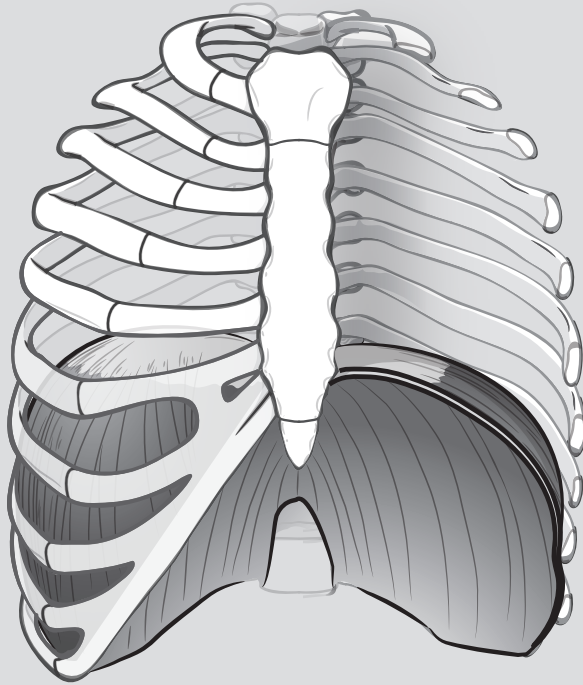


## ACTIVITY



## MUSCLES OF THE TRUNK AND LOWER LIMBS

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### OBJECTIVES

- **How to get ready:** Read CHAPTERS 11-12, MCKINLEY ET AL., *HUMAN ANATOMY*, 2024 RELEASE. All text references are for this textbook. Begin identifying muscles in your textbook BEFORE you come to the laboratory. **You must bring gloves for this activity.**
- Identify muscles listed on models and/or donors.
- When indicated, identify the action and attachments for each muscle.
- **Before next class:** Preview Nervous System, Brain, and Cranial Nerves terms lists from SLCC Anatomy Laboratory website or your printed laboratory manual and your textbook.

# Activity 6

TABLE 6-1. Muscles of vertebral column: (3 muscle groups plus 1 individual muscle to identify)		
NAME	ACTION	TEXT REFERENCES & NOTES
<b>erector spinae groups:</b> (3 muscle groups)		
<input type="checkbox"/> iliocostalis group (lateral) <input type="checkbox"/> longissimus group (intermediate) <input type="checkbox"/> spinalis group (medial)	<p><i>one side:</i> laterally flexes vertebral column to the same side as the contracting muscle</p> <p><i>both sides:</i> extends vertebral column</p>	<p>FIG. 11.1, 11.11</p>
<input type="checkbox"/> <b>quadratus lumborum</b>	<p><i>one side:</i> laterally flexes lumbar portion of vertebral column</p> <p><i>both sides:</i> extends lumbar portion of vertebral column</p>	<p>FIG. 11.11</p>

## Muscles of the Trunk and Lower Limbs

TABLE 6-2. <b>Muscles of respiration:</b> (3 muscles to identify)		
NAME	ACTION	TEXT REFERENCES* & NOTES
<input type="checkbox"/> <b>external intercostals</b>	elevate ribs during normal inspiration (inhalation)	FIG. 11.11, 11.13
<input type="checkbox"/> <b>internal intercostals</b>	depress ribs during forced exhalation	FIG. 11.13
<input type="checkbox"/> <b>diaphragm</b>	expands the thoracic cavity during normal inspiration	

\*also see: FIGURES 25.14 & 25.15,

# Activity 6

**TABLE 6-3. Muscles of the abdominal wall:** (4 paired muscles plus 2 associated structures to identify)

NAME	ACTION	TEXT REFERENCES & NOTES
<input type="checkbox"/> <b>external oblique</b>		FIG. 11.14
<input type="checkbox"/> <b>internal oblique</b>	<p><i>both sides:</i> compress abdominal wall &amp; flex vertebral column</p> <p><i>one side:</i> laterally flex vertebral column &amp; rotate torso to opposite side</p>	
<input type="checkbox"/> <b>transversus abdominis</b>		
<input type="checkbox"/> <b>rectus abdominis</b>	<p>compresses abdominal wall &amp; flexes vertebral column</p>	

## Muscles of the Trunk and Lower Limbs

**TABLE 6-3. Muscles of the abdominal wall:** (4 paired muscles plus 2 associated structures to identify)

NAME	ACTION	TEXT REFERENCES & NOTES
<p>□ <b>inguinal ligament</b> (associated structure)</p>	<p><b>significance:</b> formed by the aponeurosis of the external oblique; contains tissues coursing from the trunk to the lower limb</p>	
<p>□ <b>linea alba</b> (associated structure)</p>	<p><b>significance:</b> connective tissue connecting left and right rectus abdominis muscles</p>	

# Activity 6

**TABLE 6-4. Anterior compartment of the thigh:** (5 individual muscles plus 1 muscle group to identify) For summary of actions at hip, see TABLES 12.9, 12.11.

NAME	PROXIMAL ATTACHMENT (ORIGIN)	DISTAL ATTACHMENT (INSERTION)	ACTION	TEXT REFERENCES & NOTES
<b>QUADRICEPS FEMORIS GROUP:</b> four muscles with a common insertion point				
<input type="checkbox"/> <b>rectus femoris</b>	anterior inferior iliac spine of ilium	<ul style="list-style-type: none"> <li>• patella, via quadriceps tendon</li> <li>• tibial tuberosity, via patellar ligament</li> </ul>	<ul style="list-style-type: none"> <li>• flexes thigh</li> <li>• extends leg</li> </ul>	<b>FIG. 12.17</b>
<input type="checkbox"/> <b>vastus lateralis</b>			extends leg	<b>FIG. 12.17, 12.15</b>
<input type="checkbox"/> <b>vastus medialis</b>			extends leg	<b>FIG. 12.17</b>

## Muscles of the Trunk and Lower Limbs

**TABLE 6-4. Anterior compartment of the thigh:** (5 individual muscles plus 1 muscle group to identify) For summary of actions at hip, see TABLES 12.9, 12.11.

NAME	PROXIMAL ATTACHMENT (ORIGIN)	DISTAL ATTACHMENT (INSERTION)	ACTION	TEXT REFERENCES & NOTES
□ <b>vastus intermedius</b>		<ul style="list-style-type: none"> <li>• patella, via quadriceps tendon</li> <li>• tibial tuberosity, via patellar ligament</li> </ul>	extends leg	<b>FIG. 12.17</b>
□ <b>sartorius</b>	anterior superior iliac spine of ilium	tibial tuberosity, medial side (via pes anserinus tendon)	<ul style="list-style-type: none"> <li>• flexes, abducts, &amp; laterally rotates thigh</li> <li>• flexes &amp; medially rotates leg</li> </ul>	<b>FIG. 12.17</b>

# Activity 6

**TABLE 6-5. Iliopsoas group:** (2 individual muscles plus 1 muscle group to identify) These two muscles are collectively known as the iliopsoas group.

NAME	PROXIMAL ATTACHMENT (ORIGIN)	DISTAL ATTACHMENT (INSERTION)	ACTION	TEXT REFERENCES & NOTES
<b>ILIOPSOAS GROUP:</b> two muscles with a common insertion point				
<input type="checkbox"/> <b>iliacus</b>	iliac fossa of ilium	lesser trochanter of femur	flexes thigh	<b>FIG. 12.15A, 12.17A</b>
<input type="checkbox"/> <b>psoas major</b>	T12–L5 vertebrae			



## Muscles of the Trunk and Lower Limbs

TABLE 6-6. <b>Medial compartment of the thigh:</b> (5 muscles to identify)				
NAME	ACTION		TEXT REFERENCES & NOTES	
<input type="checkbox"/> <b>pectineus</b>				
<input type="checkbox"/> <b>adductor longus</b>	adducts & weakly flexes thigh		FIG. 12.15, 12.17	
<input type="checkbox"/> <b>adductor brevis</b>				
<input type="checkbox"/> <b>adductor magnus</b>	<ul style="list-style-type: none"> <li>• adducts thigh</li> <li>• adductor part of muscle flexes thigh; hamstring part of muscle extends and laterally rotates thigh</li> </ul>		FIG. 12.15, 12.18	
NAME	PROXIMAL ATTACHMENT (ORIGIN)	DISTAL ATTACHMENT (INSERTION)	ACTION	TEXT REFERENCES & NOTES
<input type="checkbox"/> <b>gracilis</b>	inferior ramus & body of pubis	proximal medial surface of tibia (via pes anserinus tendon)	<ul style="list-style-type: none"> <li>• weakly adducts &amp; weakly flexes thigh</li> <li>• flexes leg</li> </ul>	FIG. 12.15A, 12.17A

# Activity 6

TABLE 6-7. Posterior compartment of the thigh: (3* muscles plus one muscle group to identify)				
NAME	PROXIMAL ATTACHMENT (ORIGIN)	DISTAL ATTACHMENT (INSERTION)	ACTION	TEXT REFERENCES & NOTES
<b>HAMSTRINGS GROUP (3 muscles)</b>				
<input type="checkbox"/> <b>semitendinosus</b>	ischial tuberosity of ischium	proximal medial surface of tibia (via pes anserinus tendon)	<ul style="list-style-type: none"> <li>• extends thigh</li> <li>• flexes and medially rotates leg</li> </ul>	<b>FIG. 12.18</b>
<input type="checkbox"/> <b>semimembranosus</b>		medial condyle of tibia		<b>FIG. 12.18, 12.15B</b>
<input type="checkbox"/> <b>biceps femoris*</b> (biceps femoris is composed of a long head and short head)				
<input type="checkbox"/> <b>long head</b>	ischial tuberosity of ischium	head of fibula & lateral condyle of tibia	<ul style="list-style-type: none"> <li>• extends thigh</li> <li>• flexes leg</li> </ul>	<b>FIG. 12.18, 12.15B</b>
<input type="checkbox"/> <b>short head</b>	linea aspera of femur		flexes & laterally rotates leg	

## Muscles of the Trunk and Lower Limbs

TABLE 6-8. <b>Gluteal muscles:</b> (5 muscles plus one associated structure to identify)				
NAME	PROXIMAL ATTACHMENT (ORIGIN)	DISTAL ATTACHMENT (INSERTION)	ACTION	TEXT REFERENCES & NOTES
□ <b>tensor fasciae latae</b>	iliac crest & anterior superior iliac spine of ilium	iliotibial tract	abducts, flexes, & medially rotates thigh	FIG. 12.15B, 12.17
□ <b>gluteus maximus</b>	<ul style="list-style-type: none"> <li>• iliac crest of ilium</li> <li>• sacrum</li> <li>• coccyx</li> </ul>	<ul style="list-style-type: none"> <li>• iliotibial tract</li> <li>• linea aspera of femur</li> <li>• gluteal tuberosity of femur</li> </ul>	extends & laterally rotates thigh	FIG. 12.15B, 12.18
□ <b>gluteus medius</b>	iliac crest of ilium	greater trochanter of femur	abducts & medially rotates thigh	FIG. 12.15B, 12.18A
□ <b>gluteus minimus</b>	lateral surface of ilium		abducts & medially rotates thigh	FIG. 12.15C

# Activity 6

TABLE 6-8. <b>Gluteal muscles:</b> (5 muscles plus one associated structure to identify)				
NAME	PROXIMAL ATTACHMENT (ORIGIN)	DISTAL ATTACHMENT (INSERTION)	ACTION	TEXT REFERENCES & NOTES
<input type="checkbox"/> <b>piriformis</b>	anterolateral surface of sacrum		laterally rotates and abducts thigh	FIG. 12.15C
<input type="checkbox"/> <b>iliotibial tract or band</b> (associated structure)			<b>significance:</b> thick band of fascia continuous with tensor fasciae latae	FIG. 12.15, 12.17, 12.18

## Muscles of the Trunk and Lower Limbs

**TABLE 6-9. Anterior compartment of the leg: (3 muscles to identify)** For summary of actions at ankle, see TABLE 12.15.

