

MUSCLE MOVEMENTS, TYPES, AND NAMES

14. Relative to general terminology concerning muscle activity, first label the following structures on Figure 6-5: insertion, origin, tendon, resting muscle, and contracting muscle. Next, identify the two structures named below by choosing different colors for the coding circles and the corresponding structures in the figure.

- ☐ Movable bone
☐ Immovable bone

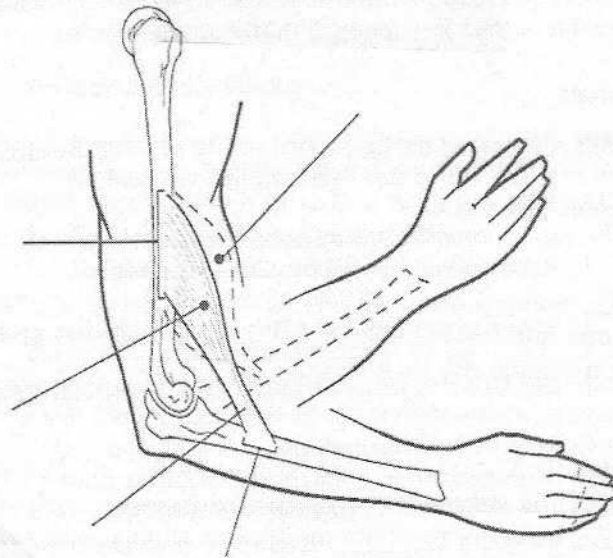


Figure 6-5

16. The terms provided in the key are often used to describe the manner in which muscles interact with other muscles. Select the key terms that apply to the following definitions and insert the correct letter or term in the answer blanks.

Key Choices

- A. Antagonist B. Fixator C. Prime mover D. Synergist

- _____ 1. Agonist
- _____ 2. Postural muscles for the most part
- _____ 3. Stabilizes a joint so that the prime mover can act at more distal joints
- _____ 4. Performs the same movement as the prime mover
- _____ 5. Reverses and/or opposes the action of a prime mover
- _____ 6. Immobilizes the origin of a prime mover

17. Several criteria are applied to the naming of muscles. These are provided in Column B. Identify which criteria pertain to the muscles listed in Column A and enter the correct letter(s) in the answer blank.

Column A	Column B
_____ 1. Gluteus maximus	A. Action of the muscle
_____ 2. Adductor magnus	B. Shape of the muscle
_____ 3. Biceps femoris	C. Location of the muscle's origin and/or insertion
_____ 4. Abdominis transversus	D. Number of origins
_____ 5. Extensor carpi ulnaris	E. Location of muscle relative to a bone or body region
_____ 6. Trapezius	F. Direction in which the muscle fibers run relative to some imaginary line
_____ 7. Rectus femoris	G. Relative size of the muscle
_____ 8. External oblique	

GROSS ANATOMY OF THE SKELETAL MUSCLES

Muscles of the Head

18. Identify the major muscles described in Column A by choosing a response from Column B. Enter the correct letter in the answer blank. Select a different color for each muscle described and color in the coding circle and corresponding muscle on Figure 6-6.

Column A	Column B
<input type="radio"/> _____ 1. Used in smiling	A. Buccinator
<input type="radio"/> _____ 2. Used to suck in your cheeks	B. Frontalis
<input type="radio"/> _____ 3. Used in winking	C. Masseter
<input type="radio"/> _____ 4. Used to form the horizontal frown crease on the forehead	D. Orbicularis oculi
<input type="radio"/> _____ 5. The "kissing" muscle	E. Orbicularis oris
<input type="radio"/> _____ 6. Prime mover of jaw closure	F. Sternocleidomastoid
<input type="radio"/> _____ 7. Synergist muscle for jaw closure	G. Temporalis
<input type="radio"/> _____ 8. Prime mover of head flexion; a two-headed muscle	H. Trapezius
	I. Zygomaticus

