearm | <u> i </u> 7. pronates the forearm |
| <u> b, c </u> 3. forearm flexors; no role in supination (two muscles) | <u> f </u> 8. flexes and abducts the hand |
| <u> e </u> 4. muscle located medial to the palmaris longus | <u> d </u> 9. extends and abducts the hand |
| <u> e </u> 5. flexes and abducts the hand | <u> h </u> 10. flat muscle that is a weak hand flexor, tenses skin of the palm |

Muscles of the Lower Limb

9. Using the terms from the key on the right, correctly identify all muscles provided with leader lines in the illustrations below.



Key:

- a. adductor longus
- b. extensor digitorum longus
- c. fibularis longus
- d. gastrocnemius
- e. rectus femoris
- f. sartorius
- g. soleus
- h. tensor fasciae latae
- i. vastus lateralis
- j. vastus medialis

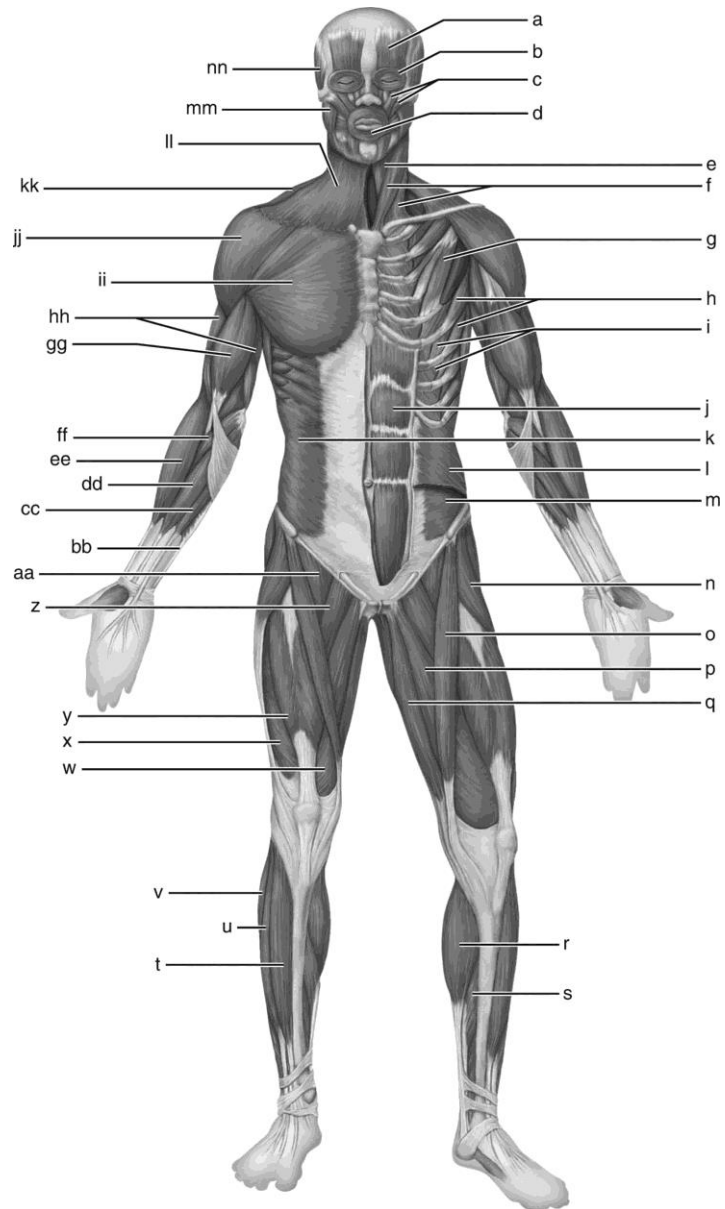
10. Use the key terms in question 9 to respond to the descriptions below.

- | | | | |
|-------------|---|-------------|---|
| <u>f</u> | 1. "tailor's muscle" | <u>d, g</u> | 5. posterior compartment muscles that cause plantar flexion of the foot (two muscles) |
| <u>c</u> | 2. lateral compartment muscle that plantar flexes and everts the foot | <u>a</u> | 6. adducts the thigh, as when standing at attention |
| | 3. abducts the thigh to take the "at ease" stance | <u>b</u> | 7. extends the toes |
| <u>i, j</u> | 4. extends leg and stabilizes knee (two muscles) | <u>e</u> | 8. extends leg and flexes thigh |

General Review: Muscle Recognition

11. Identify each lettered muscle in the illustration of the human anterior superficial musculature by matching its letter with one of the following muscle names:

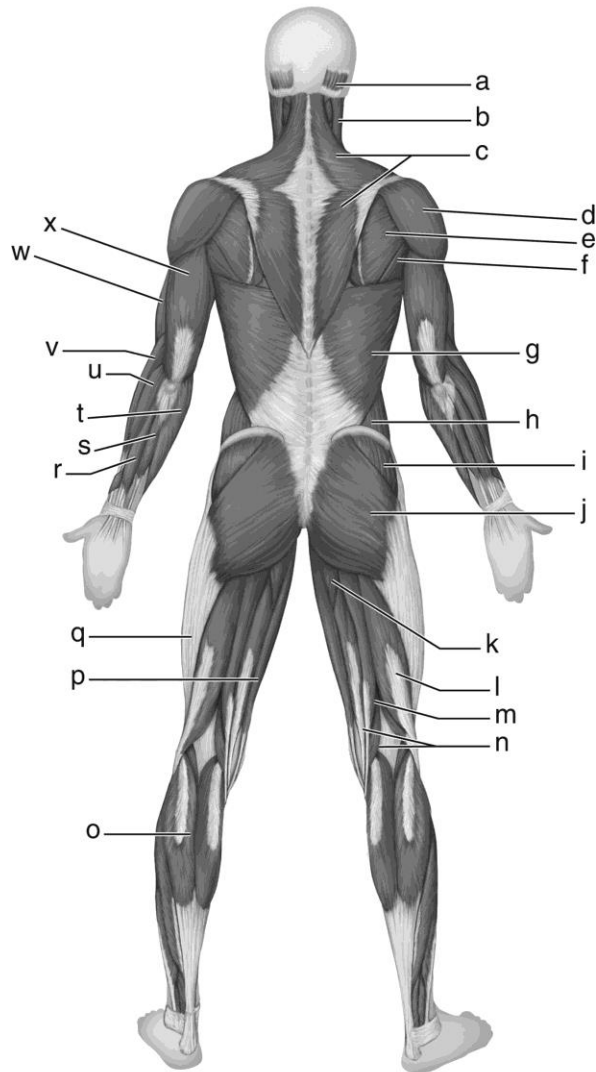
- | | |
|-----------|--------------------------------|
| <u>p</u> | 1. adductor longus |
| <u>gg</u> | 2. biceps brachii |
| <u>ee</u> | 3. brachioradialis |
| <u>jj</u> | 4. deltoid |
| <u>u</u> | 5. extensor digitorum longus |
| <u>k</u> | 6. external oblique |
| <u>v</u> | 7. fibularis longus |
| <u>dd</u> | 8. flexor carpi radialis |
| <u>bb</u> | 9. flexor carpi ulnaris |
| <u>a</u> | 10. frontal belly of epicranii |
| <u>r</u> | 11. gastrocnemius |
| <u>q</u> | 12. gracilis |
| <u>aa</u> | 13. iliopsoas |
| <u>i</u> | 14. intercostals |
| <u>l</u> | 15. internal oblique |
| <u>mm</u> | 16. masseter |
| <u>b</u> | 17. orbicularis oculi |
| <u>d</u> | 18. orbicularis oris |
| <u>cc</u> | 19. palmaris longus |
| <u>z</u> | 20. pectineus |
| <u>ii</u> | 21. pectoralis major |
| <u>g</u> | 22. pectoralis minor |
| <u>ll</u> | 23. platysma |
| <u>ff</u> | 24. pronator teres |
| <u>j</u> | 25. rectus abdominis |
| <u>y</u> | 26. rectus femoris |
| <u>o</u> | 27. sartorius |
| <u>h</u> | 28. serratus anterior |
| <u>s</u> | 29. soleus |
| <u>f</u> | 30. sternocleidomastoid |
| <u>e</u> | 31. sternohyoid |
| <u>nn</u> | 32. temporalis |



- | | | | |
|-----------|---------------------------|----------|----------------------|
| <u>n</u> | 33. tensor fasciae lata | <u>x</u> | 38. vastus lateralis |
| <u>t</u> | 34. tibialis anterior | <u>w</u> | 39. vastus medialis |
| <u>m</u> | 35. transversus abdominis | <u>c</u> | 40. zygomaticus |
| <u>kk</u> | 36. trapezius | | |
| <u>hh</u> | 37. triceps brachii | | |

12. Identify each lettered muscle in this illustration of the human posterior superficial musculature by matching its letter with one of the following muscle names:

- | | |
|--------------|-----------------------------------|
| <u> k </u> | 1. adductor magnus |
| <u> l </u> | 2. biceps femoris |
| <u> w </u> | 3. brachialis |
| <u> v </u> | 4. brachioradialis |
| <u> d </u> | 5. deltoid |
| <u> u </u> | 6. extensor carpi radialis longus |
| <u> s </u> | 7. extensor carpi ulnaris |
| <u> r </u> | 8. extensor digitorum |
| <u> h </u> | 9. external oblique |
| <u> t </u> | 10. flexor carpi ulnaris |
| <u> o </u> | 11. gastrocnemius |
| <u> j </u> | 12. gluteus maximus |
| <u> i </u> | 13. gluteus medius |
| <u> p </u> | 14. gracilis |
| <u> q </u> | 15. iliotibial tract (tendon) |
| <u> e </u> | 16. infraspinatus |
| <u> g </u> | 17. latissimus dorsi |
| <u> a </u> | 18. occipital belly of epicranius |
| <u> n </u> | 19. semimembranosus |
| <u> m </u> | 20. semitendinosus |
| <u> b </u> | 21. sternocleidomastoid |
| <u> f </u> | 22. teres major |
| <u> c </u> | 23. trapezius |
| <u> x </u> | 24. triceps brachii |



General Review: Muscle Descriptions

13. Identify the muscles described by completing the following statements. Use an appropriate reference as needed.

1. The deltoid, vastus lateralis, gluteus maximus, and gluteus medius
_____ are commonly used for intramuscular injections (four muscles).
2. The insertion tendon of the quadriceps group contains a large sesamoid bone, the patella.
3. The triceps surae insert in common into the calcaneal tendon.
4. The bulk of the tissue of a muscle tends to lie proximal to the part of the body it causes to move.
5. The extrinsic muscles of the hand originate on the humerus, radius, and ulna

.
6. Most flexor muscles are located on the anterior aspect of the body; most extensors are located posteriorly. An exception to this generalization is the extensor-flexor musculature of the thigh/lower limb