NAME	PROXIMAL ATTACHMENT (ORIGIN)	DISTAL ATTACHMENT (INSERTION)	ACTION	TEXT REFERENCES & NOTES
<input type="checkbox"/> <b>tibialis anterior</b>	lateral condyle & proximal shaft of tibia	<ul style="list-style-type: none"> <li>• metatarsal I</li> <li>• medial cuneiform bone</li> </ul>	dorsiflexes & inverts foot	<b>FIG. 12.20, 12.21</b>
<input type="checkbox"/> <b>extensor hallucis longus</b>			dorsiflexes foot; extends hallux	
<input type="checkbox"/> <b>extensor digitorum longus</b>			<ul style="list-style-type: none"> <li>• dorsiflexes foot</li> <li>• extends distal and middle phalanges 2–5</li> </ul>	

# Activity 6

**TABLE 6-10. Lateral compartment of the leg: (2 muscles to identify)**

NAME	ACTION	TEXT REFERENCES & NOTES
<input type="checkbox"/> <b>fibularis longus</b>	everts & weakly plantar flexes foot	<b>FIG. 12.21A &amp; B, 12.22B</b>
<input type="checkbox"/> <b>fibularis brevis</b>		

## Muscles of the Trunk and Lower Limbs

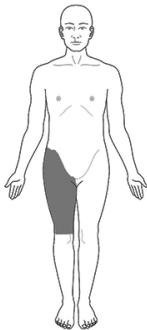
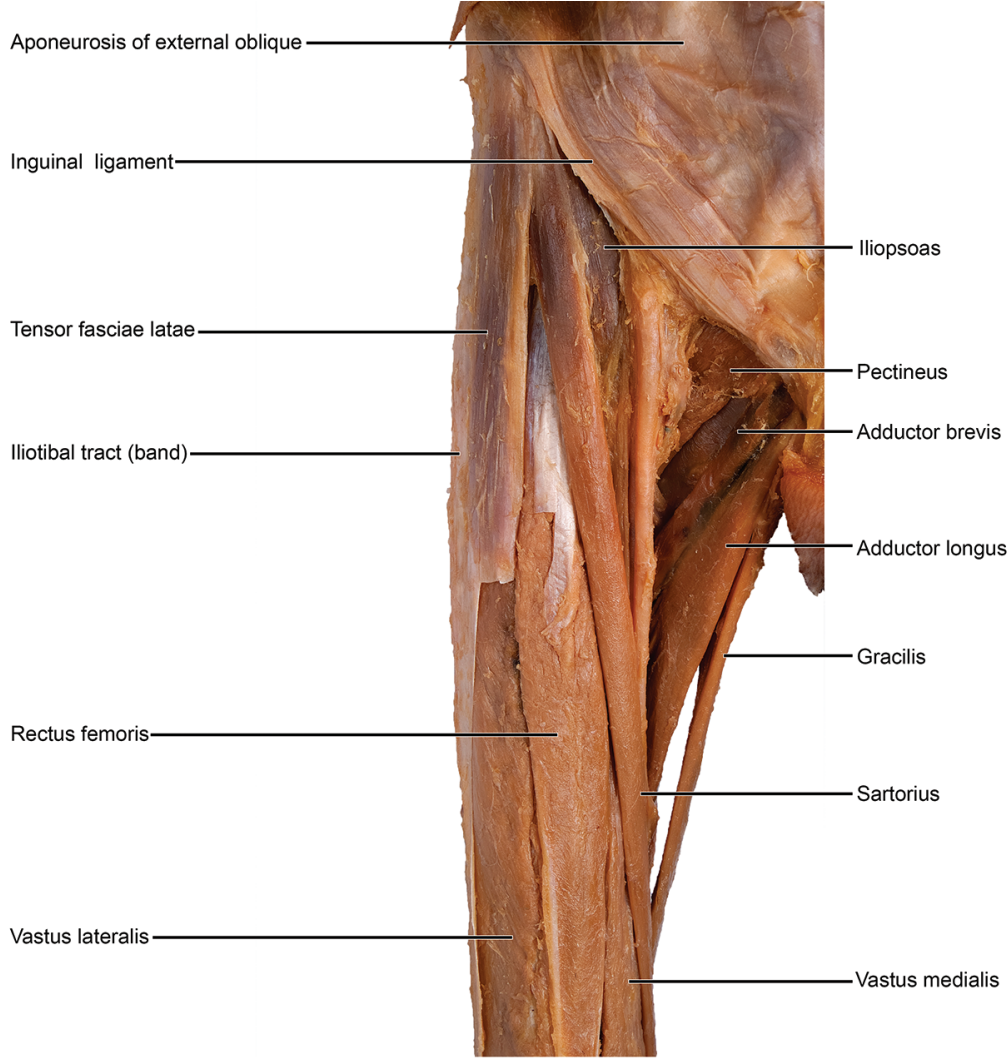
TABLE 6-11. <b>Posterior compartment of the leg: (5 muscles to identify)</b>				
NAME	PROXIMAL ATTACHMENT (ORIGIN)	DISTAL ATTACHMENT (INSERTION)	ACTION	TEXT REFERENCES & NOTES
<input type="checkbox"/> <b>gastrocnemius</b>	lateral and medial condyles of femur	calcaneus via calcaneal tendon	flexes leg at knee joint plantar flexes foot	<b>FIG. 12.20A, 12.21A, 12.22A</b>
<input type="checkbox"/> <b>soleus</b>	<ul style="list-style-type: none"> <li>• head &amp; proximal shaft of fibula</li> <li>• medial border of tibia</li> </ul>		plantar flexes foot	<b>FIG. 12.21A, 12.22A</b>
<input type="checkbox"/> <b>tibialis posterior</b>			plantar flexes and inverts foot	<b>FIG. 12.22B &amp; C</b>
<input type="checkbox"/> <b>popliteus</b>			flexes leg; medially rotates tibia	

# Activity 6

**TABLE 6-11. Posterior compartment of the leg: (5 muscles to identify)**

NAME	PROXIMAL ATTACHMENT (ORIGIN)	DISTAL ATTACHMENT (INSERTION)	ACTION	TEXT REFERENCES & NOTES
<input type="checkbox"/> <b>flexor digitorum longus</b>			plantar flexes foot flexes distal and middle phalanges 2–5 at MP, PIP, and DIP joints	
<input type="checkbox"/> <b>flexor hallucis longus</b>			plantar flexes foot flexes MP and IP joints of hallux	

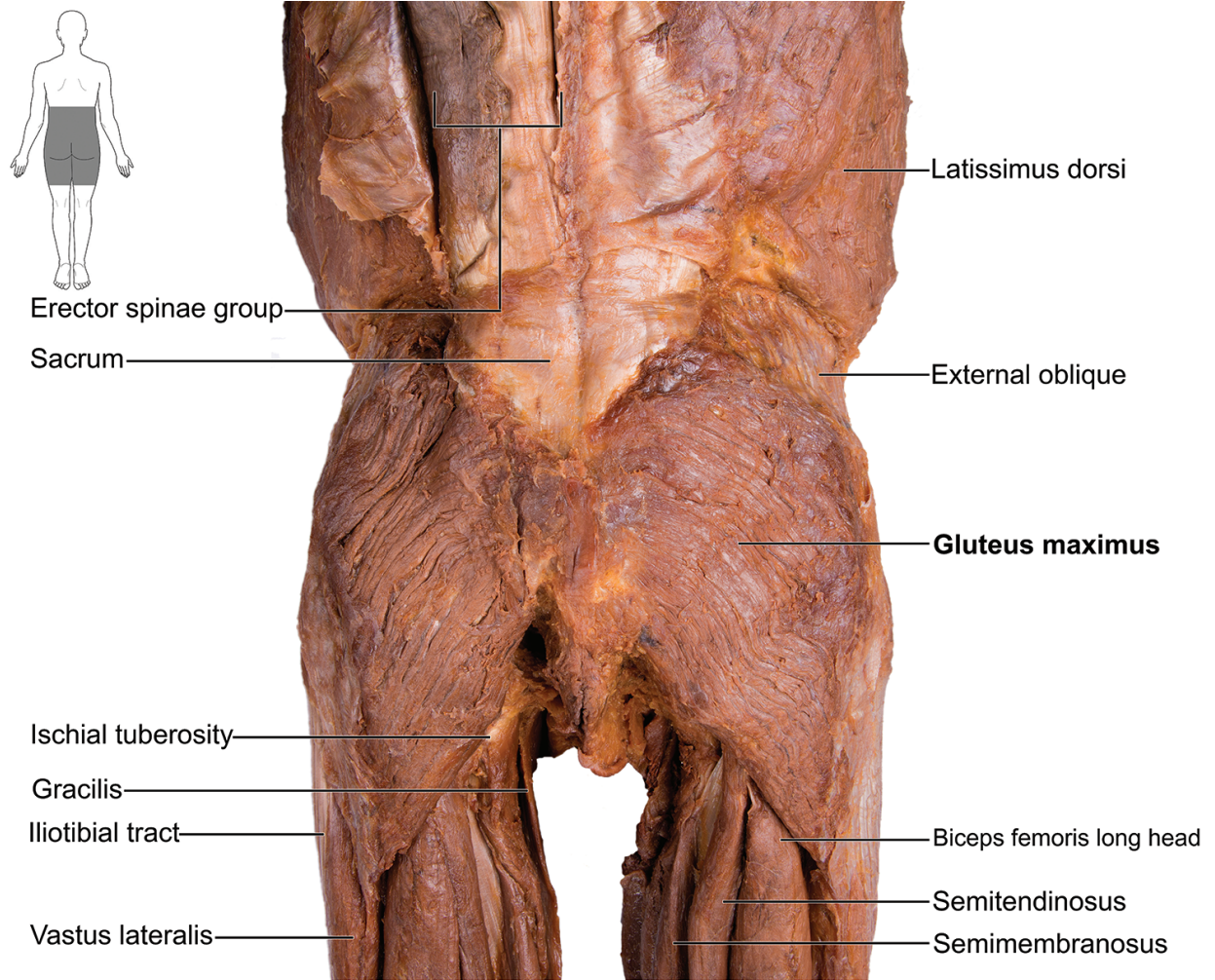




# Thigh Right Anterior

Photography/Graphic Design: Richard Gatt  
Research/Preparation: Paulina Ross

FIGURE 6-1. Anterior thigh muscles.