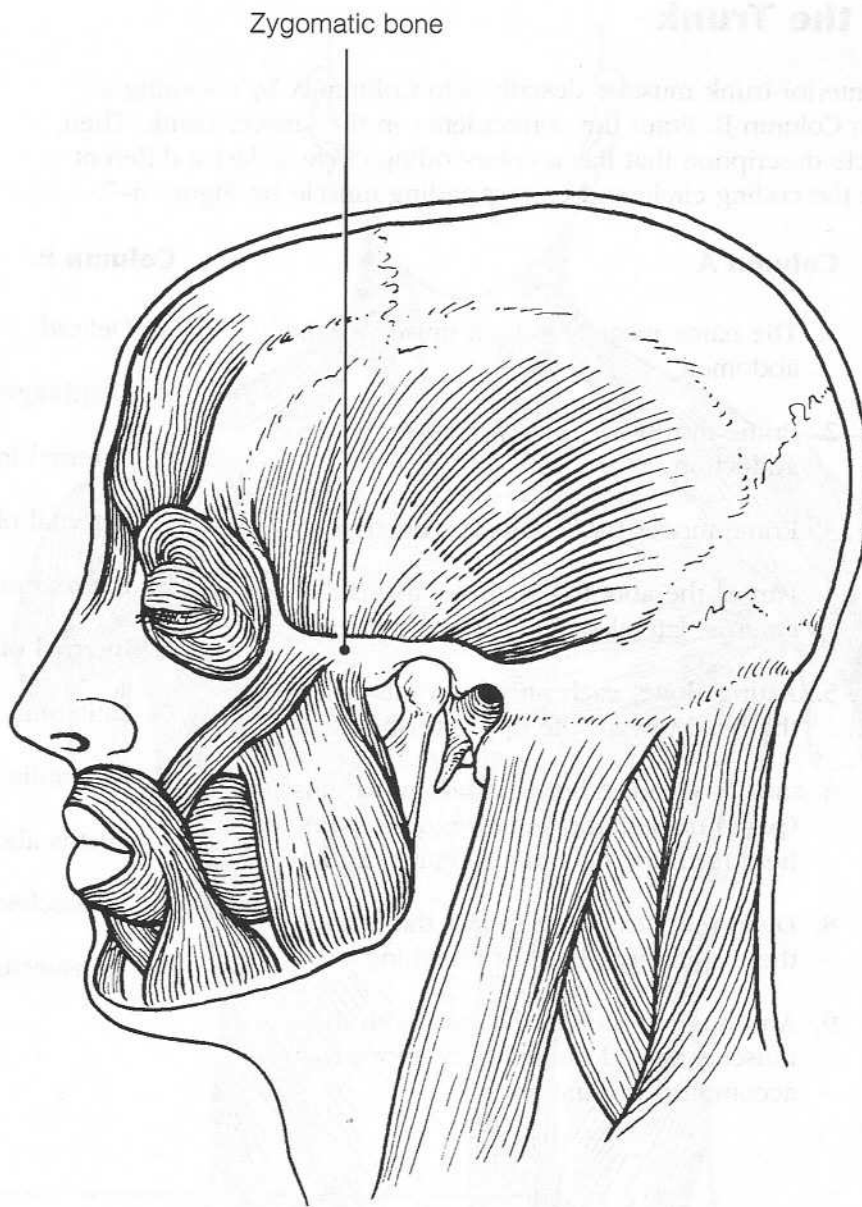


Figure 6-6

Muscles of the Trunk

19. Identify the anterior trunk muscles described in Column A by choosing a response from Column B. Enter the correct letter in the answer blank. Then, for each muscle description that has a color-coding circle, select a different color to color the coding circle and corresponding muscle on Figure 6-7.

Column A

- ☐ _____ 1. The name means "straight muscle of the abdomen"
- ☐ _____ 2. Prime mover for shoulder flexion and adduction
- ☐ _____ 3. Prime mover for shoulder abduction
- ☐ _____ 4. Part of the abdominal girdle; forms the external lateral walls of the abdomen
- ☐ _____ 5. Acting alone, each muscle of this pair turns the head toward the opposite shoulder
- _____ 6. and 7. Besides the two abdominal muscles (pairs) named above, two muscle pairs that help form the natural abdominal girdle
- _____ 8. Deep muscles of the thorax that promote the inspiratory phase of breathing
- _____ 9. An unpaired muscle that acts with the muscles named immediately above to accomplish inspiration

Column B

- A. Deltoid
- B. Diaphragm
- C. External intercostal
- D. External oblique
- E. Internal intercostal
- F. Internal oblique
- G. Latissimus dorsi
- H. Pectoralis major
- I. Rectus abdominis
- J. Sternocleidomastoid
- K. Transversus abdominis

