

Types of Muscles and Muscle Structure

Introductory Muscle Lecture

Anatomy

Directional Muscle Terms

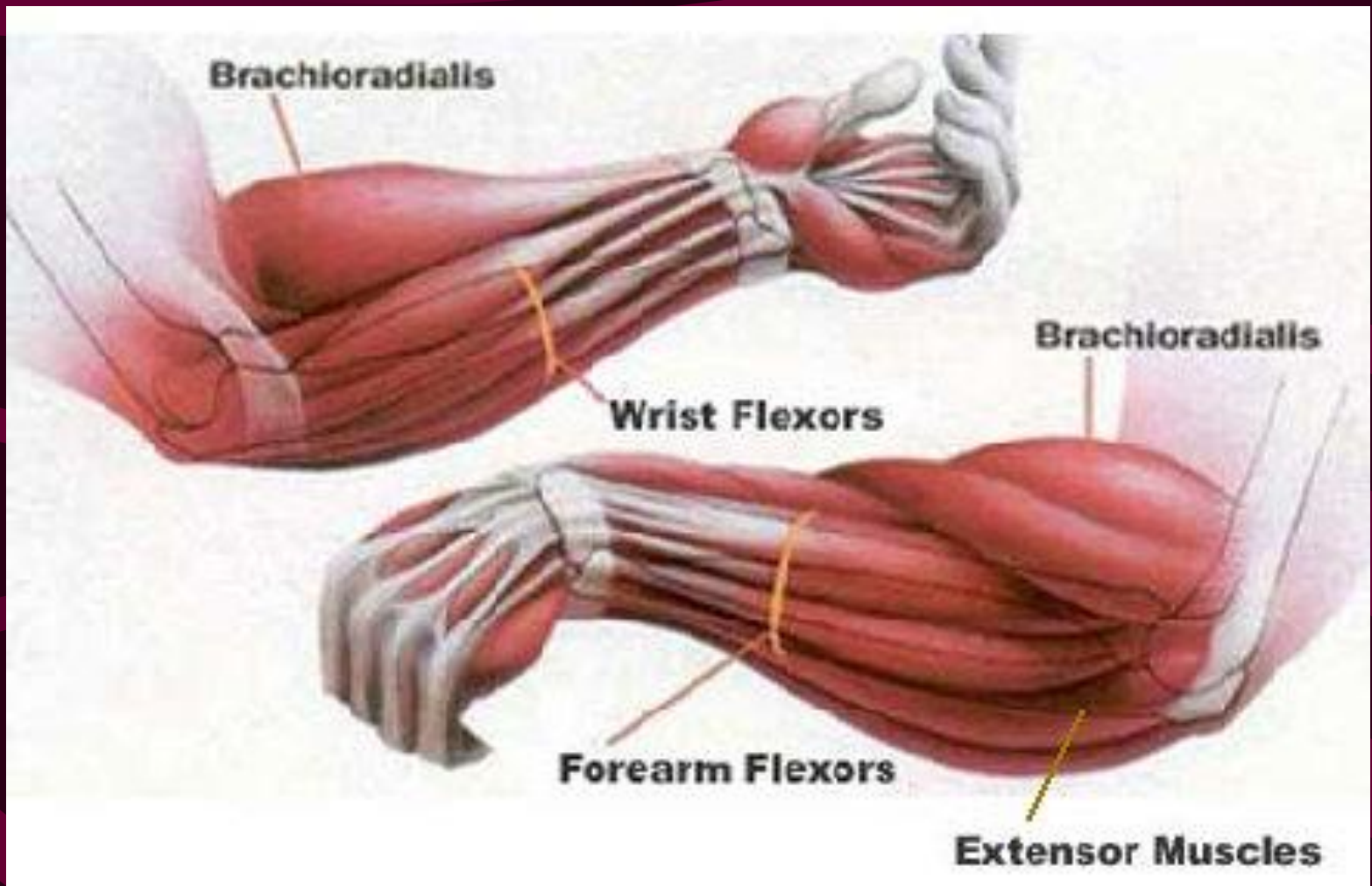
- Muscles are named for:
 - A. Direction relative to the longitudinal axis of the body.**
 - Rectus: parallel to.
 - Transverse: perpendicular to.
 - Oblique: at an angle to.
 - Lateralis: lateral to.
 - Medialis: in the middle of the muscle group.