**Gluteal Region Posterior**

Photography/Graphic Design: Richard Gatt  
Research/Preparation: Paulina Ross

**FIGURE 6-2.** Posterior gluteal region.

# Muscles of the Trunk and Lower Limbs

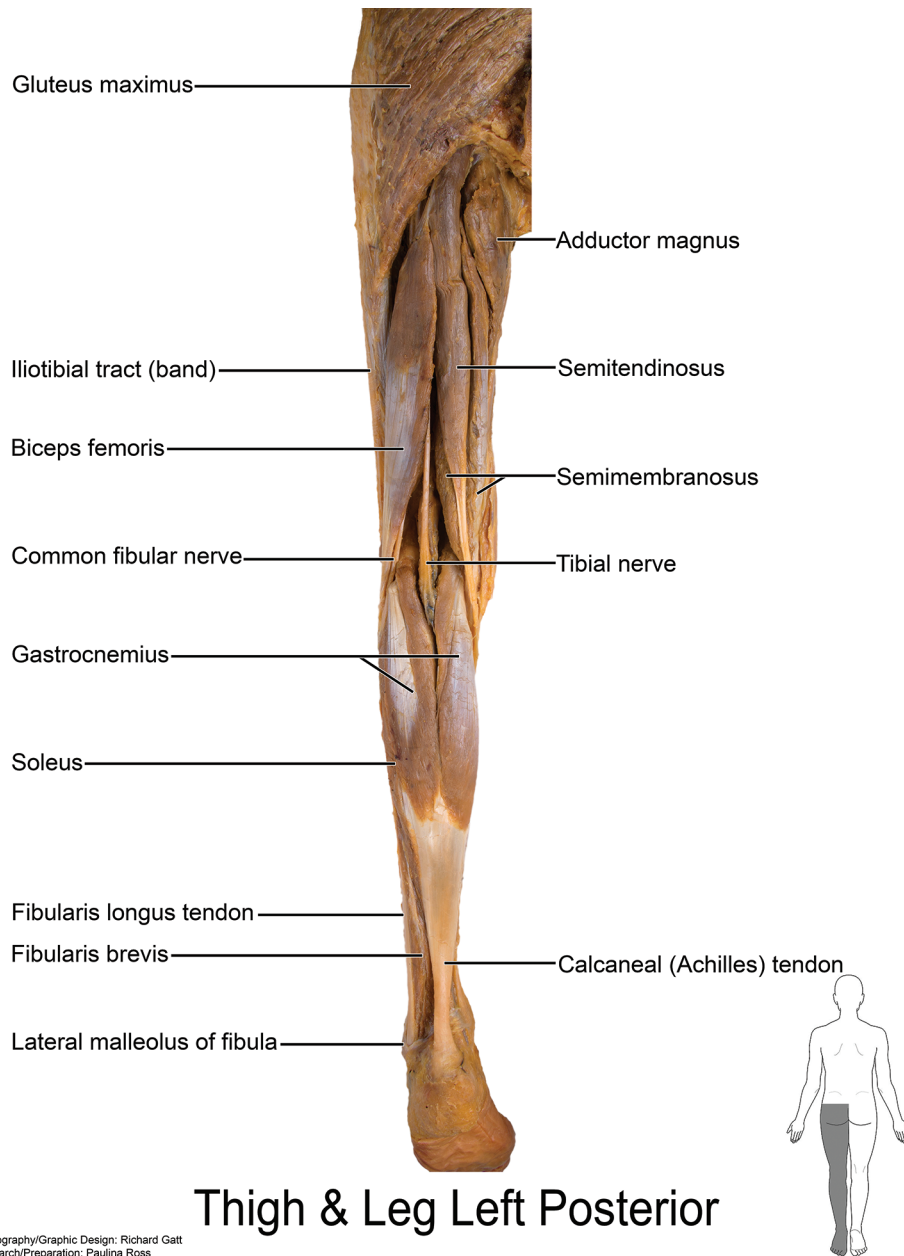


FIGURE 6-3. Posterior thigh and leg muscles.

# Activity 6

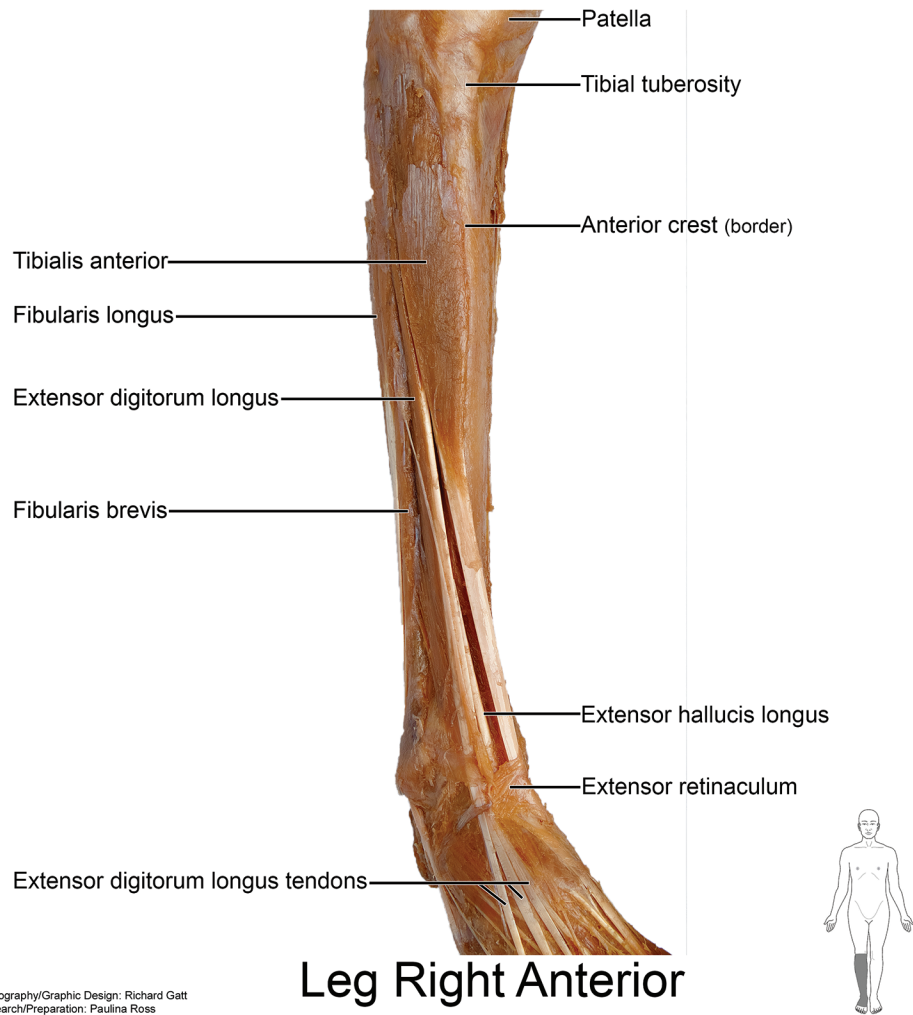


FIGURE 6-4. Anterior and lateral leg muscles.

# Activity 6

## MUSCLE COLORING AND LABELING

### How to use these pages:

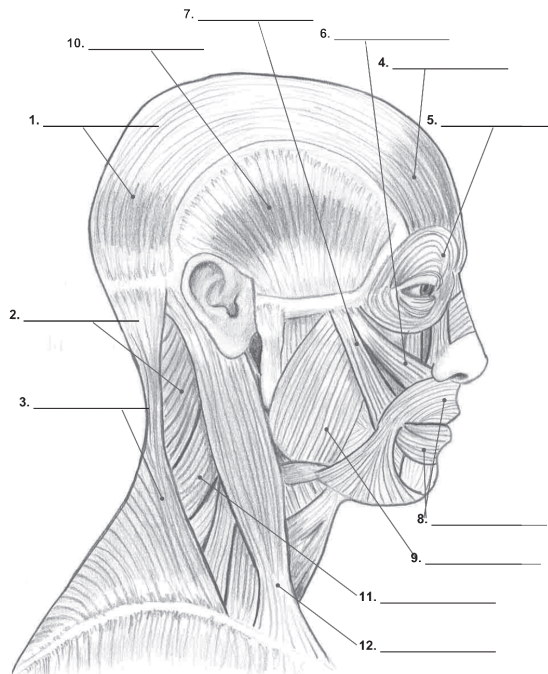
Each pair of pages consists of a table facing an image. The table refers to the image on the facing page and has empty boxes for the student to fill in attachment points and actions for the muscles on the facing page.

The images are designed to assist students in identifying muscles and associated structures, and the colored leader lines aid the student in clearly pointing out each structure. It is helpful to write out the name of the muscle, paying close attention to spelling.

It may also be helpful to color the images. Coloring is best done with colored pencils or ball-point (not felt-tip) pens in a variety of colors. Whenever possible, you should use the same color for like structures or muscles, so that the completed images can be utilized as visual references. For instance, if the deltoid muscle is represented on multiple images, it may be helpful to color it the same color (blue) on each image.

NOTE: These images and tables are not meant to be a comprehensive representation of the muscles the student is required to know. For a comprehensive list, refer to the Muscle Tables.

#	NAME	ORIGIN	INSERTION	ACTION
1	occipitalis (occipital belly of occipitofrontalis)			
2	splenius capitis		<ul style="list-style-type: none"> <li>• mastoid process of _____ bone</li> </ul>	<ul style="list-style-type: none"> <li>• one side:</li> <li>• both sides:</li> </ul>
3	trapezius			
4	frontalis (frontal belly of occipitofrontalis)			
5	orbicularis oculi			
6	zygomaticus minor			
7	zygomaticus major			
8	orbicularis oris			
9	masseter		coronoid process, angle and ramus of _____	
10	temporalis	<ul style="list-style-type: none"> <li>• _____</li> <li>• _____</li> </ul>		
11	levator scapulae			
12	sternocleidomastoid	<ul style="list-style-type: none"> <li>• manubrium of _____</li> <li>• sternal end of _____</li> </ul>	mastoid process of _____ bone	<ul style="list-style-type: none"> <li>• one side:</li> <li>• both sides:</li> </ul>



## Muscles of the Trunk and Lower Limbs

#	NAME	ORIGIN	INSERTION	ACTION
<b>1</b>	trapezius			<ul style="list-style-type: none"> <li>• <b>superior:</b></li> <li>• <b>middle:</b></li> <li>• <b>inferior:</b></li> </ul>
<b>2</b>	deltoid			
<b>3</b>	levator scapulae			
<b>4</b>	supraspinatus			
<b>5</b>	rhomoid minor			
<b>6</b>	rhomoid major			
<b>7</b>	infraspinatus			
<b>8</b>	teres minor			
<b>9</b>	teres major			
<b>10</b>	serratus anterior			
ERECTOR SPINAE GROUPS (3)				
<b>11</b>	spinalis group (medial)			• one side:
<b>12</b>	longissimus group (intermediate)			
<b>13</b>	iliocostalis group (lateral)			• both sides:
<b>14</b>	latissimus dorsi	<ul style="list-style-type: none"> <li>•</li> <li>•</li> <li>•</li> </ul>	intertubercular sulcus of <hr style="width: 100px; margin-left: 0;"/>	
<b>15</b>	external oblique			
<b>16</b>	internal oblique			
<b>17</b>	gluteus minimus			
<b>18</b>	piriformis			