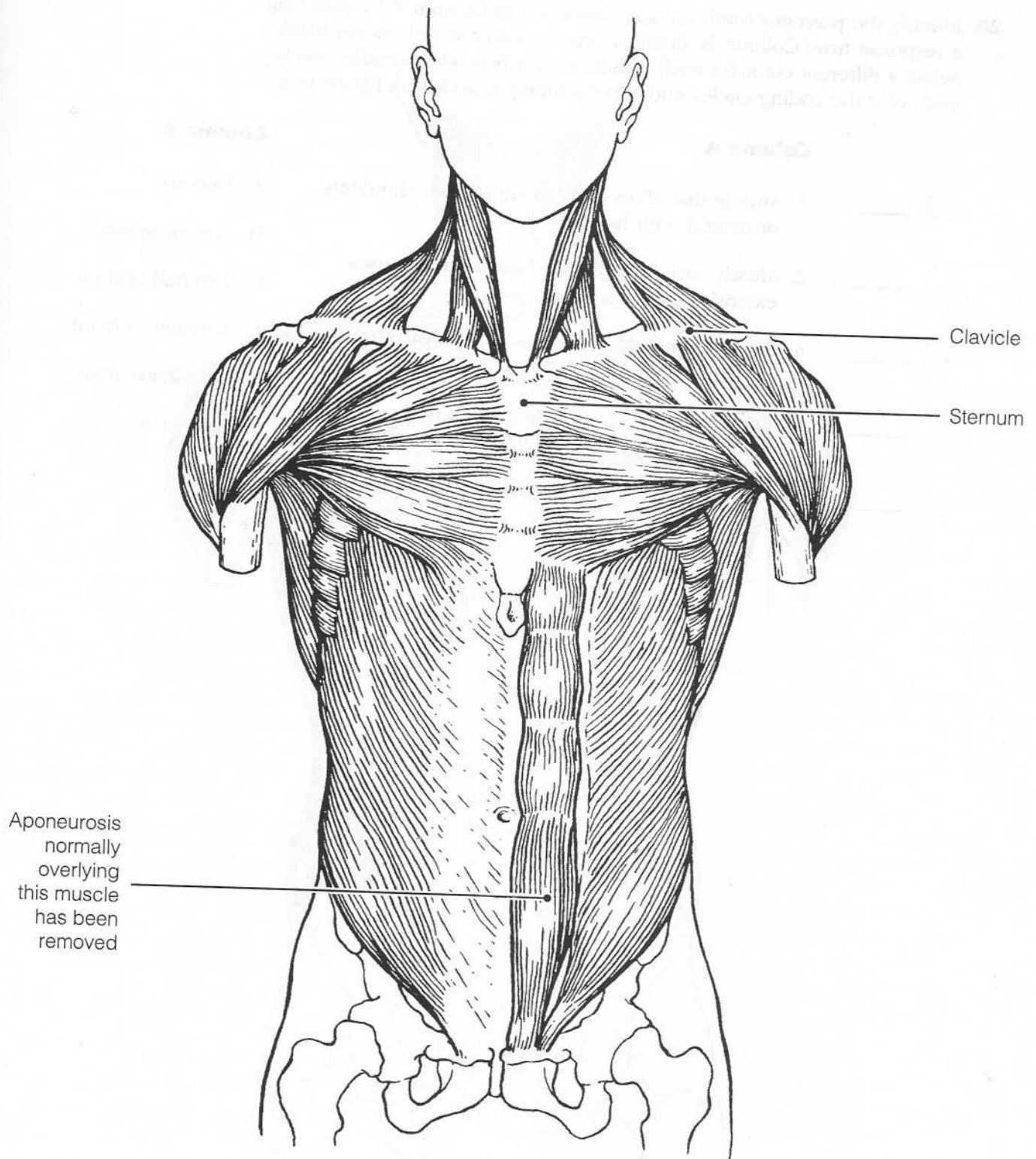


Figure 6-7

20. Identify the posterior trunk muscles described in Column A by choosing a response from Column B. Enter the correct letter in the answer blank. Select a different color for each muscle description with a coding circle and color the coding circles and corresponding muscles on Figure 6–8.

Column A

- ☐ _____ 1. Muscle that allows you to shrug your shoulders or extend your head
- ☐ _____ 2. Muscle that adducts the shoulder and causes extension of the shoulder joint
- ☐ _____ 3. Shoulder muscle that is the antagonist of the muscle just described
- _____ 4. Prime mover of back extension; a deep composite muscle consisting of three columns
- _____ 5. Large paired superficial muscle of the lower back

Column B

- A. Deltoid
- B. Erector spinae
- C. External oblique
- D. Gluteus maximus
- E. Latissimus dorsi
- F. Trapezius