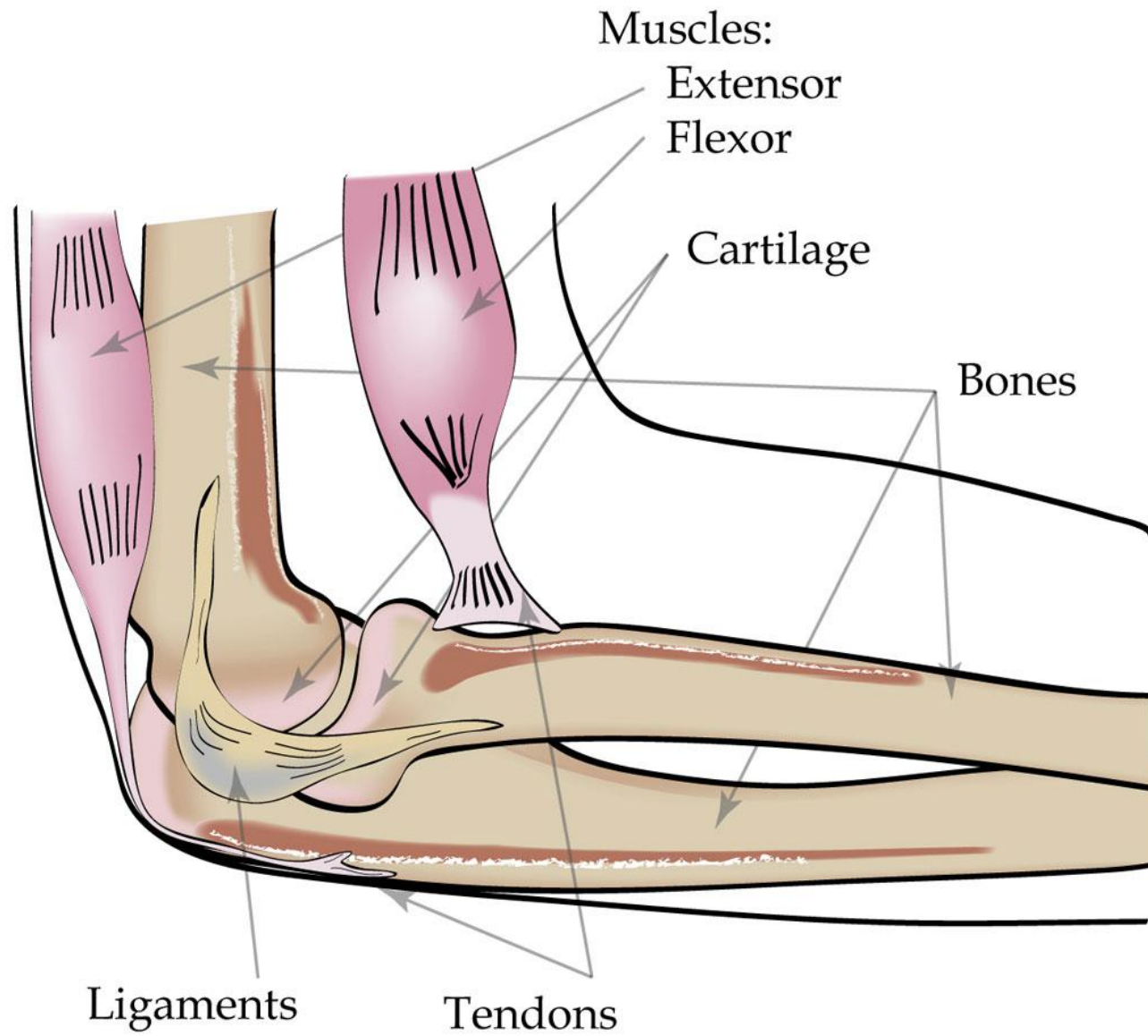
Directional Muscle Terms

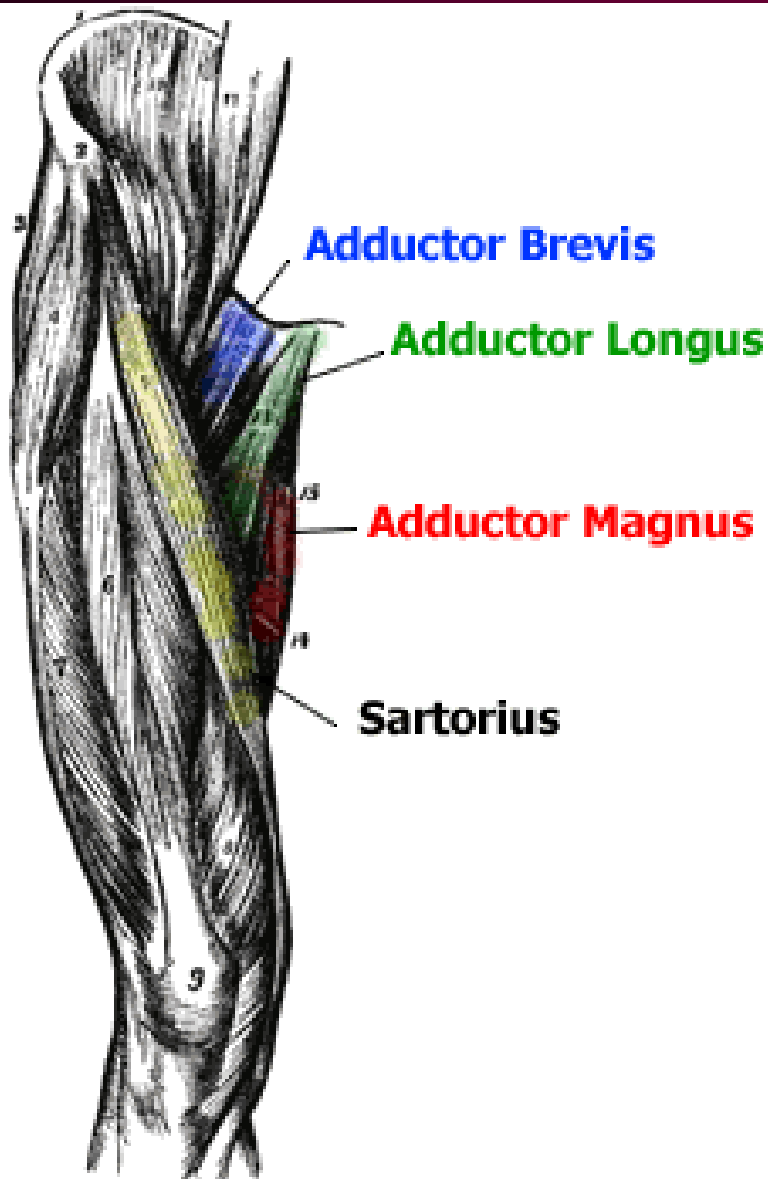
- Muscles are named for:

B. Their Action:

- flexor: bends
- extensor: straightens.
- abductor: moves away from the midline.
- adductor: moves toward the midline.
- depressor: moves downward.
- Levator: moves upward (elevates)
- pronator: turn over (face down).
- Rotator: turns to the side.

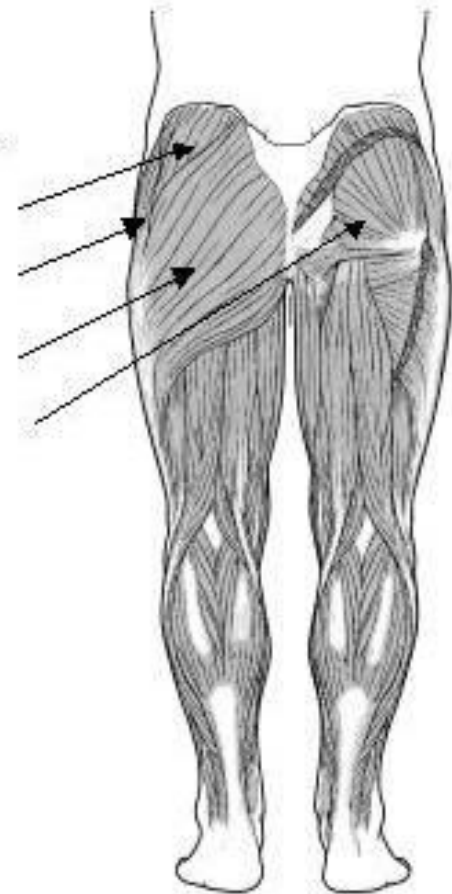






ABDUCTORS:

- Gluteus Minimus
- Tensor Fascia Lata
- Gluteus Maximus
- Gluteus Medius



Directional Muscle Terms

- Muscles are named for:

C. Their Region in the Body:

- Abdominus: near the abdomen.
- Capitus: near the head.
- Carpi: near the wrist.
- Digitorum: fingers or digits.
- Clavo: clavicle.
- Brachii: upper arm (humerus).
- Radialis: lower arm (radius bone)
- Ulnaris: lower arm (ulna)

C. Their Region in the body cont'd

- Femoris: femur
- Tibialis: lower leg (tibia)
- Dorsi/Dorsalis: towards the back
- Ventralis: towards the belly.
- Glossal: tongue.
- Inguinal: groin
- Ani: anus