# Activity 6

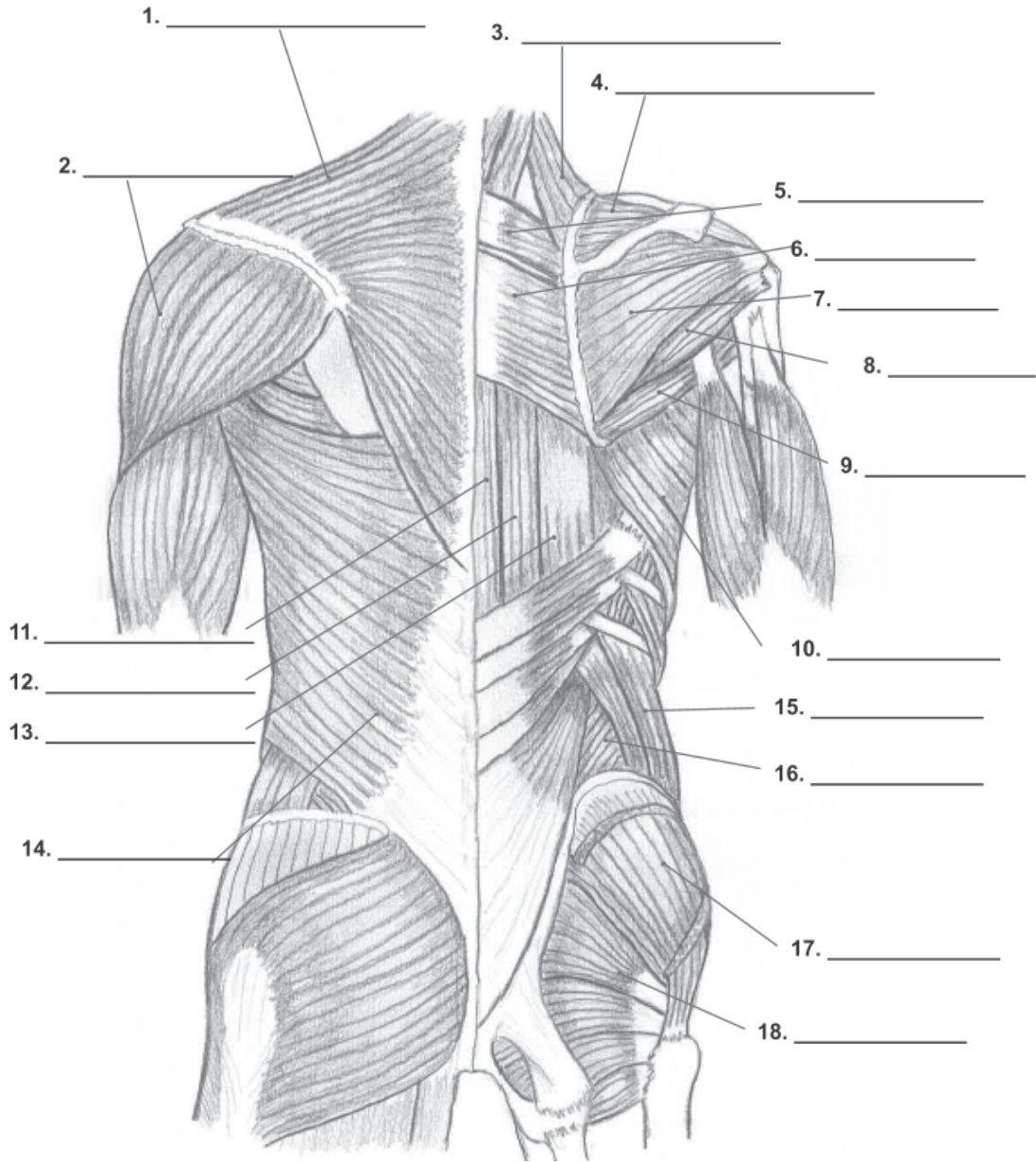


FIGURE 6-6.

## Muscles of the Trunk and Lower Limbs

TABLE 6-13. MUSCLES OF THE TRUNK—ANTERIOR VIEW				
#	NAME	ORIGIN	INSERTION	ACTION
1	trapezius			
2	deltoid			
3	pectoralis major	<ul style="list-style-type: none"> <li>•</li> </ul>	greater tubercle & lateral intertubercular sulcus of <hr style="width: 100px; margin-left: 0;"/>	
		<ul style="list-style-type: none"> <li>•</li> </ul>		
4	biceps brachii, long head			
5	biceps brachii, short head			



# Activity 6

<b>6</b>	latissimus dorsi			
<b>7</b>	serratus anterior			
<b>8</b>	pectoralis minor			
<b>9</b>	rectus abdominis			
<b>10</b>	internal oblique (cut)			• both sides:
<b>11</b>	external oblique			• one side:
<b>12</b>	inguinal ligament			

# Muscles of the Trunk and Lower Limbs

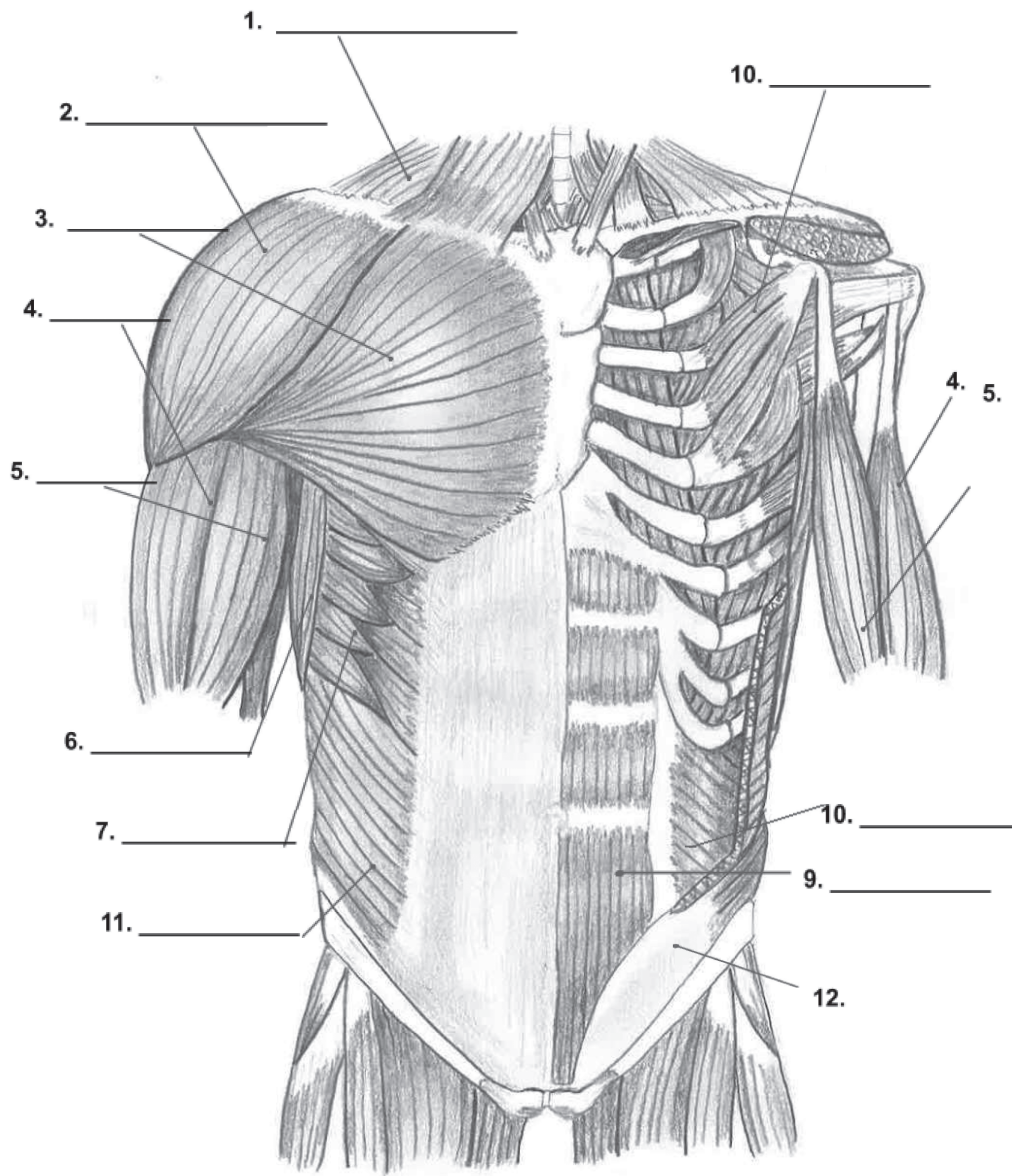


FIGURE 6-7.

# Activity 6

TABLE 6-14. RIGHT ARM—ANTERIOR VIEW				
#	NAME	ORIGIN	INSERTION	ACTION
1	deltoid	<ul style="list-style-type: none"> <li>• acromial end of _____</li> <li>• acromion and spine of _____</li> </ul>	deltoid tuberosity of _____	
2	pectoralis major			
3	coracobrachialis	coracoid process of _____	middle medial shaft of _____	
4	biceps brachii, long head	supraglenoid tubercle of _____	radial tuberosity of _____	• •
5	biceps brachii, short head	coracoid process of _____		
6	triceps brachii			
7	brachialis	distal, anterior surface of _____	coronoid process of _____	
8	brachioradialis	lateral _____	styloid process of _____	
9	coracoid process of scapula			

# Muscles of the Trunk and Lower Limbs

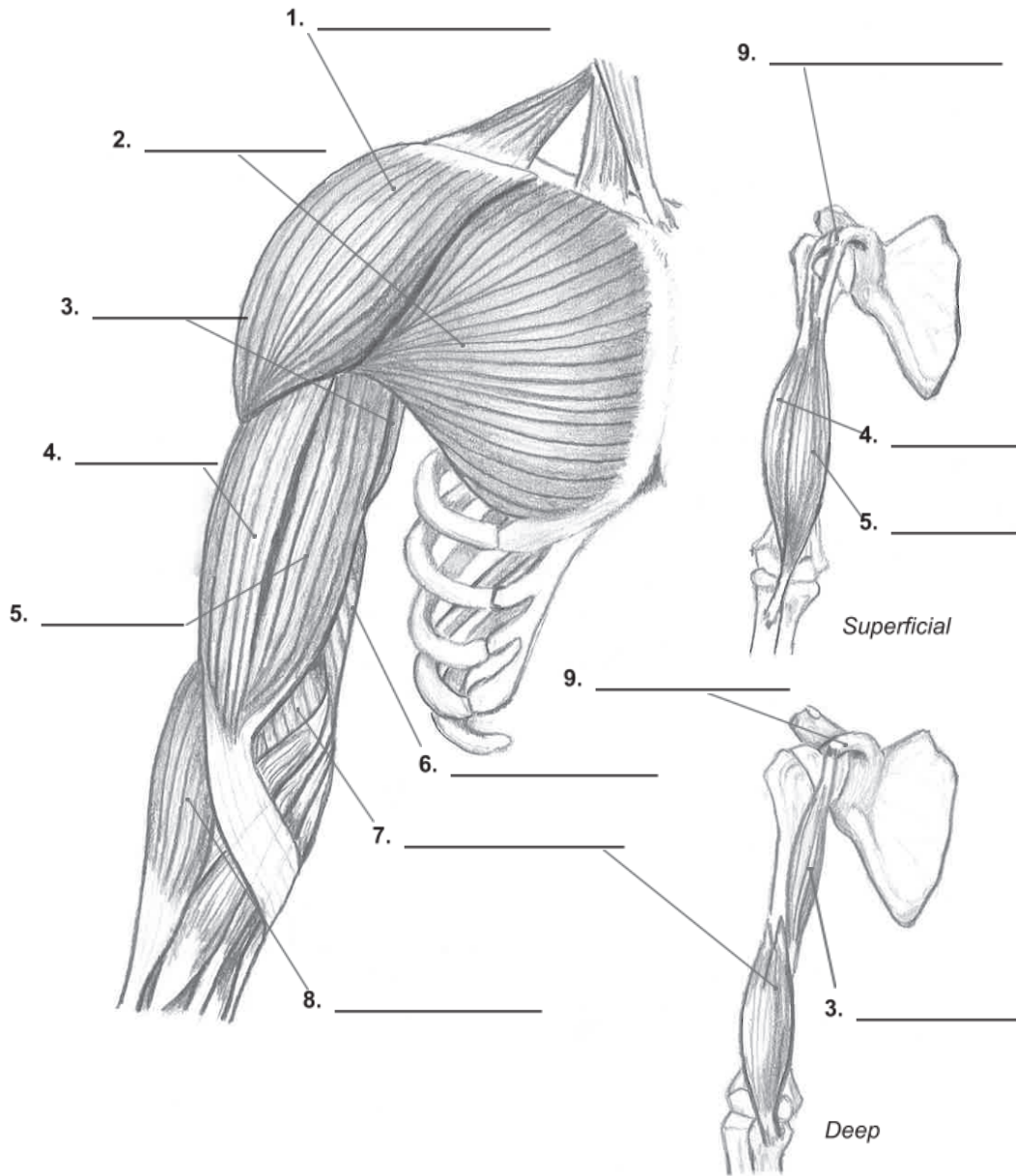


FIGURE 6-8.