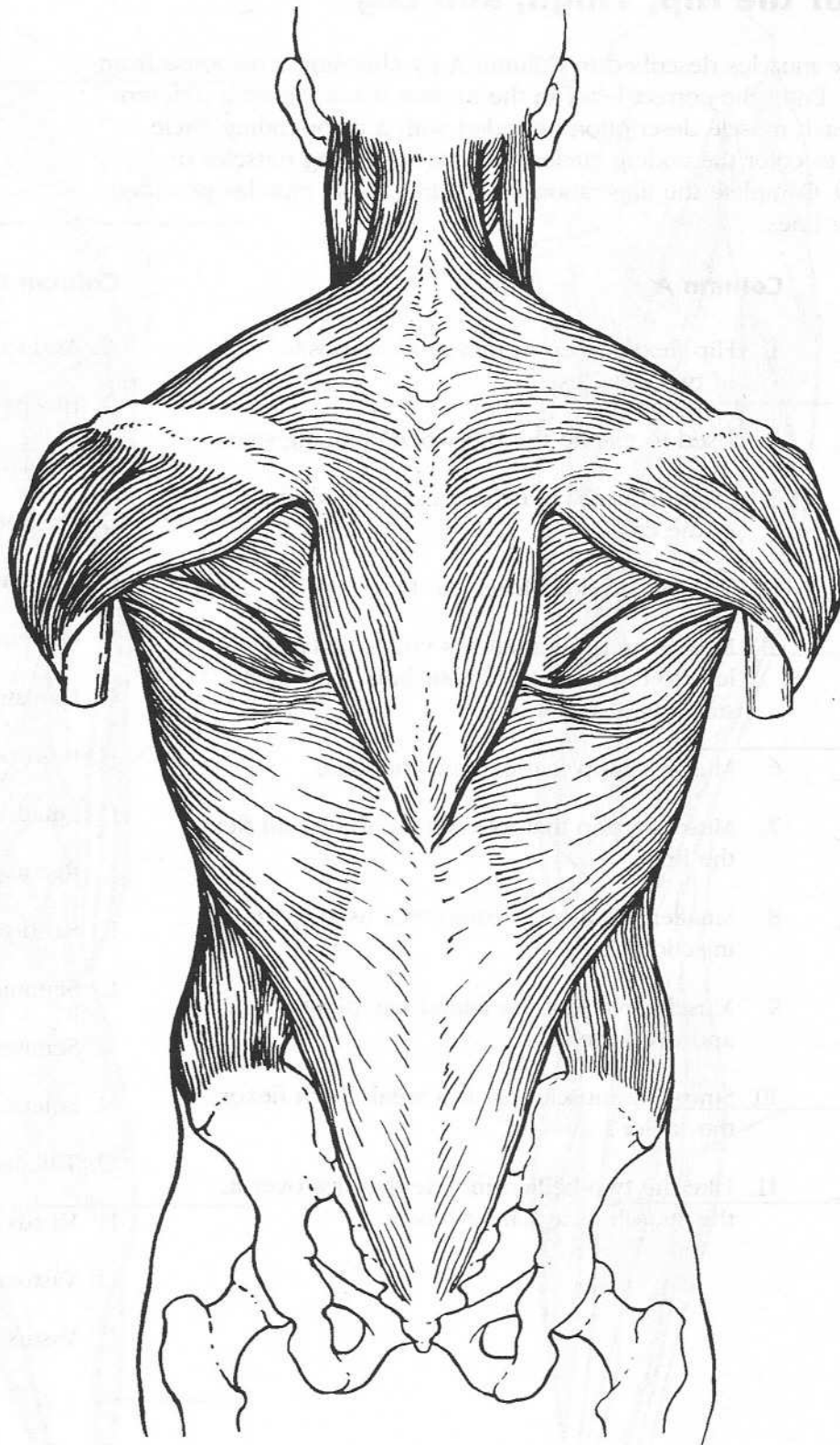


Figure 6-8

Muscles of the Hip, Thigh, and Leg

21. Identify the muscles described in Column A by choosing a response from Column B. Enter the correct letter in the answer blank. Select a different color for each muscle description provided with a color-coding circle, and use it to color the coding circles and corresponding muscles on Figure 6–9. Complete the illustration by labeling those muscles provided with leader lines.

Column A		Column B
_____	1. Hip flexor, deep in pelvis; a composite of two muscles	A. Adductors
<input type="radio"/> _____	2. Used to extend the hip when climbing stairs	B. Biceps femoris
<input type="radio"/> _____	3. “Toe dancer’s” muscle; a two-bellied muscle of the calf	C. Fibularis muscles
<input type="radio"/> _____	4. Inverts and dorsiflexes the foot	D. Gastrocnemius
<input type="radio"/> _____	5. Muscle group that allows you to draw your legs to the midline of your body, as when standing at attention	E. Gluteus maximus
<input type="radio"/> _____	6. Muscle group that extends the knee	F. Gluteus medius
<input type="radio"/> _____	7. Muscle group that extends the thigh and flexes the knee	G. Hamstrings
<input type="radio"/> _____	8. Smaller hip muscle commonly used as an injection site	H. Iliopsoas
<input type="radio"/> _____	9. Muscle group of the lateral leg; plantar flex and evert the foot	I. Quadriceps
<input type="radio"/> _____	10. Strap-like muscle that is a weak thigh flexor; the “tailor’s muscle”	J. Rectus femoris
<input type="radio"/> _____	11. Like the two-bellied muscle that lies over it, this muscle is a plantar flexor	K. Sartorius
		L. Semimembranosus
		M. Semitendinosus
		N. Soleus
		O. Tibialis anterior
		P. Vastus intermedius
		Q. Vastus lateralis
		R. Vastus medialis

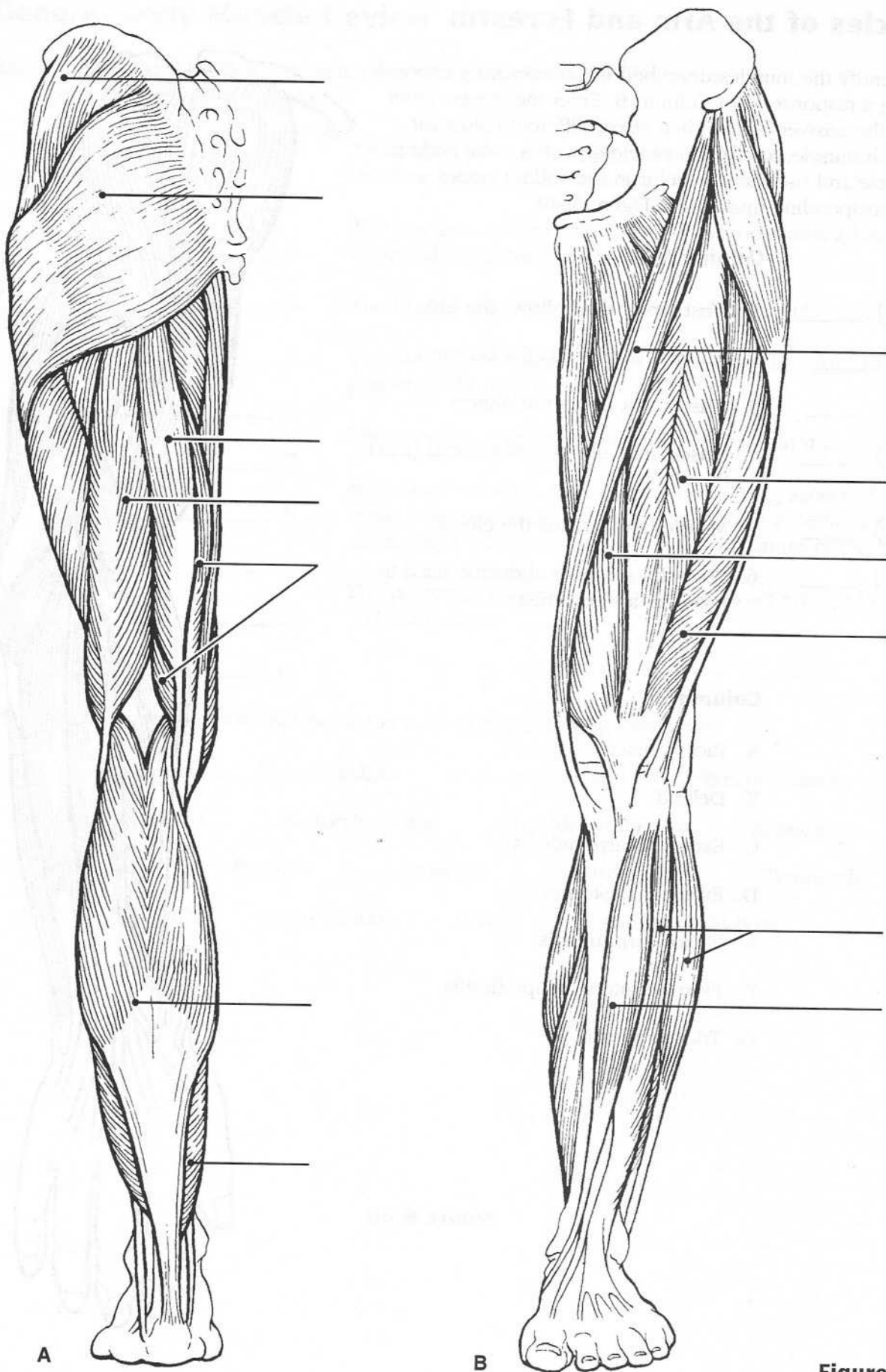


Figure 6-9

Muscles of the Arm and Forearm

22. Identify the muscles described in Column A by choosing a response from Column B. Enter the correct letter in the answer blank. Then select different colors for each muscle description provided with a color-coding circle and use them to color in the coding circles and corresponding muscles on Figure 6–10.