# Activity 6

TABLE 6-15. RIGHT ARM—POSTERIOR VIEW				
#	NAME	ORIGIN	INSERTION	ACTION
1	supraspinatus	supraspinous fossa of _____	greater tubercle of _____	
2	infraspinatus	infraspinous fossa of _____		
3	teres minor	lateral border of _____		
4	teres major	lateral border and angle of _____	lesser tubercle & intertubercular sulcus of _____	
5	triceps brachii, lateral head	posterior shaft of _____	olecranon process of _____	
6	triceps brachii, long head	infraglenoid tubercle of _____		
7	triceps brachii, medial head			
8	latissimus dorsi			
9	olecranon process of ulna			
10	levator scapulae			
11	rhomboid minor			
12	rhomboid major			

# Muscles of the Trunk and Lower Limbs

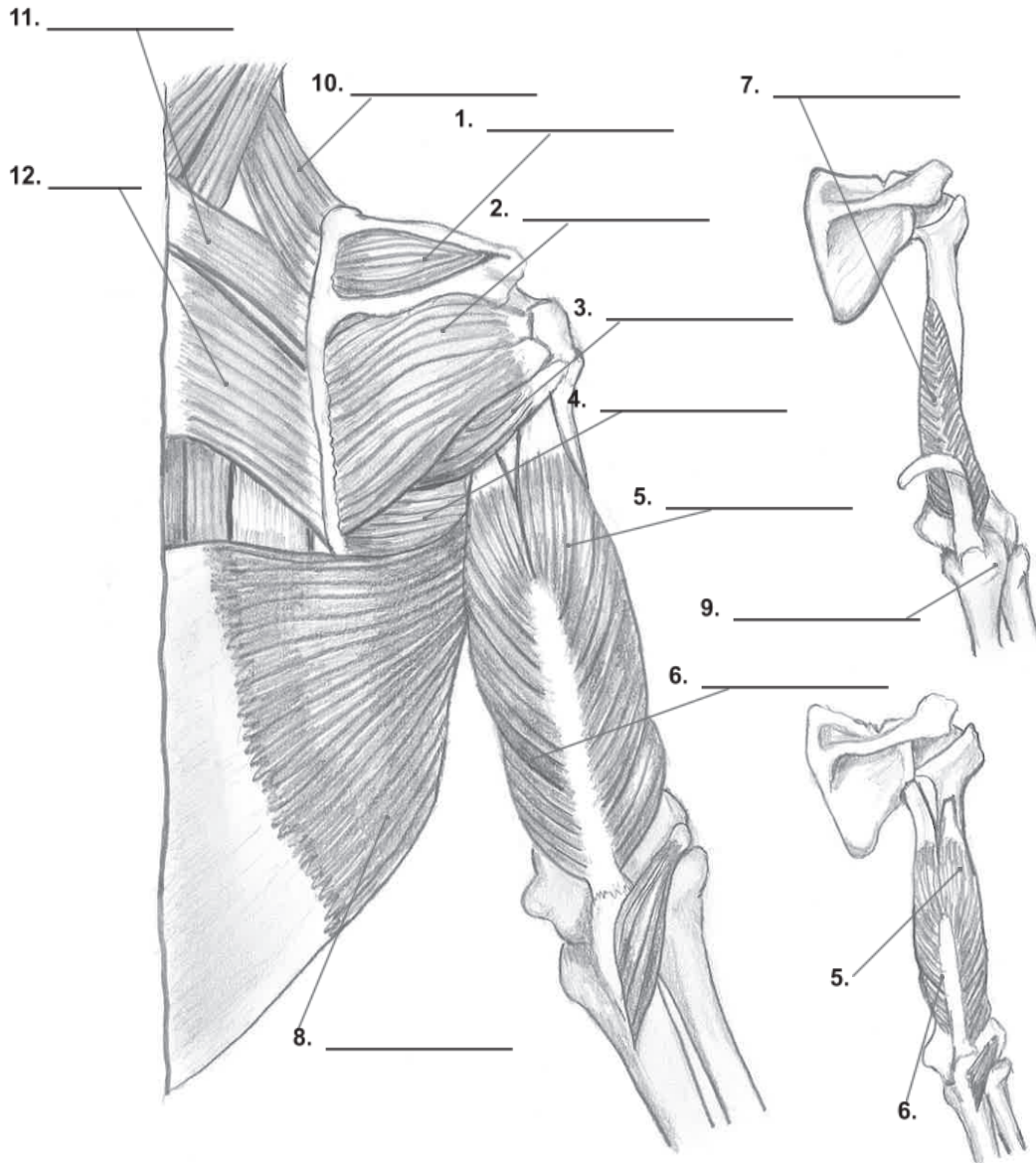


FIGURE 6-9.

# Activity 6

**TABLE 6-16. RIGHT FOREARM—ANTERIOR VIEW**

#	NAME	ORIGIN	INSERTION	ACTION
1	brachioradialis		styloid process of _____	
2	flexor retinaculum			
3	pronator teres			
4	flexor carpi radialis			• •
5	palmaris longus			• •
6	flexor carpi ulnaris			• •
7	flexor digitorum superficialis			• •
8	flexor digitorum profundus			• •
9	supinator			
10	flexor pollicis longus			

# Muscles of the Trunk and Lower Limbs

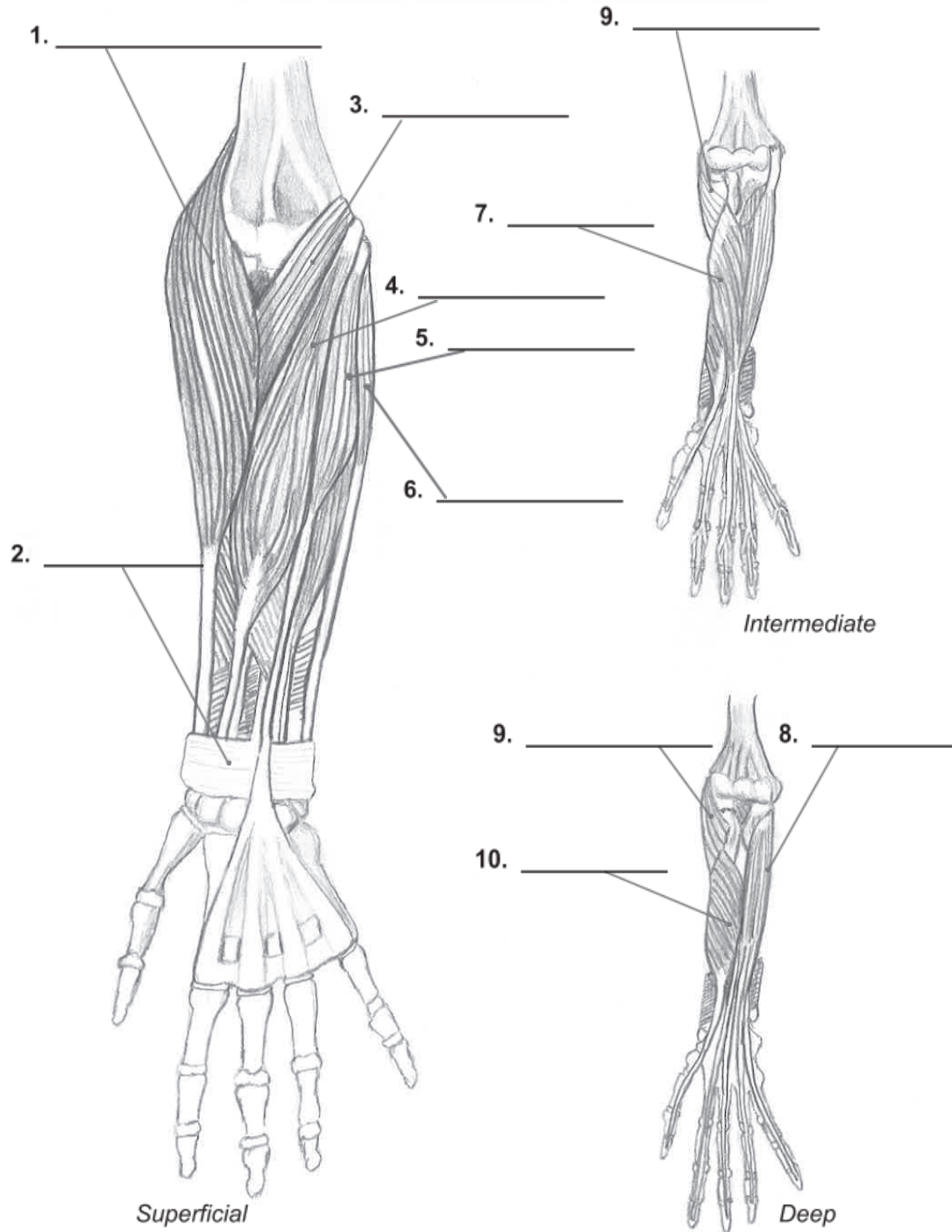


FIGURE 6-10.



# Activity 6

TABLE 6-17. RIGHT FOREARM—POSTERIOR VIEW		
#	NAME	ACTION
1	anconeus	
2	flexor carpi ulnaris	•
		•
3	extensor carpi ulnaris	•
		•
4	extensor retinaculum	
5	brachioradialis	
6	extensor carpi radialis longus	•
		•
7	extensor carpi radialis brevis	•
		•
8	extensor digitorum	•
		•
9	abductor pollicis longus	•
		•
10	extensor pollicis brevis	•
		•
11	olecranon process of ulna	
12	extensor pollicis longus	•
		•
13	supinator	

# Muscles of the Trunk and Lower Limbs

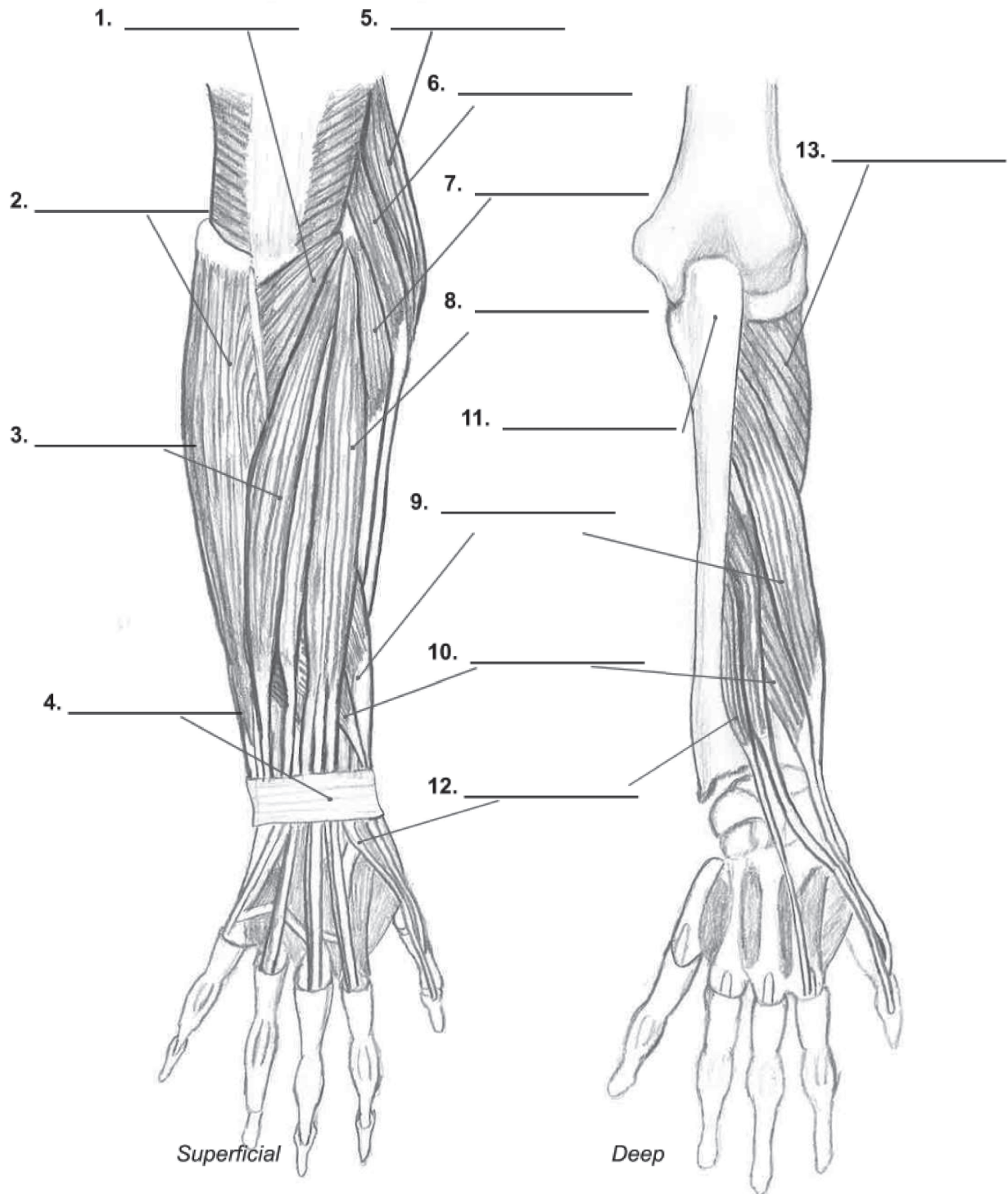


FIGURE 6-11.

# Activity 6

TABLE 6-18. RIGHT THIGH—ANTERIOR VIEW					
#	NAME	ORIGIN	INSERTION	ACTION	
1	iliacus		lesser trochanter of _____		
2	psoas major				
3	pectineus				
4	adductor brevis				
5	adductor longus				
6	gracilis	inferior ramus & body of _____	upper medial surface of _____		
7	adductor magnus				
8	tensor fasciae latae	•			
		•			
9	iliotibial tract <i>or</i> band				
10	rectus femoris	anterior inferior iliac spine of _____			
11	vastus lateralis				
12	vastus medialis				
13	sartorius	anterior superior iliac spine of _____			

## Muscles of the Trunk and Lower Limbs

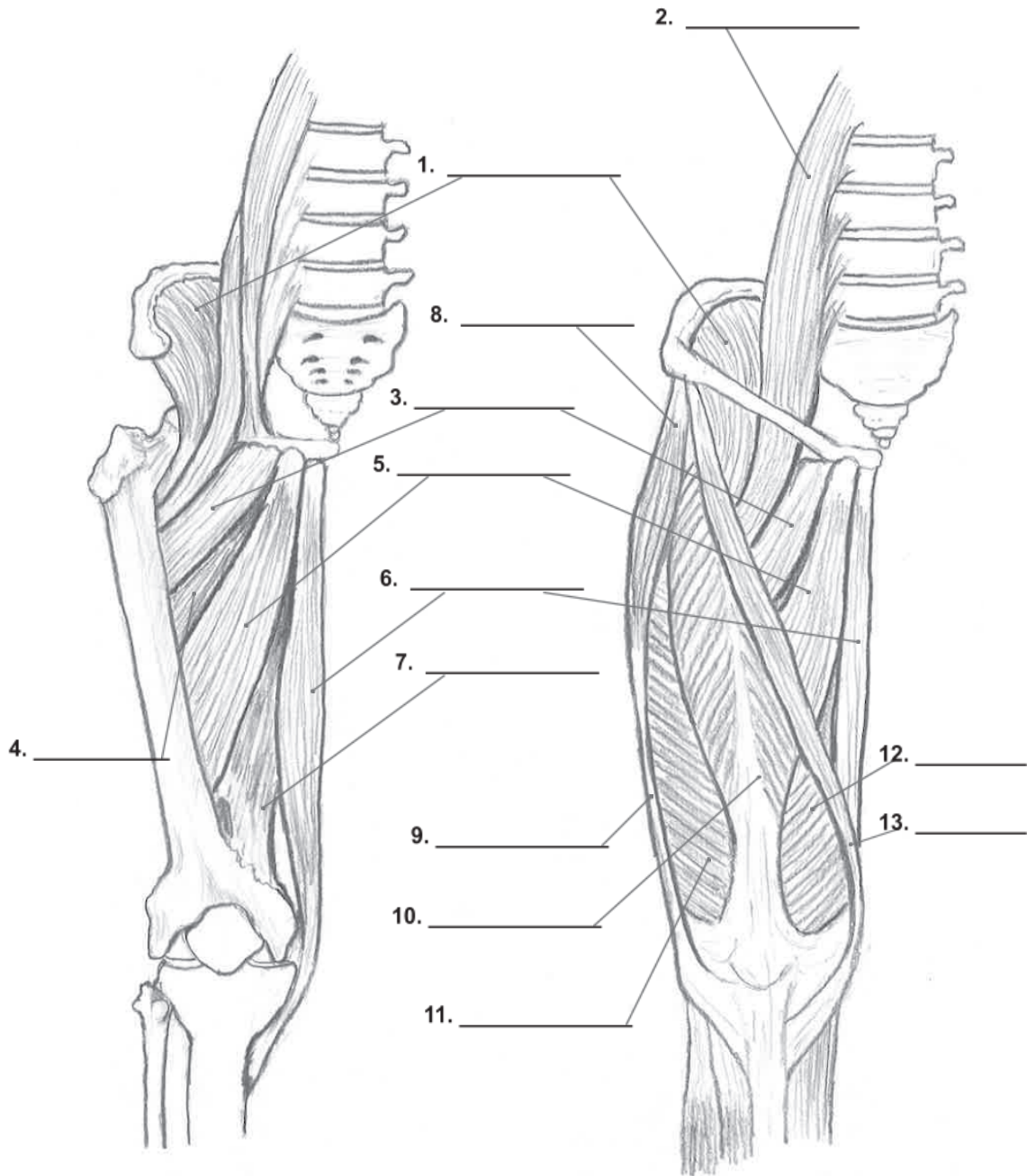


FIGURE 6-12.

# Activity 6

TABLE 6-19. RIGHT THIGH—LATERAL VIEW	
#	NAME
<b>1</b>	gluteus medius
<b>2</b>	gluteus maximus
<b>3</b>	biceps femoris, long head
<b>4</b>	external oblique
<b>5</b>	biceps femoris, short head
<b>6</b>	gastrocnemius
<b>7</b>	tensor fasciae latae
<b>8</b>	sartorius
<b>9</b>	vastus lateralis
<b>10</b>	rectus femoris
<b>11</b>	iliotibial tract <i>or</i> band

# Muscles of the Trunk and Lower Limbs

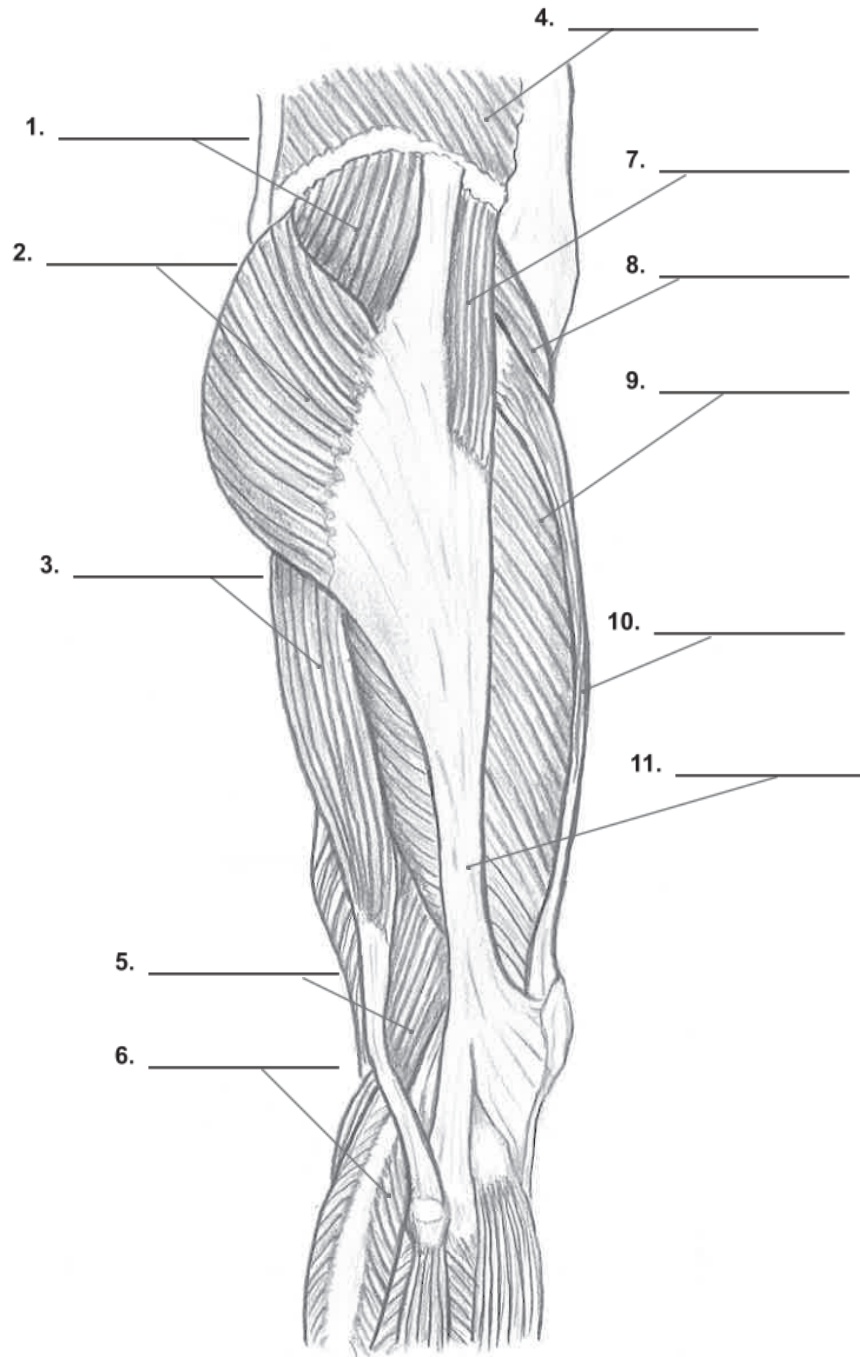


FIGURE 6-13.