Column A

- ☐ _____ 1. Wrist flexor that follows the ulna
- ☐ _____ 2. Muscle that extends the fingers
- _____ 3. Muscle that flexes the fingers
- ☐ _____ 4. Muscle that allows you to bend (flex) the elbow
- ☐ _____ 5. Muscle that extends the elbow
- ☐ _____ 6. Powerful shoulder abductor, used to raise the arm overhead

Column B

- A. Biceps brachii
- B. Deltoid
- C. Extensor carpi radialis
- D. Extensor digitorum
- E. Flexor carpi ulnaris
- F. Flexor digitorum superficialis
- G. Triceps brachii



Figure 6–10

General Body Muscle Review

23. Complete the following statements describing muscles. Insert the correct answers in the answer blanks.

- _____ 1. Three muscles— (1) , (2) , and (3) —are commonly used for intramuscular injections in adults.
- _____ 2. _____
- _____ 3. The insertion tendon of the (4) group contains a large sesamoid bone, the patella.
- _____ 4. The triceps surae insert in common into the (5) tendon.
- _____ 5. The bulk of the tissue of a muscle tends to lie (6) to the part of the body it causes to move.
- _____ 6. _____
- _____ 7. The extrinsic muscles of the hand originate on the (7).
- _____ 8. Most flexor muscles are located on the (8) aspect of the body; most extensors are located (9). An exception to this generalization is the extensor-flexor musculature of the (10).
- _____ 9. _____
- _____ 10. The pectoralis major and deltoid muscles act synergistically to (11) the arm.
- _____ 11. _____

24. Circle the term that does not belong in each of the following groupings.

1. Vastus lateralis Vastus medialis Knee extension Biceps femoris
2. Latissimus dorsi Pectoralis major Shoulder adduction Antagonists
3. Buccinator Frontalis Masseter Mastication Temporalis
4. Vastus medialis Rectus femoris Iliacus Origin on coxal bone

25. Identify the numbered muscles in Figure 6–11 by placing the numbers in the blanks next to the following muscle names. Then select a different color for each muscle provided with a color-coding circle and color the coding circle and corresponding muscle in Figure 6–11.

- ☐ _____ 1. Orbicularis oris
- ☐ _____ 2. Pectoralis major
- ☐ _____ 3. External oblique
- ☐ _____ 4. Sternocleidomastoid
- ☐ _____ 5. Biceps brachii
- ☐ _____ 6. Deltoid
- ☐ _____ 7. Vastus lateralis
- ☐ _____ 8. Frontalis
- ☐ _____ 9. Rectus femoris
- ☐ _____ 10. Sartorius
- ☐ _____ 11. Gracilis
- ☐ _____ 12. Adductor group
- ☐ _____ 13. Fibularis longus
- ☐ _____ 14. Temporalis
- ☐ _____ 15. Orbicularis oculi
- ☐ _____ 16. Zygomaticus
- ☐ _____ 17. Masseter
- ☐ _____ 18. Vastus medialis
- ☐ _____ 19. Tibialis anterior
- ☐ _____ 20. Transversus abdominus
- ☐ _____ 21. Rectus abdominis

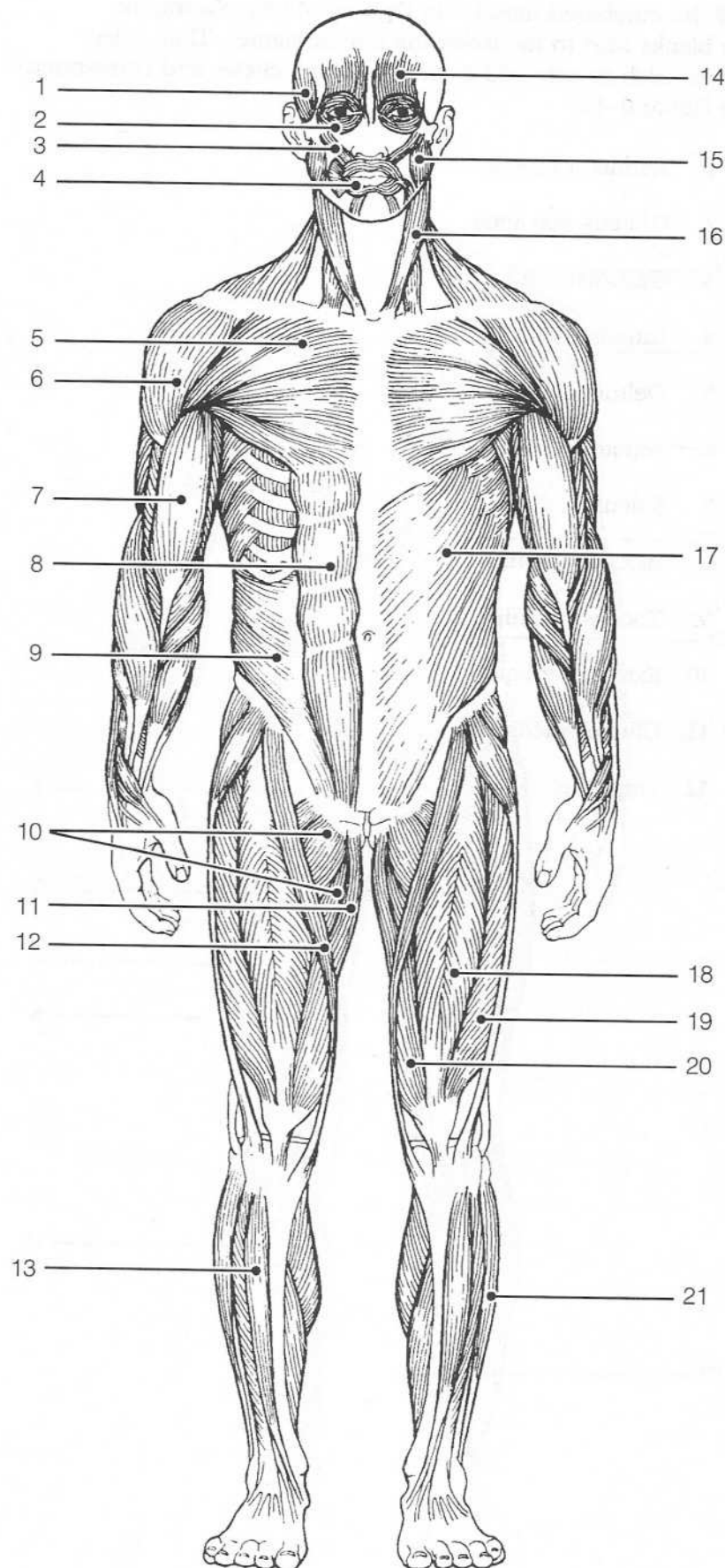
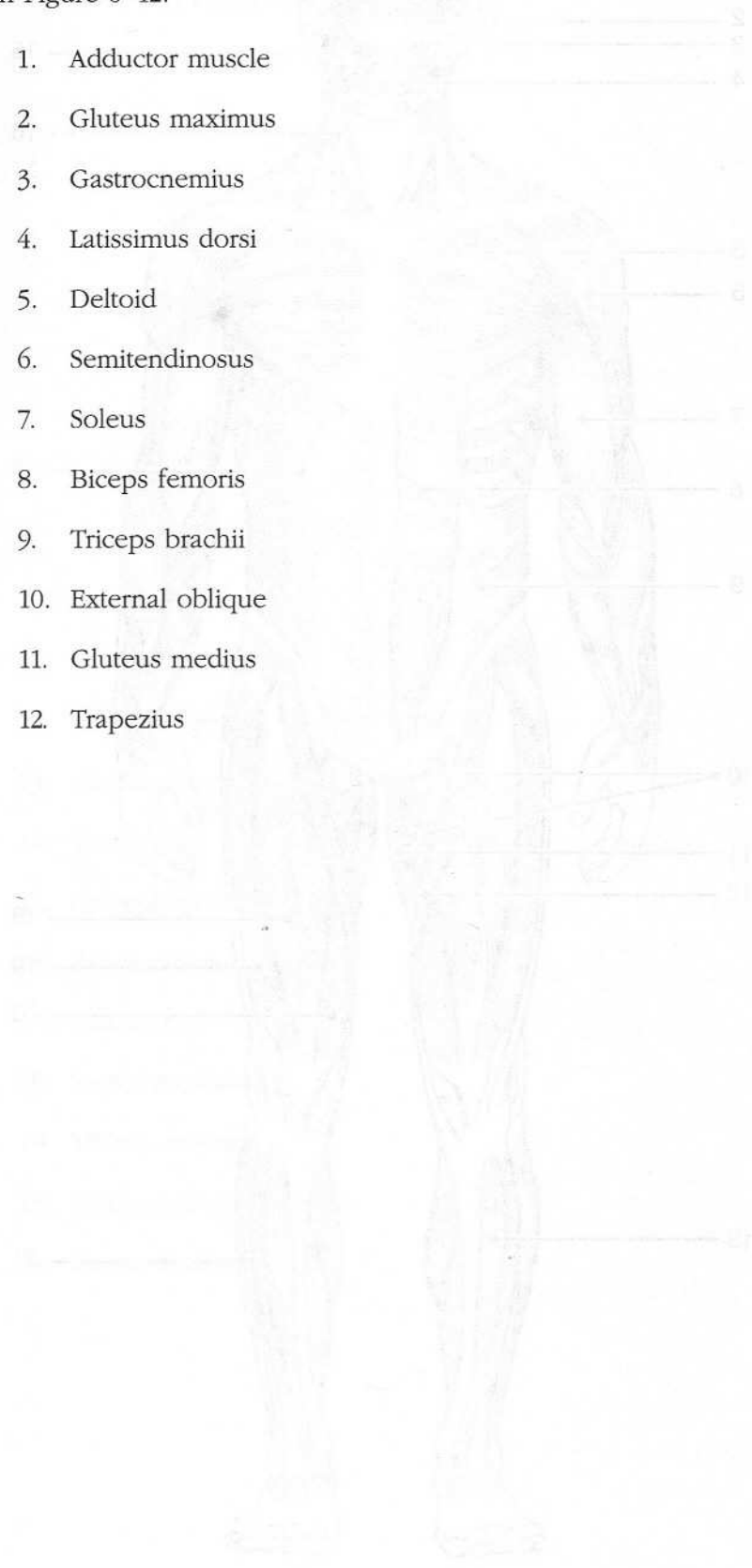


Figure 6-11

26. Identify each of the numbered muscles in Figure 6-12 by placing the numbers in the blanks next to the following muscle names. Then select different colors for each muscle and color the coding circles and corresponding muscles on Figure 6-12.