# Activity 6

TABLE 6-20. RIGHT THIGH—POSTERIOR VIEW				
#	NAME	ORIGIN	INSERTION	ACTION
1	gluteus medius		greater trochanter of _____	
2	gluteus maximus	• • •	• •	
3	gracilis			
4	adductor magnus			
5	iliotibial tract or band			
6	semimembranosus			
7	semitendinosus		proximal medial surface of _____ via pes anserinus	• •
8	biceps femoris, long head		head of	•
9	biceps femoris, short head	linea aspera of _____	_____	•
10	gastrocnemius			

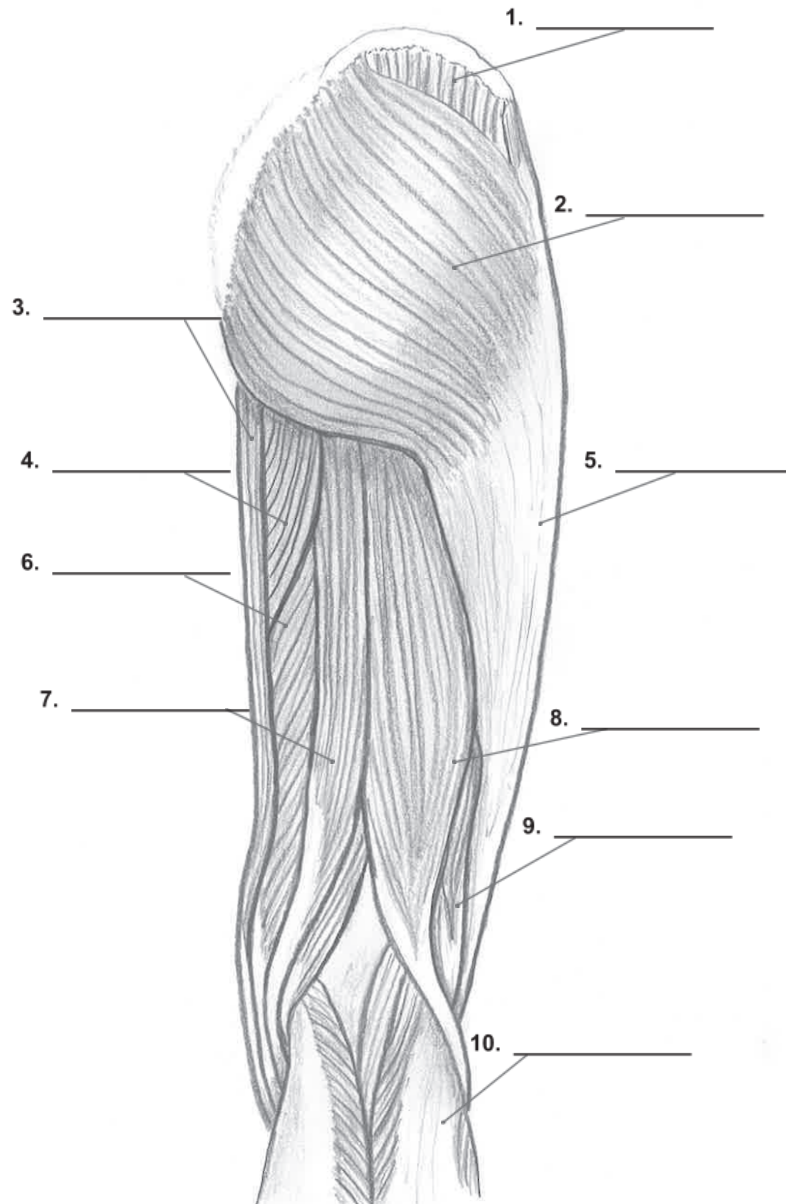


FIGURE 6-14.



# Activity 6

TABLE 6-21. RIGHT LEG—ANTERIOR VIEW				
#	NAME	ORIGIN	INSERTION	ACTION
1	fibularis longus			
2	tibialis anterior			
3	fibularis brevis			
4	extensor digitorum longus			
5	extensor hallucis longus			• •
6	gastrocnemius			
7	vastus medialis			
8	vastus lateralis			

## Muscles of the Trunk and Lower Limbs

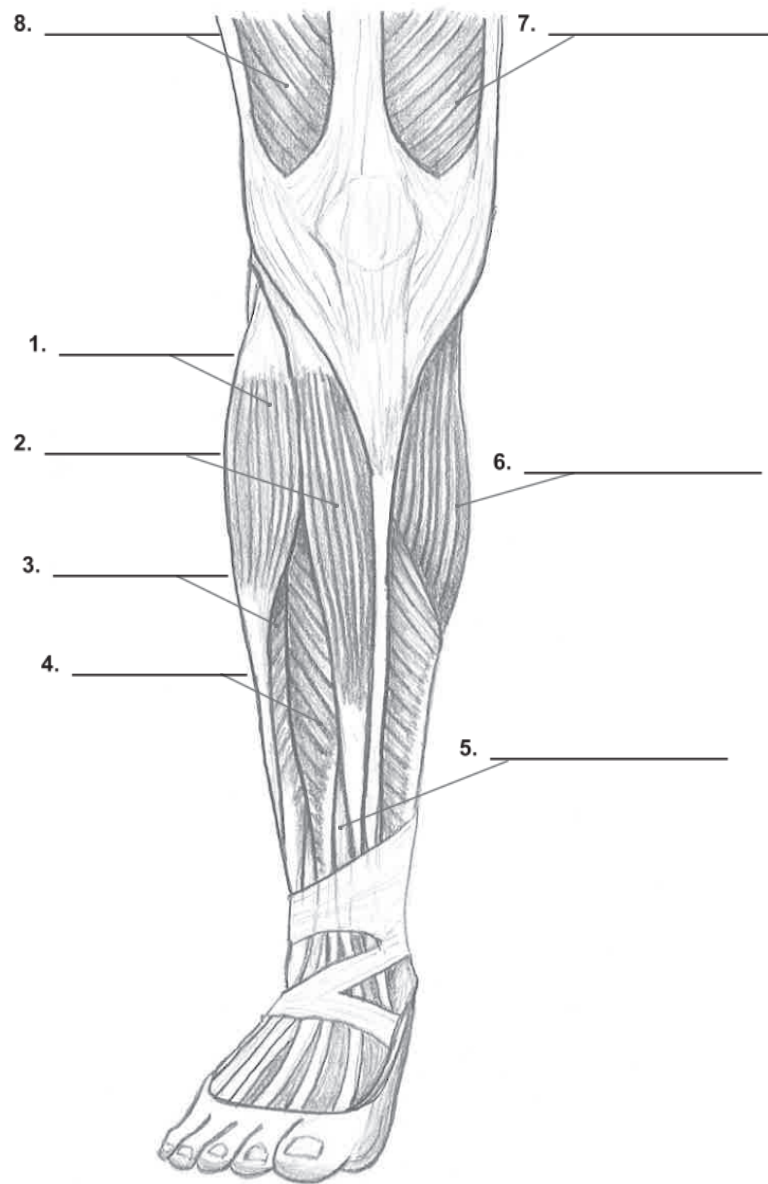


FIGURE 6-15.

# Activity 6

TABLE 6-22. RIGHT LEG—LATERAL VIEW		
#	NAME	ACTION
1	biceps femoris, long head	
2	biceps femoris, short head	
3	iliotibial tract <i>or</i> band	
4	vastus lateralis	
5	gastrocnemius	
6	soleus	
7	fibularis longus	
8	fibularis brevis	
9	tibialis anterior	
10	extensor digitorum longus	• •

## Muscles of the Trunk and Lower Limbs

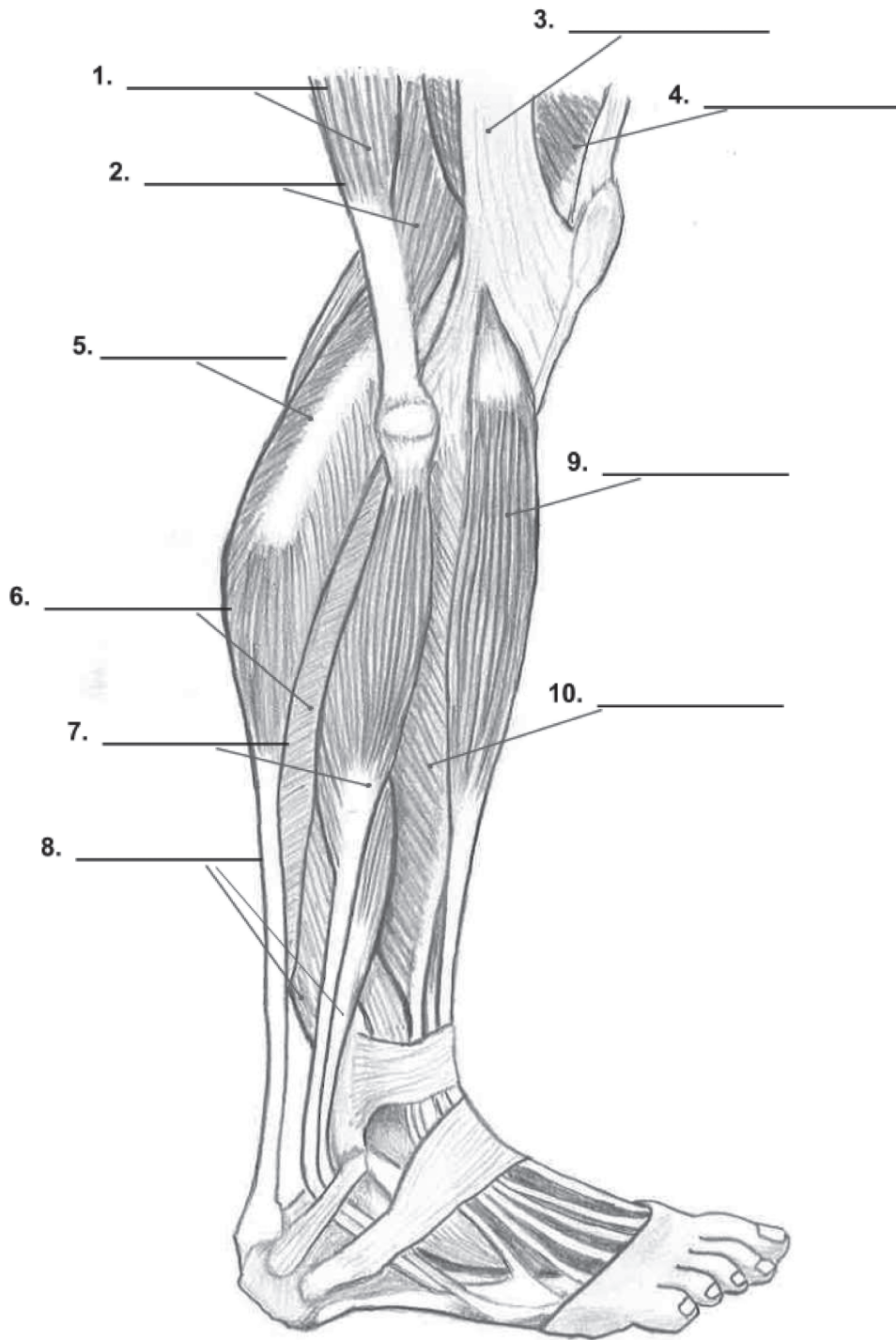


FIGURE 6-16.