- ☐ _____ 1. Adductor muscle
- ☐ _____ 2. Gluteus maximus
- ☐ _____ 3. Gastrocnemius
- ☐ _____ 4. Latissimus dorsi
- ☐ _____ 5. Deltoid
- ☐ _____ 6. Semitendinosus
- ☐ _____ 7. Soleus
- ☐ _____ 8. Biceps femoris
- ☐ _____ 9. Triceps brachii
- ☐ _____ 10. External oblique
- ☐ _____ 11. Gluteus medius
- ☐ _____ 12. Trapezius



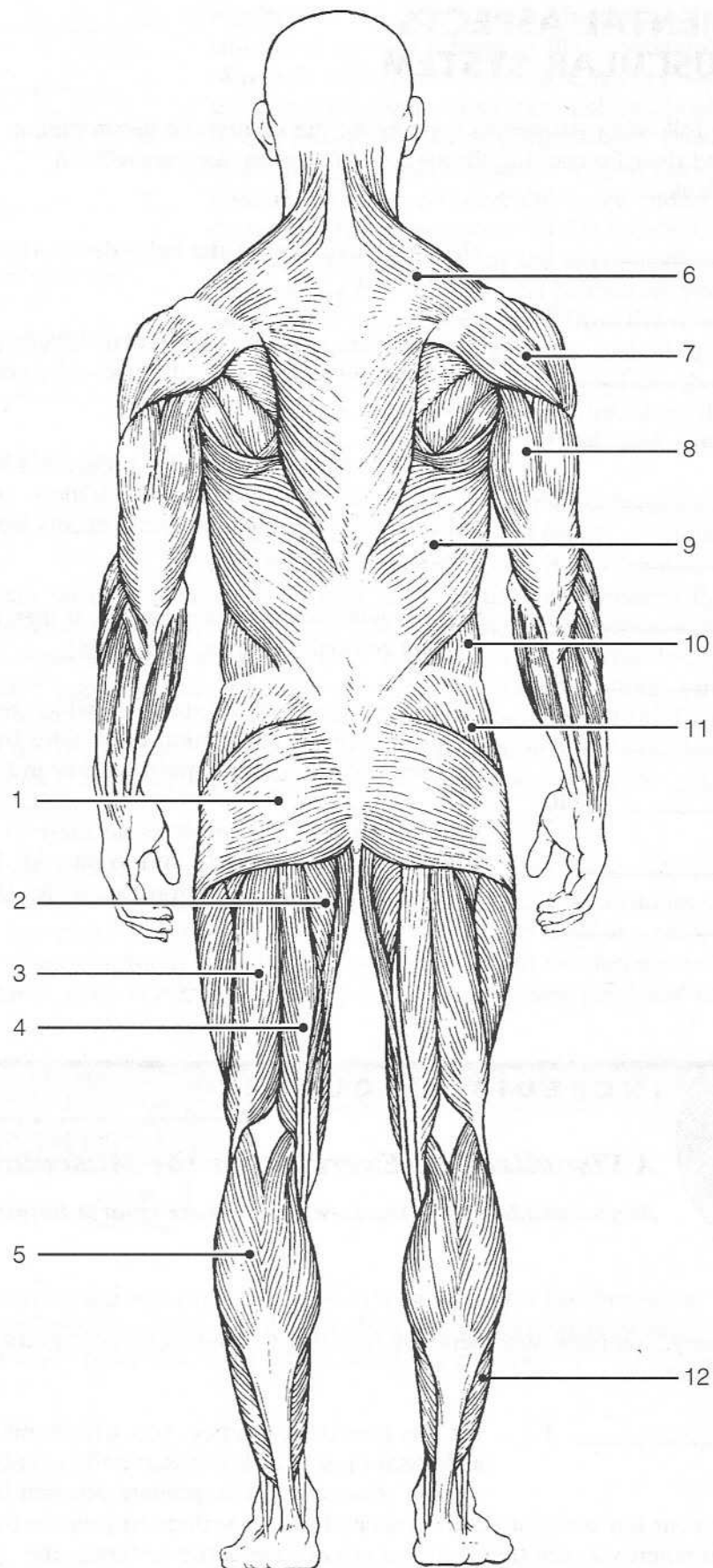


Figure 6-12