# Activity 6

TABLE 6-23. RIGHT LEG—POSTERIOR VIEW				
#	NAME	ORIGIN	INSERTION	ACTION
1	biceps femoris, long head			
2	gastrocnemius	lateral and medial condyles of _____	via calcaneal tendon	• •
3	soleus	• head & proximal shaft of _____		
		• medial border of _____		
4	fibularis longus			
5	tibialis posterior			
6	flexor digitorum longus			• •
7	fibularis brevis			

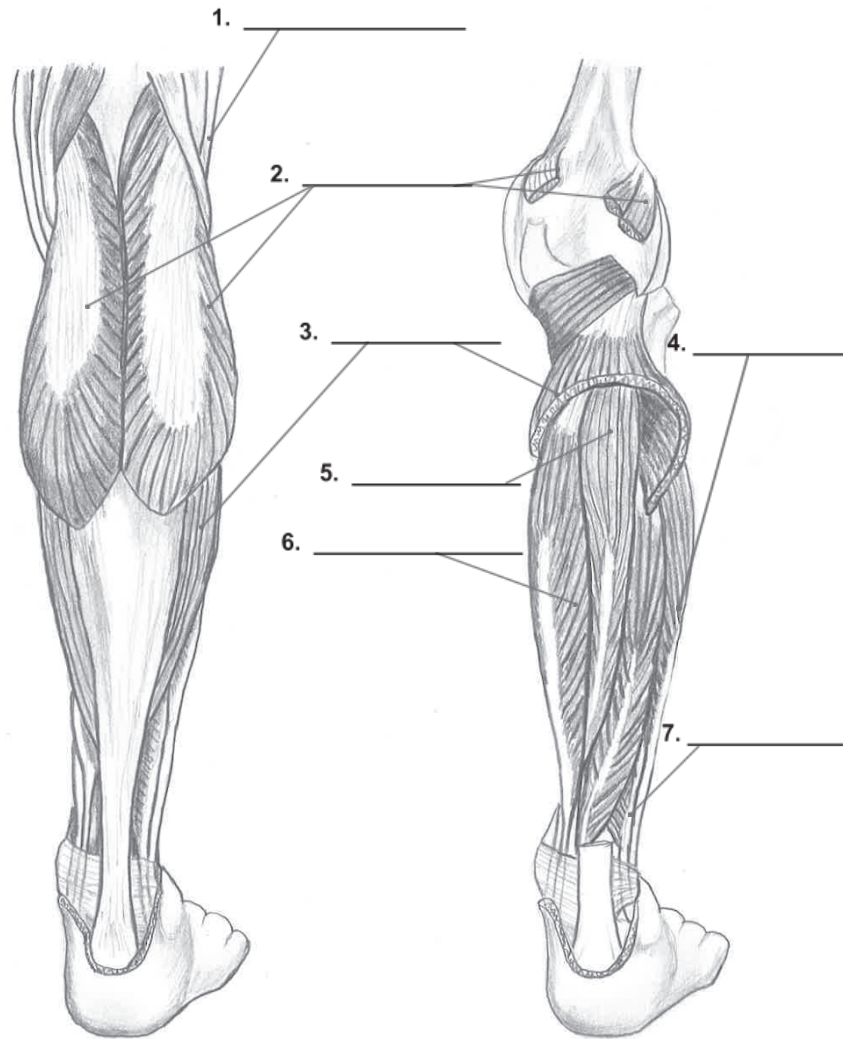


FIGURE 6-17.

# Activity 6

TABLE 6-24. MUSCLES OF FACIAL EXPRESSION & THE NECK				
#	NAME	ORIGIN	INSERTION	ACTION
1	occipitalis (occipital belly of occipitofrontalis)			
2	splenius capitis		•	• one side:
			• mastoid process of _____ bone	• both sides:
3	trapezius			
4	frontalis (frontal belly of occipitofrontalis)			
5	orbicularis oculi			
6	zygomaticus minor			
7	zygomaticus major			
8	orbicularis oris			
9	masseter			
10	temporalis	•	coronoid process, angle and ramus of	
		•		
11	levator scapulae			
12	sternocleidomastoid	• manubrium of _____	mastoid process of _____ bone	• one side:
		• sternal end of _____		• both sides:

# Muscles of the Trunk and Lower Limbs

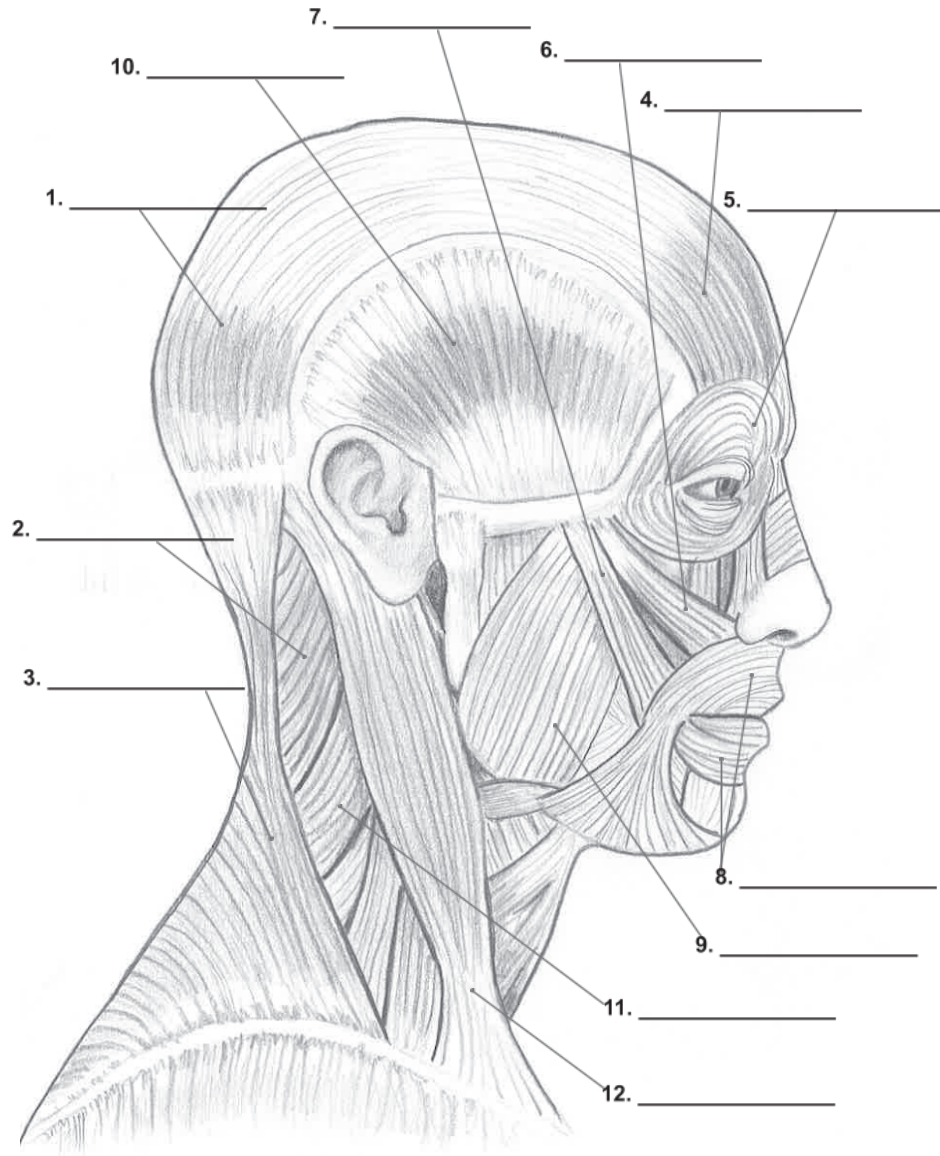


FIGURE 6-18.



# Activity 6

## STUDY AIDS FOR MUSCLES

Helpful terminology for muscle naming

ANATOMICAL TERMS	DESCRIPTION
biceps	bi = double, caput = head
buccinator	trumpeter
brevis	brief, short
deltoid	Greek capital delta, which has triangular shape
diaphragm	dia = across, phragma = wall, a partition
fascia/fasciae	band, bandage
gracilis	slender
gastrocnemius	gaster = belly, kheme = leg
hallucis	pertaining to the hallux
masseter	chewer
lata/latae	side
latissimus	latus = wide
longus	long
longissimus	longest
oculi	eye
oris	oral, mouth
pectineus	comb
pectoralis	the front of the chest
piriformis	pear; pear-shaped
platysma	flat object
pollicis	pertaining to the pollex
profundus	deep
psoas	loin
quadratus	square, rectangular
rectus	straight
retinaculum	thickened band of fascia
rhomboid	shape of a rhombus
sartorius	tailor, produces cross-legged posture that tailors once used
serratus	serrated or notched, like the edge of a saw
soleus	like the flatfish, sole
splenius	bandage
superficialis	superficial
tensor	muscle that produces tension

## Muscles of the Trunk and Lower Limbs

teres	rounded, cylindrical
trapezius	trapezium, diamond-shaped
vastus	vast, great
zygomatic	yoke (or crossbar by which oxen are attached to a plow or wagon)

### MUSCLES WITH SHARED ATTACHMENT SITES

lateral border of the scapula:	teres minor
	teres major
coracoid process of the scapula:	biceps brachii (short head)
	coracobrachialis
	pectoralis minor
greater tubercle of the humerus:	supraspinatus
	infraspinatus
	teres minor
	pectoralis major
lesser tubercle of the humerus:	subscapularis
	teres major
intertubercular groove of the humerus:	teres major
	latissimus dorsi
	pectoralis major
radial tuberosity of radius:	biceps brachii, long head
	biceps brachii short head
olecranon of ulna:	triceps brachii, long head
	triceps brachii, short head
	triceps brachii, lateral head
anterior superior iliac spine:	sartorius
	tensor fascia latae
iliac crest:	gluteus maximus
	gluteus medius
	tensor fascia latae
ischial tuberosity:	semitendinosus
	semimembranosus
	biceps femoris (long head)
iliotibial band:	gluteus maximus
	tensor fasciae latae

# Activity 6

lesser trochanter of femur:	iliacus
	psoas major
greater trochanter of femur:	gluteus medius
	gluteus minimus
	piriformis
tibial tuberosity:	sartorius (medially)
	quadriceps femoris group
	rectus femoris
	vastus medialis
	vastus lateralis
	vastus intermedius
calcaneus:	gastrocnemius
	soleus
proximal medial surface of the tibia:	gracilis
	semitendinosus
	sartorius